The background is a light blue gradient with several large, translucent white crystals scattered across it. The crystals have various shapes and facets, some appearing as sharp points and others as more rounded, layered structures. The overall aesthetic is clean and ethereal.

New Awakening Reiki
Universal
Life Energy

靈氣

Reiki Healing First Degree

Robert Bourne

Reiki Healing First Degree New Awakening System

**This Home Study Multimedia Course is all about
Healing Yourself, Family, Friends, Pets and Plants**

Home Study Multimedia Learning Material available for this Course
Course Book Manual, Reiki Music CD, Tutorial Audio Course CD
Free Healing Treatment Tutorials and Self Attunement Videos

“Welcome to your complete multimedia home study course.
I wish you every success in every area of your life”

Robert Bourne

Reiki Master Teacher



United Kingdom

New Awakening Reiki Healing First Degree

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What is Reiki Healing?

It is the magic ingredient which will bring your course to life!

This is the attunement which is on the free Video

The contents contained within this Manual are factual information, new concepts and ways of thinking that are extremely important for your learning. You will learn through studying the theories and concepts. Many perhaps will be new to you and there may be some ideas that you are familiar with; whatever the case it does not matter.

To study this manual may we suggest reading it all the way through quickly to gain the general understanding of its contents and then re-read it slowly over a period of time, one that suits your learning speed. After you have done this we would then recommend that you pick up the manual when you are in the mood and open it at a place to suit yourself and just read that section. By doing this repeatedly, even if you are aware of the contents, the conscious mind will reprogram your previously held beliefs about how life works transforming your understanding at a level of unconscious awareness.

You naturally change without making any effort

It is through conscious mind repetition together with total mind-body relaxation, when you produce a change in your energy state, then the contents will become a part of you, revealing their positive qualities for you beneficially, naturally, in your everyday life. They become a conditioned reaction to your interactions with other people without having to make conscious effort. The most important thing is to become whole as a person. This manual is only half of the solution; the attunement to spiritual universal life energy completes the course and makes it come alive. This is fantastic for you because without even trying your unconscious mind will automatically produce a balanced lifestyle for your happiness.

What is Reiki Healing?

Just by reading this manual you will change in a positive beautiful way. However the most important aspect that most people totally misunderstand is that the attunement you will receive is the key to unlocking your total experience on an energy and information level.

Changing and attuning your consciousness to an energy that contains more wisdom, more love and healing than you are already connected to is the aspect that really changes your life for the better. The interesting thing is that you are already connected to this source of energy but you are blocked from it; so in reality what is going to happen to you is an unblocking - a reconnecting to something that you already are. It is like removing the clouds that are hiding the sun so you can feel the warmth of the sunshine once again.

What is the Spiritual Attunement?

The energy attunement opens a channel for the universal life energy to flow through to wherever it is most needed on a physical, emotional, mental and spiritual level. The Reiki Master also understands that he or she is only a channel. In a Reiki healing session for example, the practitioner does not direct his or her own personal energy to the recipient but merely serves as a conduit for the universal life energy. The attunements help to cleanse and clear any obstacles that might be blocking your capacity to receive and transmit the energy - a capacity that is natural to all of us.

The effectiveness of your attunement will depend upon the quality of the inner connection that your Reiki Master has achieved on an energy level. I have been very fortunate to have had an enlightened fusion experience in the mid nineties. It was through this experience that I realised my mission was to be of service to others by helping them re-connect to this same wonderful universal source of inner connection, to help empower the individual, creating a balance between their emotions and their mind; a whole person happy and at ease with their life.

All the Reiki courses use the traditional Usui Reiki attunement initiation method as taught in the West. The Reiki healing energy is balancing and therefore healing.

The attunement will bring the material in this manual to life

The attunement will open aspects of you that were previously hidden and closed off from your awareness. You will discover a higher mind existing within you; you will experience a sharpened intuition which will affect all your perceptions and consequently the choices that you make. You will experience a new inner strength and confidence but most importantly you

will feel supported, becoming independent, acquiring the time to love and share with others in a new and more meaningful way. This book together with listening to the sound of my voice on the CD sets creates inner transformation; this will enable an inner shift of consciousness to occur within you. Please enjoy your transformation, I congratulate you.

Keeping a 21 Day Journal

Welcome to the wonderful world of spiritual transformation. The first part of this course is to receive your attunement to the Reiki healing energy, your gift from the Beloved Divine Universal Consciousness - indulge yourself, bathe in its beauty.

