

# Robert Bourne

## My Life's Mission



The creation of the  
**New Awakening Process**

New Awakening Reiki Healing  
The Seekers Guide - Creating Abundance  
Love and Relationships - The Gateway to Enlightenment  
Satsang Vedic Sacred Mantras  
The mystical manifestation of the Gentle Touch Practice

# Happiness and Love

## New Awakening will transform Your Life

As human beings we all experience happiness and suffering; our inbuilt natural desire is to be happy and avoid or overcome suffering. This is a fact relating to every human being therefore we can make it our starting point. This human truth forms the basis for being interested in learning how to transform our mind and soul into achieving a state of happiness.

If a person's state of mind is serene and calm, then it is even possible for this inner peace to overwhelm painful emotional and physical experiences. On the other hand if a person's mind is suffering from depression, anxiety, or any form of emotional distress, then even if physical pleasure is being enjoyed, he or she will not be able to experience the happiness those more fortunate circumstances could bring.

This fact shows that our state of mind, in terms of our attitudes, emotions and consciousness, plays a crucial role in shaping the way we experience happiness and suffering. This is the basis from which I was guided to create a series of modern teachings in order to help others also achieve this inner state of mind; the state of unshakable happiness, leading to the personal discovery of an inner state of love which is not dependent upon others for it to be experienced.

After my personal awakening experience to a universal source of unending love I was guided through the wisdom of this love to teach healing to others as a starting connection to inner love and transformation. Learning this skill will connect your body and heart to a pure inner energy source which will eventually provide you with the direct experience of eternal unending love. To achieve the skill of healing I have created an easy to learn, affordable home study multimedia learning course containing energy attunements and personal empowerments.

To further support the mind and soul's development 'The Seekers Guide for a New Awakening' was written. This easy to follow guide has been divided into four main areas. The first section explains the basic principles of the concept of oneness love. The second section teaches how the personal mind has become limited by life's conditioning. This section also reveals how to transform limitations and negativity to create a positive state of mind, resulting in achieving personal excellence. The third section supports your personal emotional life in relation to love and relationships, and the final section explains the workings of the universal spiritual laws of life relating to your higher mind of tranquil light. This amazing set of works comes complete with audio tracks so they can be repeatedly listened to, allowing the 'aha' moments to repeatedly emerge within you.

These preparation teachings lead to the final grace given spiritual masterpiece 'Gentle Touch' which is a new modern Divine sacred text containing bullet point truths revealing who you really are. The awakening guide 'The Divine Message About You' has been published with a book called 'Gentle Touch Practice'.

For those who wish to practice Gentle Touch for personal transformation and awakening to the presence of love it is good idea to create a friendship support group and practice with others. Doing this increases the power of the divine love presence tremendously, which then becomes a very beautiful experience. The structure I suggest is there to support your personal transformation as you will be in connection with other like minded people also practicing 'Gentle Touch'. Starting a New Awakening Spiritual Community or support group is unusual in that there is no leadership structure because it is run by members for members. Gentle Touch states that we are all unique, therefore the only common element between us all is Divine Love. Wisdom (what to do with your life) will manifest uniquely to guide each human being on their own individual transformational journey. Therefore there is no controlling teaching you have to live up to and try and fit into.

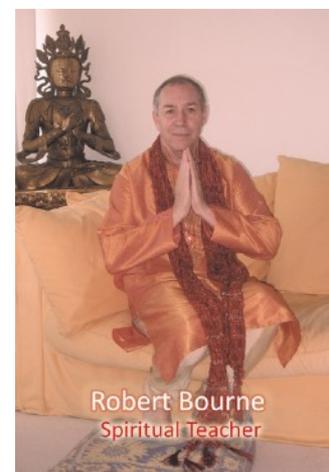
To create a solid foundation for transforming the mind I recommend stage 1 and 2 in 'The New Awakening Process'. To create a connection to Universal Love I recommend 'New Awakening Reiki First and Second Degree' as this will anchor the gentle energy of healing into the body of the individual. Once a trust is established through the experience of emotional comfort it is very easy for the greater energy of Unconditional Love to be more fully experienced.

