

# The Awakening Process

Eight Courses  
Awakening your True-self  
Living from Love



Robert Bourne

# The Awakening Process

A Revolution Transforming Mankind

Living from True-Self Love Presence

by

Robert Bourne



Dedicated to Mankind for the transformation of Person to True-Self

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Editor: Mary Borlase

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# The Awakening Process

## by Robert Bourne

### The Revolution Transforming Mankind

I want to get straight to the point with this introduction by providing a concise explanation of why we exist and what our life purpose is. I will then explain what is contained in 'The Awakening Process' and how it will transform your life's soul to its highest potential.

Only by taking part will you have the experiences required for Oneness Awakening.

### How the One Becomes the Many

The Divine One-Source Omni Present Consciousness Manifests within all Existences

The universe and all other different civilisations are created from this one source through:

- Light (Pure Awareness Oneness Being Consciousness)
- Sound (Love Presence, The energetic Rainbow Body various levels of Consciousness)
- Sacred Geometry (Existence, Universal Laws, Quantum Physics, Relationship Duality)

This forms the physical reality we encounter on earth.

Our life soul entity purpose is to expand our consciousness. As we do this the collective consciousness of planet earth evolves. The earth's consciousness or collective spiritual orb entity then reflects back to all life forms on earth in a more positive evolved way.

Knowing this explains why transforming your personal soul is the purpose of life. When you change then the collective consciousness of planet earth expands benefiting all other living beings, people, animals and the natural world.

It is therefore important to change your current identity as an individual-mind-body-person to the incredible oneness being that you really are. This can only happen through a direct life experience while working through the process, not just by reading or watching videos.

The Divine Light exists within all life forms and is experienced as pure awareness with a loving presence. It is this which is transformative upon mankind's lower consciousness.

The purpose of creating the Awakening Process is to guide you to experience your own Awakening. There are different pathways in the process you can select to evolve your life.

By taking part in the process you will Awaken to who and what you really are; free from the limited conditioning entrapment identity of your minds cultural, social and scientific beliefs you currently believe you are. If you want a boost I can also help speed up the process by providing pure light transfers. These can be booked through my online support at:

<https://www.naturallyyou.co.uk/awakening/online-support>



## Is there a Reincarnation Process?

Today there is a modern movement away from traditional religions towards science as many religious concepts are now seen as outdated and no longer fit with a modern lifestyle. A common statement to justify self-interest from those living a hedonistic lifestyle is “Well there is only one life and I’m going to get the most out of it while I can.”

These people have no understanding about the eternity of life. They are bringing their own downfall after the death of the body as their soul entity will continue resonating at a certain frequency of consciousness; their soul will have evolved or devolved from what they have created in their earth life! In a sense the only one life statement is true as the mind body personality only has one life. The body is just a biological vehicle conditioned by ancestral DNA to host the soul. However people fail to recognise their eternal soul-being or have any idea of the evolutionary opportunity purpose of their life. Being born into a body within duality you then have the opportunity to make changes for your soul’s evolution.

Let us look at the process before your birth. You are existing as an energy form known as a soul-entity-being, resonating in a realm of consciousness according to your evolution created from your past lives. You will not have yet obtained freedom from the binding limitation of lower consciousness and therefore you are in the cycle of rebirth. With your higher consciousness awareness you will select a human body that will give you the opportunities to evolve your soul through daily life experiences. Eventually you will awaken to the eternal oneness realm of Unconditional Love. You know this before you are born!

Of course when in the human form you grow up without knowing this and have the struggle to overcome biological ancestral DNA and cultural illusionary conditioning. This destiny is not totally fixed as it will provide the opportunity to evolve towards Unconditional Love through life given choices each individual will encounter. When the soul obtains this state of evolution it will bring liberation from birth and death known as Enlightenment.

Many religions play upon the concept of your life's salvation being depending upon your beliefs and behaviour as to where you will reside after your physical death. This is normally presented as heaven or hell. This is a very simplified medieval presentation of the Truth which is not suitable for today's state of the human beings evolution. In Tibetan Buddhism they teach that it takes about two to three hundred lives before the liberation state is experienced. There is a good explanation of the various different realms of lower consciousness the soul can reside in after death within this manual. The process of rebirth relates to the reward body of life created in this lifetime through your own actions. This understanding is beyond the simple good and bad concepts of life as from the perspective of the Light all of existence is purposeful and has significant meaning.

The following sharing proves that life continues after death as is based upon direct experiences from people and not concepts from books. I have studied many near death experiences by those who previously held the view that there is no life after death, however as a result of their personal experience they were all surprised that life does continue when the body dies. Being awake to the source of creation and knowing that life has a more meaningful purpose than just survival they then do all they can to evolve in this lifetime by dramatically changing their lifestyle.

## Introduction

From the near death experiences the most commonly shared aspects are: life continues to exist after leaving the body; when they leave the body they are not alone as others were there to help them; they were moving through a darkness towards a bright light; some stopped at a certain level of consciousness and had a life review before returning to the body with the knowledge of what they needed to change; as they traveled towards the light some reported they saw many other souls existing in different realms within various levels of consciousness; some experienced a heavenly realm where everything was energetically alive with a Divine Presence; they had a sense of interconnected oneness to the universe and knew everything; there was no time; there was a feeling of expansion within a deep experience of peace as they were released from their suffering and the cramped containment of bodily consciousness; most were able to be aware in all directions at the same time; many reported that there was no past or future only an eternal present; some were greeted by their religious master such as Jesus who was radiant with Divine Light, they were embraced in a blanket of unconditional love that was much more profound than any love experienced in the human bodily form; there were some more evolved souls who by-passed the various lower realms and went straight to the source of Light and pure oneness knowingness awareness; some souls saw other lifeforms having a life with a different physical form in other galaxies than our own.