Firstly get into the habit of performing your daily self healing session. By calling up this gift you allow yourself over a period of time to be set free from all limitations and illusions, to experience the Bliss and Wisdom of Enlightenment.

Nothing can happen if you do not take action! What is this action? It is simply to work on yourself; no one else can do this for you. The Divine cannot do this for you, it does not come from the outside; it comes from the purity of your own desire within your own heart.

I will share with you everything I have learnt and experienced to help enable you to achieve absolute happiness. Please believe me when I say that you are a very important and treasured person. You now have many Divine beings waiting to love and help you on your very special unique journey. You have a very important part to play in this spiritual transformation as you now have a new partnership, one between you and the Beloved Divine Universal Consciousness.

Think of this new relationship in terms of Eternity, as a Love affair that will never end. We all have many illusions and misguided beliefs that are working in our lives at a level below conscious awareness. The very first change in thinking that you need to embrace is as follows:

**When you change spiritually on the inside the outside changes naturally,
effortlessly and without the use of will power.**

This means that the secret to your life changing, which will include all of your relationships, is in the understanding that your spiritual body has been vibrating at a certain frequency; it has a predominant life condition, a certain consciousness and it is at this level of vibration that you have been experiencing your life. It is as if you have been wearing a pair of

What is Reiki Healing?

coloured spectacles that have tainted your vision and have limited your experience. How do you remove the glasses to see clearly?

When you change your inner life frequency to a higher Divine energy level your life will vibrate outwards throughout the universe at this new vibration. To change on the inner spiritual level will bring new and better situations to you. This will bring positive change to all that you are connected to. Over time, painful experiences, all of your relationships will be transformed into beauty and value and you will simply experience that any negative connections you have had will start falling away from you.

To keep a journal is really important because it will show you the subtle changes that are happening to you as you begin to grow in awareness as your spirituality develops. This journal will lay the foundation for your change when you go on to take the next development course of Reiki 2nd Degree. Many people are waiting for some big miracle to happen and want only to record that event, however the Divine is very gentle and pure and it is the subtle changes that happen daily that over a period of time will make a tremendous difference to who you will become in the future. I promise you that you will not regret starting this very special spiritual journal.

Dr. MIKAO USUI

THE FOUNDER OF MODERN REIKI



The Reiki story begins in the mid 1800's with a teacher, Dr. Mikao Usui, searching for the ancient healing system used by Christ, Buddha and all the ancient great healers. His quest enabled his final accomplishment of achieving enlightenment. It was through his inner realizations that he gained the wisdom to help others and developed the Reiki system of healing.

Dr. Usui started by opening a school to teach his spiritual teachings, he also offered individual healing sessions for physical illness and emotional distress.

What is Reiki?

The word Reiki means 'Universal Energy'. Eastern medicine has always recognized and worked with this energy, which flows through all living beings and is vital to the well-being of life. The energy is known as 'ki' in Japan and 'chi' in China and 'prana' in India. Acupuncture, tai-chi and yoga are also based on the free-flow of this energy in a person.

As a therapy and a personal development tool, Reiki is an effective and simple way of tapping into this energy and activating it for the benefit of the receiver, to stimulate the body's own natural healing potential. Reiki is a complementary non-intrusive method of helping heal a variety of illnesses; physical, emotional and mental.

What can Reiki do for you?

In Reiki, the quality and flow of your own inner healing energy is what determines your physical and emotional health and well being. When you are unwell you are experiencing a block in this natural universal healing energy and that blockage shows itself to you as illness or emotional distress and pain. Most people when receiving Reiki healing report they experience relaxation, a sensation of warmth or coolness and some see colours in their inner third eye.

The Reiki healer acts as a channel for this healing energy like switching on a light switch in a dark room reconnecting you once again, allowing the flow of your own inner healing energy to bring your body, mind and emotions back into balance and harmony, restoring you back into a state of well-being and health.

You are a Channel for Reiki Healing

The ability to channel Reiki to give yourself and others healing comes after you have received a special energy attunement. The energy attunement opens a channel for the universal life energy to flow through to wherever it is most needed on a physical, emotional, mental and spiritual level. The attunements are normally given by a Reiki Master-teacher. New Awakening has released this secret and shows you how you can attune yourself. The students have the opportunity to progress in their learning through three Reiki degrees, each one deepening and strengthening their capacity to serve as a channel for the universal life energy.