All of these teachings are contained in the New Awakening Process and will support the 'Gentle Touch' practice; the first and second degree Reiki healing multimedia home study courses, 'The Seekers Guide for a New Awakening' and the Sat Guru Sacred Mantra Practice. The 'Gentle Touch Practice' contains an awakening guide, a comprehensive practice manual, audio tutorials and a set of sacred mantras for transforming the mind into a state of inner calm and serenity and more importantly, for transforming the emotional state of a person into the experience of love and bliss through connecting your life to the eternal living universal presence of love.

The beauty of achieving this state of 'being happy' in this way is that it is not dependent upon other people or personal circumstances, therefore it is unshakable inner happiness and person freedom from the limitations of personal conditioning. The amazing thing about this state of being is that once obtained you become a source of love which radiates from your unique being. This will naturally attract positive life experiences into your daily life automatically without making any effort.



New Awakening Process  
Gentle Touch Founder  
Robert Bourne



# About the Founder - Robert Bourne

## Why the sacred teachings emerged

I wondered why I was selected to receive these sacred teachings. I have provided a background about my life experiences which culminated in me having this experience. Many people have asked me about my life's experiences, so here it is.

When the unconditional love awakening was experienced in 1995 I knew the only purpose of my life was to share this Divine nectar with others; to awaken them also to their true-self. This true-self awakening is freedom from suffering created by the limitations and illusions of the personal mind constructed life.

When I originally released the presence of love in 1995 those in the room either received healing, love or Divine Truths in answer to their seeking questions. When a person meets directly with the presence of this universal Divine love there is no mind choice it just transforms everything it touches into Divine truth existence.

When I saw that this presence was too much for people to bear I said the only thing to do is set up an ashram. Immediately knowingness arose from my inner-guru that I had done this before in a previous life and there are others here doing this.

I was told that my role was to support the living Gurus by creating a process for Spiritual Evolution and True-Self Awakening.

## Robert's Role

We are now entering a new age where it is time for individuals to awaken and live directly from their Divine True-Self. It became clear in 2015 that the 'Gentle Touch Practice' is the purpose of my incarnation. My role has been to create and share with you the 'New Awakening Transformational Process'.

For many years before my awakening I used to pray to be able to create the maximum value with my life for the benefit of others. Gentle Touch does exactly this as it offers a practice that will awaken you to your own inner God self, your inner Guru self.

This creates much more value than just allowing you to taste the flowering of the presence of love on an ashram, no matter how beautiful this Divine nectar is. There is a place for this, however the pitfall is that no matter how the Guru states 'You can be like me' the disciples or visitors just end up worshipping the Guru. Again a separation has been created in the follower's mind of 'You are the God-being and I could never be like this'.

Ever since this new knowledge of Divine truth was downloaded into my mind at the end of 2014 I have been aware that a sort of completion has happened to my life in terms that this has been the purpose of my incarnation. All previous courses and processes have been a preparation to support the new essential practice of Gentle Touch, which was launched on the day of love, February 14th 2015.

It has taken one year to establish the best format for the practice to take and on our first anniversary February 14th 2016 everything was ready for the formation of New Awakening Practice and Support Groups.

I know that I now have nothing else to do except to share these teachings with the whole world. My role is now nothing else but one of attuning others to their own inner divinity. I am here in the role of helping support others who also wish to experience this beautiful state of existence. This is why the Gentle Touch Practice has been created.

In the book 'Gentle Touch Practice: The Divine Message About You' it talks in more detail about the three stages of a person's evolution and transformation of the soul body. It is this which I will share with you in context about my own life's experiences.

By reading what happened to me you will be able to see how the 'New Awakening Process' offers courses to develop and transform each of the three stages of a human being's evolution.