The thousands of reports from those who have returned from a near death experience all share one thing in common, we are having a human life to evolve our soul and upon the death of the body we still exist. This is all the proof that you really need to change your limited unconscious life view to the understanding that you have certain challenges in your human life that you need to overcome to enable your soul to grow. This is not a logical process and your human mind is unable to figure it out therefore you need to form a relationship with something that has a higher consciousness than the limitations of your own soul. Good news this source exists within your own life right now!

The experience many souls have when meeting their Religious leader by love and acceptance has been created by the Light according to their own belief. In Truth they are returning to the source of creation that knows everything within every soul entity and the 'Light Source' transforms or manifests itself into the format which is believed in by the soul. You will find that those who are met by Jesus have a deep seated belief in him as their enlightened saviour. This phenomena will be the same for all other faiths. The Truth is that there is only one source and it is this which accommodates the individual soul entity within its own beliefs. The Divine Light transforms into an accepted format for each individuals understanding. This proves that all different spiritual paths lead to the one same source.

From my own experience I can share that the source is in a mystical non-form state of existence within an ocean of Love. The human mind body relates to its soul for direction to daily life experiences while the soul entity is connected to the eternal source of creation.

This means WITHIN every person there is a connection to the ultimate Truth and Unconditional Love of existence. The purpose of 'The Awakening Process' is to provide you with different options in how to find a connection WITHIN YOURSELF to a source of life in a higher state of consciousness than your own mind-body-soul-entity. If you take part in the process your life will be guided and transformed from the lower consciousness conditioning of the human-being, just like those who have had a near death experience.

## We are the Light - What does this mean?

I will share my own experience with you first and then explain why it is important for you to awaken to and live your life from pure consciousness, your inner light. It is this knowledge that will set you free and change the world. This transformation can only happen if you take action to awaken and then share it with others.

My own sharing of awakening is unique to me therefore do not expect awakening to be the same experience for you as you are also unique. At my awakening experience my six lower chakras were filled with unconditional love that raised me up from my base chakra past my questioning mind into the silence of unconditional love, sheer joy, acceptance and contentment. I was met by a Pure Light consciousness that transformed into a Buddha within my inner core at my third eye. The pure source consciousness transformed into a form to meet me at my own learnt spiritual belief system, that of Buddhism. This is how the light transforms into form according to a person's inner beliefs and individual life experiences. Your experience will be met in a form that uniquely fits your life. An exchange happened telepathically where I was informed that I would be coming to this realm after the death of my body; the realm is pure knowingness consciousness within an infinite ocean of unconditional love. In fact I was in love with the whole of existence exactly as it is.

I then experienced planet earth in its totality as an organic interconnected orb outside of me, like looking at earth from outer space. I could see my body-mind-person within this world reduced to a minute spec, like a grain of sand on a beach which was co-joined with every other living being on the planet. All physical biological life collectively made up one being of consciousness we know as planet earth. I also discovered that everybody was inside of me, not in a personal intrusive way knowing everybody's business psychically, but in a way where we were all joined together telepathically within one mind. It was like a giant telephone exchange with our personal mind in this network acting like an individual phone. Communication was instant irrespective of distance and happened if someone put their attention on you. It rang your mind's inner phone. The concept of God or higher power was inbuilt into this one earthbound mind. This served as a hardwired function for the person to seek salvation from a God. I also saw that all the spiritual leading teachings had created the various different realms of consciousness where the soul can reside after death. Those seeking enlightenment would gain a better after life experience by progressing their soul's evolution into higher states of consciousness.

The Truth is that this earth is a consciousness school for the evolution of the soul entity to eventually awaken to unconditional love and the pure awareness of our True-Self - the light. I remember being surprised at seeing this which meant for me that my awareness must now be outside of the dualistic process. I also saw the pure consciousness at the centre of daily life in every experience people were having. This pure non-form being was hidden from the person's six senses as they were absorbed into the lower consciousness experience they were having in the outer world of form. This explains what is often said that God is so close to us and within all of life, but most people are not aware of this and go about living out their illusionary separate life according to their individual consciousness resonance. When I saw this I felt that my role as a spiritual teacher was made redundant because God was doing everything in accordance to the individual's life. You could ask

then why are you offering this manual? A very good question too. The answer is to share the Truths I have discovered to help you also find a way to awaken yourself to your own inner True-Self.

I knew that the place I had awoken to was a crossroads to another dimension where all awakened beings continue to eternally evolve within another non earthbound dimension. I also knew most ascendent masters went on to exist within that realm and never return. I was informed that at this crossroads there is a choice I could make which is to stay at the realm of ascendant master to help mankind with their evolution or to go into that awakened being realm. The entry qualification to that realm is the awakened 'I AM one with God' state of being. I have no idea what happens within that realm as I am still existing in the physical body but I am a witness to its existence. It has shown me that this is the purpose of our existence to evolve our soul consciousness so we can gain entry to that realm; to be with what we perceive as God. All desires within me had vanished apart from one which was to help all living beings awaken. This is a very Buddhist belief. After the experience I began releasing the loving transformational presence to others but it was quite obvious that in the physical body the effect was too strong for people to bear. I quickly realised that the individual soul has to evolve itself, so this is the purpose of this manual.