What is Reiki Healing?

In a Reiki session, the practitioner does not direct his or her own personal energy to the recipient but merely serves as a conduit for the universal life energy. The Reiki attunements help to cleanse and clear any obstacles that might be blocking your capacity to receive and transmit the energy. This is why it is recommended to repeat the Attunement regularly.

Traditional Reiki Healing Courses

Reiki has been traditionally taught in three stages known as the Reiki First Degree, Reiki Second Degree and Reiki Master/Teacher. The students are usually required to take their own notes, or are provided with a basic course manual, at the workshop. Traditionally, Reiki has been taught in the West orally. This means that the student has to remember what the teacher is saying which can cause some stress. This system can create the possibility of the 'Chinese Whispers' syndrome whereby information changes or becomes distorted.

In contrast, the New Awakening system has addressed this problem by providing the student with fully comprehensive multimedia learning material and distant attunement videos, thereby negating the necessity to take notes. This enables the New Awakening student to fully enter into the energy experiences.

New Awakening Reiki Healing Courses

New Awakening teaches The Universal Life Healing Energy in three stages; Reiki 1st Degree, Reiki 2nd Degree, Reiki Master/Reiki Master Teacher, with each stage consisting of two parts:

1. Professional home study multimedia course learning material
2. Practical 'Self Attunement' energy experience, that is provided free of charge as our gift to you from our website. (www.new-awakening.co.uk)

The Connection Reiki has with our Body and Energy System

Reiki works with the endocrine system and regulates hormone balance in the body and metabolism. On an energetic level, the endocrine glands correspond to and interrelate with the chakras in the energy body. This powerful natural energy is available to all of us and sustains our lives every day. It is this energy that we draw on in the course of our daily

Reiki Healing First Degree

activities. In a utopia our lives would be perfectly in balance as they would be naturally supported through interactions with others in a loving environment. We would have appropriate rest and relaxation, fresh air, clean water and wholesome, natural food. Of course, our lives and environments are not in perfect balance. This is where the power of Reiki Healing can help everyone.

The Principles of Reiki are an introduction to your spiritual development

Just for today I will live with the attitude of Gratitude

Just for today I will not worry

Just for today I will not anger

Just for today I will do my work honestly

Just for today I will show loving kindness and my deepest respect for every living thing

What is Reiki Lineage?

A lineage can be compared to your family tree. In the case of spiritual teachings and especially in the Buddhist tradition a teaching is passed from the Master to the disciple and then passed on unaltered to preserve and contain the original intention and teaching of the Master. The purity of lineage is dependant upon the teaching not changing as it is taught from one Master to the next.

“The reason I have experienced and received many different attunements from different Reiki Masters was to establish, as best I could, the purity of original teaching as taught by Dr Usui. Below you will see two of the five different Reiki lineage trees that I am connected to. This enables me to pass to you the very best representation of Dr Usui’s teaching that is possible. I very quickly discovered that the tradition of orally transmitting the teaching without documentation was the preferred method up until recently. This very traditional

What is Reiki Healing?

method of teaching is about 3000 years old. The teachings shared in the west originate mainly from Hawayo Takata when she became a Reiki Master in 1938. It is now established that the teachings had been altered in their transmission from Dr Usui to Dr Hayashi who introduced a medical and Christian approach to healing losing some of the spiritual methods used by Dr Usui. I am pleased to know that Dr Usui's original intention and teachings are now re-emerging providing us with Reiki teachings reflecting the master's original intention."

In this example Robert has two Reiki lineages that go directly back to the source of Western Reiki and Reiki from Tibetan Buddhism. He trained with one of the few Masters initiated by Hawayo Takata, who introduced traditional Usui Reiki to the Western World.

Traditional Usui Method

Dr Mikao Usui

Dr Chujiro Hayashi

Hawayo Takata

McFadyen

Himani

Tanmaya Honervogt

Robert Bourne

Tibetan Reiki Method

Dr Mikao Usui

Dr Chujiro Hayashi

Hawayo Takata

P L Furumoto

William L Rand

Hazel Raven

Padma O'Gara

Fran Hardiman

Robert Bourne

An Everyday Reiki Help Guide

The Uses of Reiki Healing

Health

Pain - In most illnesses people experience pain. Giving a Reiki treatment can significantly reduce or relieve pain in many conditions. By applying Reiki healing to the site of pain directly, immediate relief can be felt.