My higher Divine self gave me the following instruction in terms of what I was to create to help others which were three distinct parts. These were Reiki Healing, Sacred Mantras and Gentle Touch. For this reason it is these three elements which make up the New Awakening group sharings.

It is only since the completion of all the courses can I look back and see a beautiful whole to the process some ten years later. Now we begin in the sharing of this beautiful Divine gem through the emergence of the New Awakening Support Groups.

The amazing thing is because the way the divine has guided me to create the group network I will never know if they are flowering or not because there is no top down leader control whatsoever, just the teachings themselves.

## The First Stage of Robert's Evolution

This first stage of our life's existence we all know and experience. It is living life as a separate person with a physical body containing an inner emotional and mental self awareness; the person tends to be guided by religion or just relies upon their own mind. At this stage we have free will which is limited to within our conditioned personality.

Within eighteen months of my birth I was adopted by a working class family, providing me the privilege of being brought up in a small village in the delightful West Sussex countryside. One of the conditions of my adoption was that I was brought up with the Church of England religion. My Mother was an old fashioned 'upstairs downstairs' cook working in service to the gentry; as such she was obedient to the letter. As a result I became an Altar boy, became part of the choir, attended Bible classes and was receiving Holy Communion at a young age.

As a small boy I remember having conversations with the local Vicar about God and when he could not supply a suitable answer I would inform him that he did not know what he was talking about and what he had said was not true. I then lost respect for him in terms of my source of spiritual guidance and became disillusioned with what the Church could offer me.

Thereafter the highlight of the church service always used to be watching the snuff-taking organ player leave when the Vicar was starting his sermon and returning just in time before he finished talking. It was only years later that I discovered he had gone to the local village pub, the Anchor, to consume a quick pint and rush back in time to play the organ after the sermon had finished.

I had no awareness of my spiritual nature but in my late teens was fascinated with creating an Altar, lighting candles and burning incense, much to my adopted family's realisation that I was unusual, not fitting into the family life activities very well.

I left home around the age of seventeen after my parents separated, having dutifully stayed together purely for the sake of the children. My upbringing was within a loveless marriage. This lack of emotional love experience caused me to fall in love with the first girlfriend I met and eventually marry just one year later. We moved to Manchester, had two children and lived an emotionally unstable relationship; we were both damaged emotionally from our previous lives' experiences. Needless to say we soon parted, eventually to become divorced.

During this time between the ages of 20 to 30 I worked very hard to make something of my life, ending up with several businesses, achieving all the material trimmings of owning a couple of properties and a fancy car with enough money not to have to work.

Everything was roses apart from my love-life! In my mid twenties I remarried, but within a few years my second wife left me for another man. My material life was fine but my emotional life was a nightmare. During these ten years I was a musician and a business man until one day my limited company went into liquidation and overnight I lost everything.

At this time I had gained a good reputation in the Manchester area for running several successful businesses and was invited to become a director of a friend's company. It was at this point I decided, "Enough, no more business. I need time out."

Looking back on this time I can relate this to astrology and can see that I had the classic Saturn return, wherein a person is able to look back and review their life's experiences.

I then asked the question about how society had conditioned me. If I have achieved all the things we are told to do, get a good job or become successful by running your own business, make loads of money, get married have a family, take a good pension and live happily ever after, why wasn't I happy?

The happily ever after did not happen for me as I had achieved all of this dream by the age of thirty, only to lose everything society tells you to do to be fulfilled and happy.

As this was not true for me I blamed myself and thought there was something in me that must be causing all the problems in my life. I realised that I needed to change this program on the inside. Alongside this realisation I also went into the mode of asking many profound seeking questions like "What is this world all about?" "Why are we here?" "What is this life really about as there must be something more than what we are told to become?"

## The Second Stage of Robert's Evolution

Having asked the question, "What is the meaning of life?" I never realised I had set in motion the inner spiritual aspect of my being to start guiding me. I was set on a path towards spiritual awakening. The person Robert had now become a spiritual seeker.