### The current state of my Being:

"The light is at the centre of my being. From that place of stillness beyond my mind I AM PERFECT. There is no judgement upon me, there is no guilt for my life's behaviour as all is accepted. I am loved unconditionally. I am totally free from the limitations of my conditioned personality as I AM one with this pure light consciousness. I am alive here and now living in perfect peace and contentment. I know my mind's six senses with its rainbow body have manifest to experience the Light of Pure Consciousness. I AM."

### The importance of your Awakening:

The purpose of our life therefore is to experience ourselves as 'God on Earth' within this very body which contains all our animalistic biological earthly survival desires and has a mind conditioned by limited awareness inherited from our ancestral DNA and soul incarnation. We all have this same centre that has been named God containing all the same qualities as those written about in all the sacred texts; the Bible, the Koran, the Torah, the Vedic scriptures and all others. The main difference that exists within most teachings is that God is something unobtainable far beyond us as we are an unworthy human being. These teaching are termed as leading teachings with a set of morality rules to study and live by. From these teachings you then have to behave within a set of rules and take belief in a higher power. Many of these teachings are fear based and not love based. God is love and pure awareness knowingness. Many, sadly, have been edited to control and manipulate the minds of their followers. Some even suggest hatred and violence towards other different cultures, whilst some maintain they are the chosen ones and therefore superior than others. These teachings are a distortion and probably a misinterpretation of some awakened masters comments. Gods oneness being exists equally within all life in love for all the manifestation of life's forms. I respect all of these teachings in preparing mankind for this time of awakening. Today is the time to remove the veil of illusion so mankind can realise who and what we really are. Continuing with the

## Introduction

social systems and beliefs we currently hold is impossible because we are on a collision path to the end of the world. Capitalism has failed and communism dictatorship has failed, both becoming more extreme polarisations of each other; conflict is eventually going to manifest. Waking up is the only solution as it will bring God's consciousness to the planet through the physical, mental and emotional aspects of peoples lives. Remember we are one being living out separate parts within a whole. When one person changes and wakes up it effects the collective in a positive way.

I am here to share this experience with you, to share with you the Truth that you too are one with this pure light consciousness that is resonating at the centre of your being. Don't waste your life's opportunity. Come out of your drunken unconscious state and WAKE UP! You exist solely to experience your God-Self. Believe in this Truth and surrender your mind's illusionary belief about who you think you are. When you wake up to this pure consciousness inner being beware of the old spiritual and religious organisations that will try to take you into their following. Stay with what you have experienced and the light inside you will transform your lower consciousness, enabling you to flower into the unique spiritual-human-being you are meant to be. Stay with this new freedom otherwise you will be told how to behave and what you are by those who are well meaning, but limited to a certain conditioned way. This is not for you as you have now had a direct experience of your total being. The pure light of consciousness is now your teacher and transformer.

Don't wait until you are at life's despair before you are forced to surrender to what I am sharing. For those who have arrived at a state of complete despair I can assure you that it is just the light bringing you to a point of recognition that a higher core power is within you. Please don't wait any longer, do it now! Just ask for proof that there is something inside you looking after you, loving you, caring for you, healing your mind, emotions, body and soul. Ask, surrender into not knowing, drop all you think you know, send out all the love you can to this inner invisible being and I promise you that you shall receive proof. You will then inherit the kingdom of God, not after death but right now! YOU ARE

Only this experience will open the eternal door. This is not heaven it is beyond that resting dimension and yes that realm does exist. Within your divine heart there is a life waiting to begin in a new form that is mystically one with all others who have also obtained their God-Self Awakening. This is the objective and purpose of your life on earth.

What an incredible opportunity you have don't waste your attention with the outer world manifestations, don't allow your life to be sucked into your phones multiple mind distractions taking you away from your life's precious moment. Don't allowing social conditioning based upon illusion, wealth, power, separation and conflict to rule your life. If you do it will rob you of the amazing God awakening opportunity you have incarnated to experience.

### The final warning

Planet earth is seriously in chaos right now so if you don't want this world to end then stop complaining about what we have all created as you can now do something about it.

WAKE UP!

## Living from True-Self Love Presence

### Eight courses are included in this book

There are three stages in the Awakening Process; Personal Fulfilment, Soul Evolution and True-Self Awakening. The eight modules in this book are organised into three manuals; one for each stage of a person's evolutionary process as just mentioned.

'The Awakening Process' was created in a multimedia format to bring the knowledge alive within you through direct experience. You therefore need to take part in the spiritual practices to get more than the knowledge contained in all the eight books you will read in this manual.

To take part in the spiritual practices contained in the courses you will therefore need to download the complete Awakening Process from our [website](#).

After downloading the process make a backup as one day the internet may no longer function! This is possible if the sun changes form and transmits excessive solar radiation.