Hospital patients - When visiting relatives or friends in hospital have you ever felt helpless and purely in the hands of the medical profession to provide comfort to them? It is wonderful to feel empowered that you can now do something to accelerate their recovery. Give them a Reiki healing treatment even if only by holding their hands as this will be beneficial.

The important point to remember here is that Reiki will travel through their energy system throughout their whole body therefore helping to accelerate the recovery of the cells and bring a natural healing energy boost to their immune system.

To quote an example, a friend who had recently been involved in a car accident astounded the doctors by the rapid healing of her broken bones and tissues. Several people had been giving her Reiki healing since the injury and she was able to have her stitches removed and leave the hospital many days earlier than expected.

Terminal Illness – This delicate subject is one of the most emotionally distressing situations a person can experience. To watch a loved one deteriorating with, for example, cancer and not be able to do anything can make one feel so helpless.

We have had the privilege of witnessing many miracles where complete remission has occurred as a result of daily Reiki healing sessions. You are now in a position to actually take some action to alleviate their suffering and your suffering.

With respect to this subject the NHS has endorsed and employed Reiki healers for this very purpose. The reluctance of the NHS to administer expensive drugs in the case of what they consider terminal illness is becoming more commonplace today leaving the family

members angry and frustrated. Reiki healing now empowers you to do something for your loved one.

Accidents and injuries - How often has a member of your family sustained a minor injury at home, work or school or whilst playing sports? Reiki healing will, at a cellular level, definitely accelerate tissue repair bringing about speedy healing to the injury.

With injuries it is best to apply the Reiki healing directly to the damaged area if possible. If it is not possible to touch the damaged area hold your hands about 3 inches (about 7cm) above the injury. Reiki will travel through space, blankets and clothes! To help with the emotional shock of the injury you can place your hands on the solar plexus (above the navel on the higher stomach area). Also on the adrenals which are above the kidneys around waist level on the back of the body.

Boosting the Immune System – Wellness is dependent on the strength of a person's immune system. Reiki healing will definitely boost the immune system enabling the body to heal more quickly and fend off bacteria, viruses, common ailments etc. helping to promote an improved level of vitality and stamina.

Emotional Upsets

Learn to relax and release stress - Stress and anxiety are a major cause of ill health today and over a period of time can build up and be the cause of depression, nervous conditions and inability to relax and to relate in a happy way. When your partner comes home in a stressed state a Reiki healing session will help to calm them rapidly and enable them to enjoy their leisure time more fully.

Any general Reiki healing treatment would be helpful, particularly the Reiki Exercise for Enhancing Wellbeing on page 88 to 89 or if time any of the full Reiki treatments as described either on a chair or on a couch.

Sleep well at night – If you or your family have difficulty in sleeping a Reiki healing treatment whilst in bed just before going to sleep will be really helpful.

We have noticed that when treating others, working on the feet and the lower part of the body is very effective, therefore treat the lower three chakras, 1, 2 and 3 on page 51 and

healing treatment positions on page 83. This has the effect of bringing the energy down from the mind into the body changing the breathing pattern to that of relaxation and tranquillity.

When working on yourself, when you come to sending the energy to your feet, guide it with your imagination as taught in the Japanese Visualisation method of self healing on pages 68 to 70.

Arguments – Such a common problem within families. Wouldn't it be lovely if every couple could heal each other?

To calm down the emotions and take the heat out of the situation, first start by Reikiing yourself. Place one hand on your solar plexus and one hand on your heart chakra and allow the Reiki to flow until you feel calm and at ease with yourself.

You are now in a position to offer Reiki to your partner or your child or whoever is upset. Use the same hand positions as used on yourself above and wherever you feel intuitively guided to put your hands.

Loss of a Loved One – As a Reiki healer you can offer comfort to any family member or friend who is experiencing the pain of loss. Our experience shows that to receive Reiki in these circumstances provides tremendous emotional support and a feeling of being loved and comforted.

Shock and Trauma – In today's modern society and with the reality that life is constantly changing outside of your control most of the time, it is no wonder that shock can come upon us at any time without warning. Reiki will be your comforter without doubt.

Please keep your Reiki flowing until you feel centred and able to accept whatever has happened. Therefore as with all emotional pain start your Reiki healing on your heart and solar plexus chakras, followed by whatever you feel drawn to do. Remember you can't do it wrong as Reiki will flow to wherever it needs to go.