The Second Stage of evolution happens when the person realises that they are not separate from others in the world and become responsible for their own experiences, instead of blaming others for what happens to them. The person then enters upon a spiritual seeking journey to discover their higher or inner spiritual self; the person tends to choose their spiritual teachers instead of the religion they were born into.

At this time I was living with my girlfriend who was a professional singer. I decided to form a band around her as her lead guitarist. This was the first time in my life I became a full-time musician.

After being on the road with the band for a couple of years the band won a resident contract at a Swiss ski resort leaving my girlfriend and myself to continue performing on our own as a duo. Before the band disbanded we went into the studio and recorded backing tapes of our stage act.

The duo went on to become a main supporting act to big stars at private functions. It was at one of these functions we were working with a famous Hypnotic act. I was fascinated by this phenomena and that evening chatted with the Hypnotist backstage to discover that he taught hypnotherapy professionally at a famous Harley Street Clinic. I undertook his training and qualified as Hypnotherapist in March of 1986.

I went on as many courses I could to gain mastery of my new profession. I also studied many complementary therapies. I had my first spiritual awakening experience in Scarborough when attending a week's intensive master hypnotist training course. The course consisted solely of experiencing hypnotic inductions, where a small group of students spent a whole week going in and out of trance.

I remember that evening calling my girlfriend to share that I had changed emotionally and that we could resolve the relationship difficulties we were then experiencing. Unfortunately she was not interested in change, hence eventually leading to our separation.

After our parting I was living on my own within a large shared house in Manchester. One Sunday evening I was feeling sad about having separated from my girlfriend and was watching the television. A documentary about Krishnamurti was being

shown and everything he was saying I was saying. Yes that's right, yes this man was describing the experience I had just had. At last someone else understood. He was the first person I heard describe the inner experience I had just had on my course. My sadness immediately vanished and I no longer felt alone. I felt that at last someone knew what I was talking about.

After that experience I was obsessed with spiritual awakening, specifically in healing and the helping of others. I went through some unusual experiences which I would like to share with you.

My first unusual connection started happening when a crow would come and sit in a tree outside my bedroom window and talk directly to me; he used to give me messages about what I had to do. I never questioned this and regarded that this was a message from spirit. I therefore followed whatever he had to say.

One of the abilities that had spontaneously awoken in me was that when I met someone I could instantly see all their past lives and their future lives to come. I now know this as transfiguration where the person's face changes rapidly showing all the different people they have been in previous lives. I did not do anything about this spiritual phenomena.

One day a crow arrived with another message informing me that I had to move to London. I somehow had a knowing that this was true but was reluctant to move. Eventually I did and made the appropriate arrangements to set off for London. I left what little personal possessions I had with a friend and set off on my new journey to discover what fate had planned for me in London.

When I arrived in London I went to the clinic in Harley Street to say hello to my hypnotherapy teacher, only to discover he was not there. The owner of the clinic took a shine to me and after a practical interview I was given the position as their consultant hypnotherapist and sports psychologist at her famous Harley Street clinic. Until I found somewhere to live I was allowed to stay in the clinic.

With this new work position I engaged a professional secretarial phone answering service so my clients could leave a message to a person and not a machine. One day I received a message from a lady living in St Johns Wood, London. After calling her back she said she had no knowledge of leaving me a message. The conversation went something like this "Hello it is Robert Bourne, consultant hypnotherapist. Thank you for your message, how can I help you?" "I have not left you a message. Are you calling about the flat we have to rent?" "No, but I am looking for somewhere to live".

We went on to share about our mutual spiritual interests where she revealed that she also was a spiritual healer. At this point we were still confused about how I received her message but were now much more interested in meeting each other.