**The Awakening Process can be directly downloaded to a laptop or computer**

**All courses can also be viewed on Youtube**

The Awakening Process full multimedia download contains 8 modules/books organised into 3 manuals, 89 Audio Tutorials, 8 Video Tutorials, 16 Sacred Mantras, 4 Meditation and Music Mp3s. *At the end of the book there is a list showing the contents of each module.*

You will find details of how to view or download the eight multimedia course modules with their spiritual practices on my website. This book is the knowledge while the spiritual Practices in the form of the Mp3s, Videos and Music contained in the download are the key to your transformation.

The knowledge in this book will help you become much more aware. However to fully transform and realise your True-Self you will need to take part in the spiritual practices I have created for you. The good news is that this process has a very successful history which used to cost hundreds of pounds to experience.

Over the last twenty years every module has been proven to be effective by my many students and those students of my worldwide trainers.

My training college has now closed and as a result you can now benefit, free of charge, from my years of training. This is my gift to the world.

The truth is I have too many positive testimonials that confirm the success of this process to publish all of them in this book. Trust the testaments you will read from those who have already taken part in this process, not what I have to say. When you take part in the process you will soon discover for yourself the transformational power this process brings to your life. The message is; take part and carry out the exercises for a direct experience.



## Introduction

My life's purpose was to incarnate and create this Awakening Process and to start a campaign to help others transform themselves; thereby helping to save our planet by evolving into a higher consciousness vibration at this crucial time in mankind's history.

If you have the desire to Awaken, this process will achieve it for you. You only have to follow my guidance and take part in the spiritual practices to discover the miracles that will occur in your own life.

Awakening will help transform the consciousness of the planet. Therefore many individuals awakening will have the effect of transforming the collective minds of all the human population to a higher consciousness. The other important factor is that the environment will also transform and heal itself. It is not commonly known that the environment responds to the collective mind consciousness of the world's population. Our concern about global warming can only be truly solved when enough people awaken to their True-selves. All our technical attempts to prevent global warming do help, however unless we change our collective consciousness it is just like rearranging the furniture in the prison.

I hope you now realise your involvement will make a tremendous difference. Your awakening will then have a knock on effect. As others see you change they too will be interested to know how they can also obtain the happiness and inner peace you now reveal. By the joy you start to experience, you of course will naturally want to share the secret to your inner chest of gold; The Awakening Process.

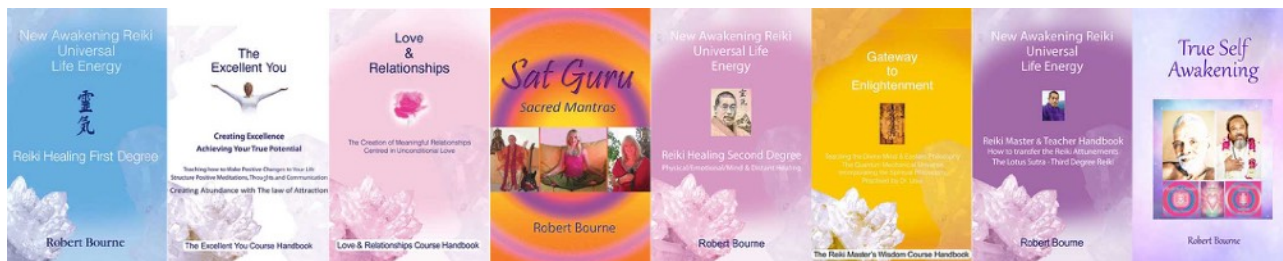
Visit our website and download all the Multimedia Courses [www.naturallyyou.co.uk](http://www.naturallyyou.co.uk)

The website address is also at the bottom of any page of this book

The Awakening Process can be directly downloaded to a laptop or computer

For phone or iPad users etc all courses can be viewed on Youtube

Finally please share this Awakening Manual with your friends



## Quick Overview of the Process

### The First Stage of the Process is Personal Fulfilment and contains 3 Books and Courses

In the first three courses, Reiki Healing, Creating Abundance and Love and Relationships you will discover how your mind works and how to change negative conditioning in your life. You will experience the beauty of the loving healing energy. We all want to love and be loved, Love and Relationships teaches you emotional intelligence. You will learn the secret to creating meaningful relationships with yourself and with others. There is even a chapter explaining Oneness Love plus a detailed explanation of the seven chakra relationships we all find ourselves in.

These three courses complete stage one of The Awakening Process. The first stage is called Personal Fulfilment and it will create a positive personality, someone who has the tools and skills to achieve a life of their dreams, able to heal their mind and body, change unwanted behaviour and create positive loving relationships. Every human being must secretly want this?

### The Second Stage of the Process contains four books and course modules for your Soul Evolution

The spiritual journey progresses when you have achieved your personal ambitions to wanting to understand about a spiritual life and the universal mind or consciousness. You will now want to learn more about the spiritual laws of existence. It is at this point of evolution when you realise that you are not separate from others in the world and become responsible for your own life's experiences of good and bad instead of blaming others for what happens to you. It is at this stage that your energy vibration is creating value on the planet. The four modules in stage two will transform your life in a new way bringing you closer to your Divine True-Self. These four course modules will start transforming your soul body to a higher vibrational frequency or consciousness.

### The Third Stage is the New Practice for True-Self Awakening

True-Self Awakening is the final stage in the New Awakening Process which contains audio tutorials, sacred mantras and two books: 'The Divine Message About You' and the new 'Gentle Touch Practice' created for Self-awakening. There is also a commonly asked question and answer guide compiled from many years of questions that have been asked from spiritual seekers all over the world about True-Self awakening and enlightenment.