Children

Minor ailments – Cuts and bruises, scrapes and scratches, childhood ailments such as measles and chicken pox, upset tummy, ear ache etc. can all be helped with Reiki healing. How much better you can feel if you can help your child directly with healing energy which they respond to so beautifully. *More.....*

Reiki Healing Treatments

Self-Treatments with Reiki

You will soon learn how to heal yourself as well as to treat other people. By treating yourself daily with the Reiki energy you will discover that your connection with the source and your channel for the Reiki healing energy will become stronger. This will establish a clear strong channel for the Reiki energy to flow smoothly and intensely through your energy channels and chakras.

Spiritual masters understand that you are unable to heal others until you have healed yourself; a balance is required with your Reiki treatments. I would say to start with, give yourself seven self-healing treatments to every healing treatment you give to another. The Reiki First Degree is mostly concerned about healing yourself.

When you are giving Reiki treatments you are channelling universal life energy and therefore you also receive a Reiki treatment whenever you treat someone else. However this is not as effective as focusing your intention upon yourself when you give yourself a self-healing treatment. In this way self-treatments can be a useful way to make sure you maintain a strong connection with the Reiki universal life energy everyday.

There are two approaches in doing self treatments; one method is the Western-style that was created by Dr. Hayashi, the other is the original Japanese Usui self treatment. We believe in offering you both approaches so that you can choose for yourself what suits you the best as an individual. Both approaches have immense value.

Getting Started – The first step

I would suggest that you practice the first exercise listed below to become aware of your own energy before using the Attunement Video. First become aware of the energy field around the body known as the Aura. When you have done this attune yourself to Reiki Healing and then do the exercise again, noticing the difference the Reiki energy has made to your energy.

Hand Positions for the Western Reiki Self Healing Method

You can sit in a chair or lie on your back on a treatment couch or reclining chair for this self treatment. You can do this in bed before you get up or before you go to sleep at night. The standard Western hand positions to use for your own self-healing Reiki treatment follow the same body location treatment positions, shown in the diagrams below, as when you are treating another person with a Reiki healing treatment. You can also include your knees at the end of the ten positions shown below, if you are not too relaxed. These positions are only a guide and you can make up your own routine, one that suits you.

Please remember that you are sending Reiki to the main Chakras of the body and because the body system is holistic, which means every part is contained within the whole, if your feet require Reiki the healing energy will flow there at the same time you are holding your hands in another part of your body.

Please keep an open minded, non-limiting attitude when you are self-healing then everything is possible. With Reiki you cannot do it wrong, be gentle on yourself.



1. COVER YOUR EYES - Lay your hands on the right and left of the nose, covering the forehead, eyes and cheeks.

Balances the pituitary and pineal glands. Treats eyes and turns your consciousness to inner self, easing the whole body. This position promotes relaxation



2. TEMPLES: Now place your hands on both sides of the top of your head, above your ears, touching the temples.

This position harmonizes both sides of the brain and has a relaxing and calming effect on the conscious mind. This improves clarity of thoughts, memory and eases depression promoting the enjoyment of life.



3. EARS – Place your hands so that the centres of your palms are over the ears.

This position is good for treating problems with the outer and inner ear. Eases symptoms such as noise or tinnitus, disorders of the throat and nose. Good for colds and flu, worry, depression and hysteria.



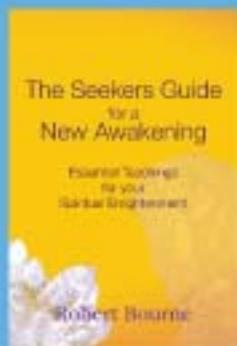
4. BACK OF HEAD – Place your hands at the back of your neck at the base of your skull.

This position calms your mind and emotions. This will help release any tension or fear and soothe any headache.

more

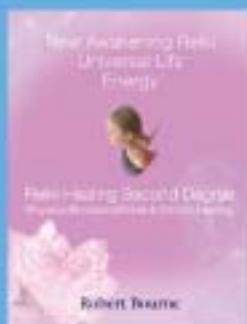
The 'New Awakening Spiritual System' consists of Five Stages of Development with Seven Spiritual Openings

These three courses will complete this Series



The Seekers Guide for a New Awakening

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The Excellent You – How to get what you really want
Love and Relationships – Creating loving meaningful relationships
The Gateway to Enlightenment – Awakening to Universal Laws
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