I arrived at an impressive luxury block of flats, got into the lift, walked to the door and rang the doorbell. I was greeted by a beautiful lady with long dark hair. We were both speechless as we gazed at each other for a short while. I was then invited inside to a large reception area and was quickly told that she had been waiting for me to arrive for a long time.

She was a spiritual healer and ran a regular psychic development group. She informed me that at the group messages were coming about this man that was going to visit them. All they were told is that this person had previously been one of the Middle Eastern master's disciples. To prepare for the visit to come they had to provide a gift of a dishdasha gown for him to wear. (*The dishdasha is the traditional Arabian clothing for men.*)

We both entered into a deeply spiritual connection and our sharing went on for ages. It was apparent that there was much more to be discovered between us so I was invited to stay in the spare room. I did stay with her for about two weeks without leaving. I made arrangements with my friends and my work that I would not be available for a time unknown.

It was that evening that she brought the gown to my room and was rather embarrassed to ask me if I would please put it on. She told me that two days earlier she was told by her spirit guides to shorten the gown as it was too long. Well, I happily obliged her as this experience was very exciting for me. The gown fitted me perfectly. This confirmed to her that I was the man that was prophesied to visit her.

That evening when we eventually got to bed the gown was hanging up on display so I put it on again and had a strange experience. I looked down at my feet to see them disappearing. Yes, it looked like a bodily dematerialisation, something only normally seen on 'Beam me up Scottie' on Star Trek. Anyway I cannot say how long this dematerialisation happened for but I did come back again.

Events like this continued to happen. For example we were taken by spiritual guides to visit the old healing home of the famous healer Harry Edwards. Another time we were sitting in Regents Park watching the geese flying backwards!

Although this was fascinating our coming together had created something quite supernatural. I was still emotionally feeling unhappy as I had become infatuated with this girl, which was not returned. I soon left her company to continue my spiritual journey to find inner love and happiness.

It must have been around 1987 when I went to my first Buddhist meeting and started chanting Nam Myoho Renge Kyo. This chanting practice was taught by an organisation called NSUK, Nichiren Shoshu United Kingdom with the sole purpose of creating world peace through the change of the individual.

I devoted myself to this practice for many years and had realised that I had a past life connection with the priesthood and the first president of the SGI, Soka Gakkai International. As I chanted I felt like I was a priest and this is all I wanted to become in this life. I was also very interested in Education for Creative Living, a system of value creating education based upon direct life experience through creating valuable human beings. I had a strong desire to visit the head temple at Taisekiji in Japan based at Mount Fuji. I had no money for this venture but started chanting a million mantras to achieve this goal.

A Japanese foreign student visited one of my Buddhist group meetings and was so impressed with my faith and determination that she offered to host my visit to Japan. This led to staying with her in Tokyo and visiting her family in Osaka. She made all the arrangements for my week long visit to be filled full of experience; typical Japanese organisation style.

It was November 1990 when I was greeted by Mariko at Tokyo airport where she took me back to her office which was at a merchant bank. She then sent me off in a taxi to her flat to wait for an SGI member to meet me and look after me until she had finished her work.

The Japanese lady arrived at midday bringing a variety of food for me to eat. Not speaking Japanese and she could not speak English I was taken to a large gathering of Japanese SGI Buddhists at their main Tokyo cultural centre. I was the only foreign person at this meeting. The centre was huge and after some time the meeting was about to start and we were taken to a large hall with a stage. I was ushered to the front to discover that the leader of the SGI had summoned all the senior leaders in Japan to a special meeting where he announced that the SGI lay members had separated from the priesthood as they had fallen out about various issues, thereby a schism had occurred.

After the meeting I said my goodbyes to everyone and set off on my own to another part of Tokyo where I was meeting one of the priests at his temple. Before my visit to Japan I had known about this arrangement to meet the priest and having had the skill of intuitive aromatherapy was spiritually guided to make a special blend of oils for the priest I was about to meet.