The last living Awakened Self Realised Master on the planet who died recently in 1950 that gained international acknowledgement was Sri Ramana Maharshi. I have included a chapter on his profound knowledge regarding who we really are in our True-Awakened-Self.

## The Gentle Touch Awakening Practice

The Gentle Touch Practice explained in this manual brings the mind to a place of stillness; resting in the contentment of the Divine Heart. When the mind becomes still an alignment with the two pure unchanging spiritual bodies of the Divine True-Self are experienced; these two aspects are Pure Awareness and Divine Love Presence. You will become a blessing to mankind without the person trying to create value or having to practice anything at all. In fact the person no longer exists and you live from 'Being' not from doing.

## The New Awakening Multimedia Process

### About the Awakening Process

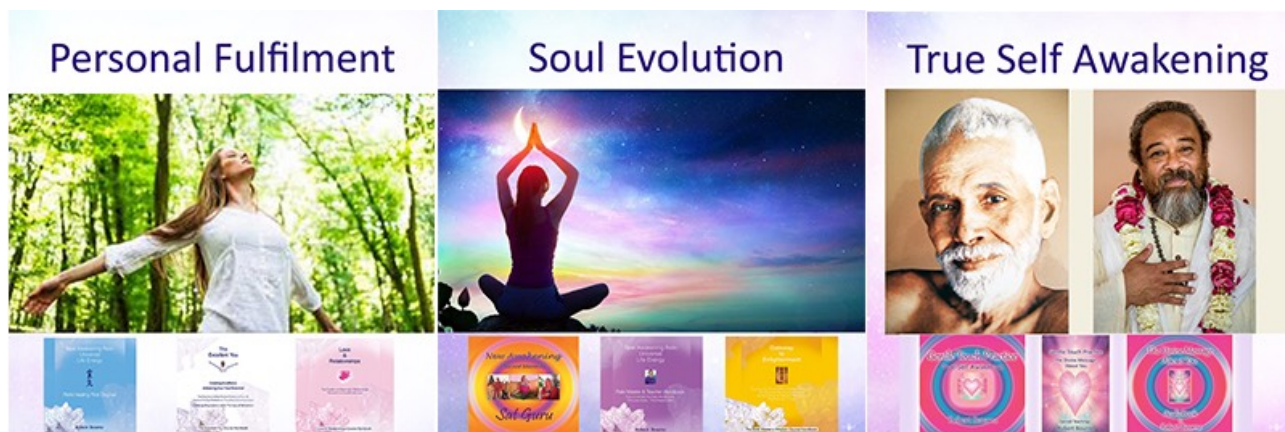
As previously mentioned there are three stages in the New Awakening Process, Personal Fulfilment, Soul Evolution and True-Self Awakening. The complete multimedia process contains 8 Books, 89 Audio Tutorials, 8 Video Tutorials, 16 Sacred Mantras and 4 Meditation Music tracks.

The process consists of the following eight course modules; Reiki Healing First Degree, The Excellent You, Love and Relationships, Sat Guru Sacred Mantra Practice, Reiki Healing Second Degree, The Gateway to Enlightenment, Reiki Master Teacher and the Gentle Touch Awakening Practice.

### Professionally Approved Core Therapy Courses

The three Reiki healing courses have been approved and accredited by Embody and the Complimentary Therapists Association as core therapy qualifying courses. Love and Relationships, The Excellent You and The Gateway to Enlightenment three courses have been accredited as personal development courses. Each of these six multimedia courses also qualify for continuous professional development (CPD).

A full explanation of what each course or spiritual practice will do for you is provided further down this introduction.



## Together we can make it happen!

Your role is now critical for this transformational opportunity. When I wrote this introduction I did so because of the outbreak of the Coronavirus together with mankind's concern about environmental disasters. This situation is an opportunity for this process to flourish in the world and thereby help raise mankind's consciousness to a higher level of vibrational frequency. Doing this will unleash new and repressed technological discoveries, provide new solutions for free energy supplies, cars will be converted to run on water to produce hydrogen as a fuel, better nutritional supplies and new sustainable economic models of living will emerge that consider the many and not the few. This is the flowering of Love in Action within society.

There is an incredible opportunity for mankind to raise its collective consciousness. The world governments as always are playing a game of chess with the world and have left themselves open to transferring power back to the people!!! Life is not a business. Now is the time to share this opportunity because if enough people take part in this Process it WILL transform our Planet which has now got everyone's attention through the fear of its extinction. When mankind transforms its consciousness the natural environment will also revive itself.

This book is my gift to mankind. Please share this Process with your friends and family. Post it on your Facebook timeline etc., as I promise you it is a solution!

### Why is it important to introduce others to this process?

For example just learning the ability to heal makes this process worth sharing with others. Learning to heal introduces pure compassionate love into the energy system of the body and will have the effect of boosting the immune response to any virus entering into the body. Because of people's busy lives with work and family they previously have not had the time or interest to devote to the spiritual aspect of their lives. Many people are now looking for answers or staying at home giving them the opportunity to learn this process.

By helping others to awaken from their limited understanding (*often referred to as living within the box of personal ancestral DNA, social conditioning and limitations*) they will then no longer become controlled by those who wish to condition and redirect their lives for their own benefit.