The priest and myself had a lovely meeting and exchanged gifts. I received a lovely set of sandalwood prayer beads and to his surprise I had a gift for him. It transpired that he had a chest infection which he was not able to clear; yes the oil was his medicine. He mentioned that I was like his brother and that I had been a priest in previous lifetimes as Buddhism was not new to me.

That evening he took me to a restaurant in the middle of Tokyo where my host Mariko rejoined us after she had finished her work. I could not believe what an eventful day I had had.

Later that week I visited the head temple, again I was the only Westerner to attend the ceremony. When I saw the original Gohonzon, an inscribed scroll that Buddhists use in their chanting practice, I had this overwhelming desire to stand up and remonstrate, as my inner knowingness knew this was not the original Gohonzon as it was reported to be.

After the experience the final part of my week was spent with Mariko's lovely family in Osaka. A school visit was arranged to see the Soka schools because of my known interest. A member of Mariko's family attended a junior Soka school which enabled the visit to happen. I was very fortunate being in the right place at the right time, as it was the end of term and all the heads of the schools system were present for the end of term closing ceremony. After this had taken place all the children went home and I was privileged to meet the heads of the school system and had a question and answer session about Education for Creative Living.

It was at this meeting I was invited by one of the teachers to visit a nearby senior high school in Osaka. My hosts were excited at doing this so we went and had a lovely tour of this very special school. Whilst I was there the head of English offered me a job with them for a three year contract teaching English. I willingly accepted and said I would get my teaching qualification on my return to England. This was an opportunity to learn about how the school system worked and bring the knowledge back to Europe with the view of opening new Value Creating Schools.

When I was back in England a year later in 1991 it was announced to the world the schism of the Buddhist organisation was official. The members at that time were asked to choose to practice with the priests or stay with the SGI. I could not choose either as I loved them all. I then took a step back not knowing what to do.

I studied my TEFL qualification (Teaching English as a Foreign Language). I was living in Cheltenham at the time so I rented out my house to move to Bournemouth to gain some teaching experience in some language schools in 1992 before I set off to Japan.

I never went to Japan as the offer was withdrawn and I was left in Bournemouth but I did not see myself as a TEFL teacher. I remember one evening looking out to sea as I stood on the pier wondering "What was that all about?". Hello, here was that question arising again. Anyway I decided to go back to my music, formed a duo and enjoyed living in Bournemouth.

During this time I was disappointed with the Buddhist organisation as I felt that they had let me down. This caused me to look deeper and investigate what The Lotus Sutra was really about. If the Buddha said it is the cause for all enlightenment then I had not experienced it. I wanted to have the same experience Christ and Buddha had had. I then retreated to my flat, took down my Gohonzon, and studied two copies of the Lotus Sutra chanting for weeks over each chapter. I was having mystical knowingness experiences of Divine wisdom arise and could verify The Lotus Sutra contained the mystical truth of enlightenment.

I then spent my time in another spiritual practice of loving everything as if I was meeting God. I mustered what amount of love I had and embraced everything as if I was in a deep love affair with the whole world. If anyone would have seen me I would definitely have been described as a madman. One day I was sitting contentedly sending out love. It was then returned a million fold and I had a kundalini awakening experience. I experienced an ocean of universal love which never stopped; it was an eternal omni-present source. I discovered that I could connect with this source at will, just like opening and closing the curtains of a window that were blocking out the light. The year I had this experience was 1995, some 20 years before writing the book 'Gentle Touch Practice: The Divine Message About You'.

## The Third Stage of Robert's Evolution

The Third Stage of evolution happens when the person experiences that the Divine and the unique human being are one; this is known as Mysticism. The conditioned person with its inherited genetic family tendencies of positive and negative is transformed and transcended into a state known as Awakening. In this state the person no longer exists and 'free will' is replaced with acceptance of the perfect ever-changing moment in a blissful, joyful, loving all-knowing state of life; this is awakening into the enlightenment of being-ness.