This brings a new form of liberation to mankind, resulting in a new society emerging and transforming into a higher collective vibrational consciousness. This is something many in the spiritual community have known about and have been desiring for many years.

## Starting a Support Group is therefore vitally important

One main consideration you need to make is whether you want to start a spiritual support group with a few friends or create a larger spiritual support community. You can of course just work through this process on your own and tell others about it.

To get the very best from this process it is advisable to immediately start a support group with others you know who also want to work through the Process.

I suggest that you start a New Awakening support Group facebook group for everyone who is taking part in the process. The best format for the facebook group is by invitation only.

Only use the group for discussion about the modules in the process or to share your transformational and healing experiences. Otherwise your New Awakening Support Group will get flooding by peoples personal interests which have no relevance to the New Awakening Process. People have their own facebook page to post their own beliefs or personal and business interests. This is a dedicated spiritual support group for the New Awakening Process.

The Divine has guided me to create this Process in such a way that I am not required to support you personally, however as many have reported, you will meet me on the inside mystically. Ascendent masters are omni-present and my awakening experience was to this realm of consciousness from where I have been guided to create this process for you.

The Process contains all the answers you will ever need to awaken your True-Self and for your understanding about what is happening in the experiences you will be having. Patience is all that is required.

If you think that you are beyond any of the modules you are probably right however this has been created to support everyone so just take part in those modules which can help your own personal consciousness evolution. We are One-Being so for those who are more evolved it is important for you to support and help others evolve who are just at the beginning of their life's journey. This process is the perfect vehicle to use for this purpose.

This is a personal enquiry therefore you have to realise everything yourself to fully transform your life which then activates your full power. Learning facts in the mind is not what this process is about and alone will never awaken you.

We all need support and how wonderful it is when you get those Ah-ha moments to have someone to share them with. A support group is the perfect solution for this. The Divine will work through the group when a question is asked and someone will be able to help.

As mentioned you could start by creating your own local invitation only closed Facebook group. There are also many other ready made solutions for this type of group sharing.



## Getting Started Guidance

What happens when you are working through the New Awakening Process is that it will trigger many things for you. For example the modules created for Personal Fulfilment are designed to create the best life experience for you as a separate person. You will discover that the approach in the True-Self Awakening module will contradict a lot of what is taught in the foundation modules. Both are important for your complete self-realisation.

I have left no stone unturned in providing answers to seeking questions including practices to provide direct experiences for each stage of evolution. Therefore I do not comment upon individual experiences because they are just that, unique and individual. My support is to guide you to discover and experience your inner Mystical, Eternal, Timeless, Formless, True-Self (Unconditional Love and the Pure Light of Awareness) and it is that which will guide you through the modules within this spiritual process for your own unique awakening.

My advice is to keep a journal and write down anything that is triggered in you. Work through all eight modules reading all the supporting material in the manuals as you go, take your time and most importantly carry out the practices to have your own realisation of what is being shared, then you will discover that all of the questions in your journal will have been answered by the time you have completed the whole process.

What does living from love really mean? First of all it is important to understand what we are in our fullness:

1. When viewed from our limited mind identity we are a separate human being
2. When viewed from the Pure Light Awareness Consciousness of our True-Self we are one interconnected being

The whole problem is that we do not know what we really are! The personal mind/soul is misidentifying with what and who you are, this is what is known as illusion through self interest which is the cause of all the trouble in the world.

### Important Teaching

There are three problems causing the veiling of your True-Self which are; an impure mind, a scattered mind and misconceptions or illusions about your identity. These blocks prevent us from living our full life experience; that of living life in contentment, peace of mind, bliss, joy and happiness. The blocks prevent the aura of True-Self Love Presence becoming our daily life's shield, transformer and protector.

The first two stages of the process, Personal Fulfilment and Soul Evolution, provide solutions that will transform an impure mind into a pure mind by learning how to live by unselfish action. They also solve the problem of transforming a scattered mind into a concentrated mind by teaching mantra or meditation practices. It is a requirement for the mind to have a single pointed ability to be able to return home to the oneness heart which allows True-Self Awakening to occur.



## Introduction

In stage three of the New Awakening Process it is the knowledge contained in this manual, that transforms illusion and misidentification about who you really are in your fullness.

The New Awakening Process gives you all the practices you need to overcome the blocks and attachments, also known as quantum entanglements, residing in a lower consciousness within your individual soul-mind. 'Living from Love' breaks the karmic chains and prevents the unconscious conditioning from repeating unpleasant life experiences.

When the mind is resting in the Divine Oneness Heart the Love Presence automatically becomes active, transforming lower mind consciousness, attachments and relationship connections back to True-Self consciousness; which is Pure Awareness and Love.

Once you identify with your 'True Formless Self' then this loving presence will surround your life, transforming your illusory attachments previously created by the limitation of living as a separate mind body person. The Gentle Touch spiritual practice was created to rest your mind in your oneness heart; your True-Formless-Self.

Some spiritual understanding is required for this final stage before awakening can occur. You will learn that the key to a fast transformation is to live in non-judgemental acceptance of 'what is happening in the now'; the mind's limited interpretation of what is being experienced is suspended.

Living in this way requires the ability to surrender the manifesting life moment to the Presence of Love through resting in your True-Self, instead of reacting from past conditioning which is charged in a lower consciousness previously created by the separate individual mind, social conditioning or the ancestral programs within the body's DNA.

You will discover that True-Self wisdom will naturally arise from within you in the form of a knowingness as and when it is required. This is what you see happening with all awakened Gurus in their question and answer Satsangs.

If you discover you are not able to root your life in your True-Self then please download the complete New Awakening Process, if you have not already done so, and work through stages one and two to lay the foundation for awakening to occur.

## What stage in the Process should I study first?

I have provided this additional help section so you can gain a deeper understanding about all of the eight multimedia courses I have created. You will discover how all the courses fit together into a comprehensive holistic process. To suit your personal preferences there are two different pathways you can select to prepare you for the Gentle Touch Practice of True-Self Awakening. You can also practice both paths like many others have done. For example many group members attend a Reiki Sharing Circle and a Sat Guru Sacred Mantra Chanting Group.

## New Awakening Reiki Healing

New Awakening Reiki Healing is a good option if you have just started on your spiritual journey or want to enhance what you have already learnt. Because you are a unique human-being it is important for you to start from where you are now, then you will discover that as you change using this process your desires will also change.

New Awakening Reiki Healing contains much more than what is normally taught in the Western world. It is a Divine loving spiritual pathway to develop sensitivity, love and compassion. This option also teaches Divine Wisdom through learning the spiritual laws of life that govern our dualistic world. Learning this process will prepare you for a beautiful True-Self awakening to the oneness of existence as taught in the Gentle Touch Practice.

I incarnated with this ancient mystical pathway within my soul body and it has been part of my mission to revive these spiritual gateways which are alive with Divine Presence that have been used by Masters for many centuries. You will discover that this system contains much more than what is taught in most Western Reiki courses.

This is a beautiful process containing six professionally approved courses. You will discover the presence of love when reading and listening to the audio tutorials as these were written from the presence of divine love with compassion for mankind. This process contains six modules and is complete in itself.

Before the Sat Guru Bhakti Yoga sacred mantra practice and the True-Self awakening practice emerged it is what many Reiki students and Masters in the world today have studied.

If you are attracted to the Reiki Healing option the six modules to study in the download are Reiki Healing First and Second Degree, Reiki Master Teacher, The Excellent You and Creating Abundance, Love and Relationships plus the Spiritual Laws taught in the Gateway to Enlightenment. These modules are all contained in stages one and two of the Process.

## Sat Guru - Sacred Mantra Bhakti Yoga Practice

If you enjoy sacred mantra chanting and are not drawn to Reiki Healing you can take the alternative pathway; the 'Sat Guru Sacred Mantra Practice'. This practice is for those who enjoy chanting sacred mantras to express loving devotion to their Divine. This is an alternative route to the New Awakening Reiki option. Both routes will prepare you for the Gentle Touch Practice and both options contain the two elements of Practice and Study.

This practice will create a focused mind, bringing more light to your aura thus creating more value on this planet earth. The practice is also good to practice in addition to Reiki Healing. To create a chakra awakening experience the sacred mantras have been carefully selected from direct feedback of many Satsang circles. The mantras only contain the original root Sanskrit words; all additional wording added in commercial versions have been removed.

For your study element in preparing the mind with the spiritual laws of existence and for your personal fulfilment this practice also contains three personal and spiritual development courses.

If you are attracted to this pathway the four modules to study in your download are; Sat Guru Sacred Mantra Practice, Meditation, The Excellent You and Creating Abundance, Love and Relationships plus the Spiritual Laws in the Gateway to Enlightenment. These modules are all contained in stages one and two of the Process of your download.

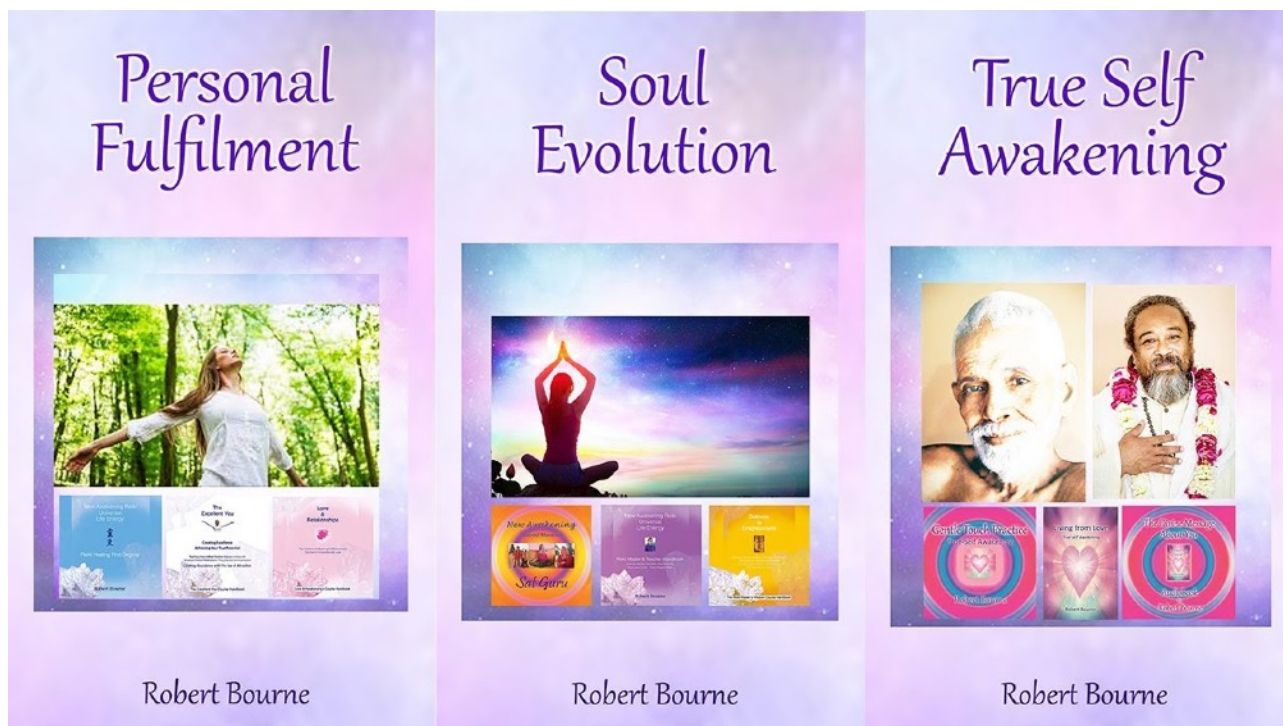
From an overflowing heart of Grace and Unconditional Love may you become a Blessing to Mankind.