I certainly had experienced this state of being. In this state I only had one desire which was to help others also experience their own awakening. I got people together first of all to share the loving presence that emerged from within me whenever I opened the curtain to the light. This was verified as true by the experiences others automatically were having such as; spontaneous healing, connection to inner love and receiving Divine answers to their seeking questions.

One evening I went out to a dance where I decided to let the love presence out for everyone to enjoy. A big mistake as it caused chaos. Some people started shaking whilst others were getting very angry. In the Gentle Touch practice guide I talk about this phenomena and why this can happen when Divine love is experienced.

Anyway at the dance I stopped letting the presence out and left immediately. I was then very confused about how I was going to share this universal love. My inner Divine master told me that I am not to let this out in public. I replied "Then I had better create an ashram with warning signs outside." I was told that, no you have done this before in a past life and there are others here playing this role; you are here to support them.

You can imagine I was confused. I had had a Divine love awakening experience, fully experienced the Buddha's mystical Divine wisdom Lotus Sutra but was unable to share it because it was too strong a connection for people to directly experience.

Just getting on with daily living it was in 2003 that I was informed that I was to learn and teach Reiki Healing. I was surprised because healing is a very gentle easily accessible energy that comes out of Divine love. I accepted this direction and was informed that I was to provide a foundation of teachings to help people awaken. I was told that healing is a pure energy connection with the angelic realm and will start transforming a person to prepare them to experience unconditional love. This was to be a preparation for something else for mankind's evolution.

In 2011 I met with sat guru Sri Mooji in satsang on a retreat course in London. When I arrived at the venue I was informed that I was to create a double album sacred mantra practice. I mentioned this to Mooji and asked him if I could dedicate the practice to him and record any of his favourite mantras. He agreed and said Sri Ram Jai Ram was one he enjoyed. In 2012 the album was released.

It was 2014 and I believed that everything had been created that was required to help others. I felt I had finished with this role as I was empty from past known phenomena and had done a good job in helping those who were interested in their own awakening process. It was then to my surprise that Gentle Touch was born! It had no reference to the past teachings but appeared to be universal as if all past teachings had emerged from these truths.

I wanted to share the experiences in my life because I can see looking back how everything has been perfect. I can see that from my enlightenment experience I was guided to prepare practices that fit together to support the awakening process contained within the book 'The Divine Message About You'.

It is the Gentle touch Practice which is the key to the worlds awakening and transformation to a consciousness of living in a Divine Love Presence. I could not have created this without over the last eight years first creating the supporting parts which are required within the New Awakening Process.

The amazing thing is that everyone who practices Gentle Touch has it easy as the pathway has been created by all who have awakened the Sat-Chit-Ananda guru True-self consciousness.

Finally thank you for reading this about my life and if it has inspired you and you want to be part of a new world based upon love and care for each other then please join us at Gentle Touch.

Don't worry you will not be conditioned any more by Gentle Touch because this is about setting you free to blossom into the unique human being you are meant to be.

**Only when there are many people who are pools of peace, silence and understanding, will war disappear. When you change so does the world.**

# Robert Bourne

The New Awakening Process  
Gentle Touch Practice Founder



My role is to get you through, to help you awaken

Because I have made it

Because I have fully experienced  
Unconditional Eternal Love

Because I am resting in Contentment

Because happiness is always present

I am here to help you, to reassure you

Because you are perfect now

Because I live in Abundance

I wait 'in love' for you

Because emotions come and go in the moment being cleansed by love

Because knowingness arises in the moment within me

I am here to guide you to fully experience all of what I have obtained

I will tell you the truth because 'I love you'

I will point you to the many great enlightened beings on the planet

This awakening process is about 'all of us'

We are in it together and together we will transform this world into a Divine existence; full of love, co-operation, uniqueness, blissful happiness, contentment, abundance and peace

This process starts and finishes with you

The Beatles said 'Love is all there is'

The truth is, all there is, is 'Love and the Light of Pure Awareness'