Reiki Healing or Sat Guru will prepare you for the  
Gentle Touch True-Self Awakening Practice

You can practice both options for the best spiritual foundation

## The New Awakening Process Video

Click on the image to watch the video on YouTube



The video shows you everything that is contained in the download

You can also watch this video on our website home page

[www.naturallyyou.co.uk](http://www.naturallyyou.co.uk)

### What each course in the Process will do for you

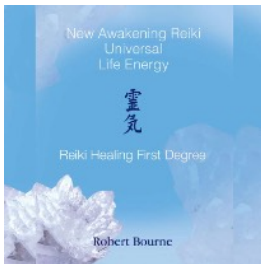
When someone orders 'The New Awakening Process' they realise that there is a lot of multimedia material in their download. I quite often get asked "How should I work through the different courses" or "What course should I study and practice first" or "In what order should I work through the different courses." I have provided this explanation of each course module so that you can gain a deeper understanding about each one I have created for your personal development and spiritual evolution.

Because you are a unique human-being it is important for you to start from where you are now and you will quickly discover that as you change in consciousness, your desires will also change. You will naturally change without having to work on individual issues.

Fundamentally everyone wants to have a positive, happy fulfilling life, so this will be our starting point. The following three courses have been created to achieve this:-

## The First Stage of the Process is Personal Fulfilment

### Module 1: Reiki Healing First Degree



Reiki Healing (*for mind-body-emotions-spirit*). The healing energy comes from unconditional love which is a greater love than the love most people experience between each other. This means that it brings emotional comfort to your life, calms a busy mind and prepares your energy system for something more to be experienced at your next stage of your evolution. It is a spiritual foundation for everything else you will ever want to do and experience, it is beyond the mind.

At times we all experience illness, accidents or injuries. To be able to help heal yourself at these times is an important self-empowerment gift. Having this talent is also helpful when friends and family need help, physically and emotionally. You are no longer helpless because you can now do something to help the people you care about.

### Module 2: Creating Abundance - The Excellent You



Creating Abundance for The Excellent You (*for mind and desires*). You will develop a positive self image and learn how you co-create with your inner Divine Self to bring about the goals and ambitions you desire within your life.

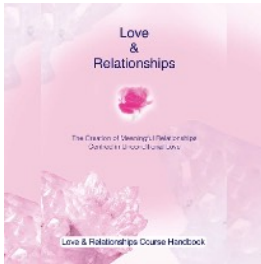
A fearful personality will only ever want to stay safe and live life from the known. This person is limited in their accomplishment by their inherited life conditioning and patterning.

This course teaches you how to Meditate so you can learn to experience the alpha state of mind. This is important because it is in this state of mind that you can re-program unwanted patterns of behaviour and self-limiting-beliefs. You will learn how to keep your mind in the now in a focused and mindful way. This course teaches you how your mind becomes conditioned positively and negatively. Once you know how your mind works then you have the power to change it, instead of it and social conditioning controlling you.

I have added a bonus workshop in this course called 'Creating Abundance' which is based upon DVDs like 'The Secret'. This module is about achieving the life of your dreams. There is also has a section called 'the key' which will teach you how to overcome and change the blocks that are preventing you from getting the things you want in your life. From a spiritual perspective the Divine is beyond the known therefore to develop a positive personality that can say, 'Yes' is the first step to full spiritual awakening.

It is also worth mentioning that it is fear which contributes to the worlds lower consciousness. This explains why those who wish to control us try to prevent us with fear based stories and situations. Moving into having a positive self-empowering attitude changes this situation.

## Module 3: Love and Relationships



Love and Relationships (*for your heart and emotions*). This course complements Creating Abundance and New Awakening Reiki Healing; the two modules where you will have discovered how your mind works and the beauty of a loving healing energy.

We all want to love and be loved within relationships, this course teaches you emotional intelligence. You will learn the secret to creating meaningful relationships with yourself and with others.

These three courses will create a positive personality who has the tools and skills to achieve a life of their dreams, able to heal and create positive loving relationships. Every human being must want this?



## The Spiritual Laws of Existence

### The Second Stage of the Process is Soul Evolution

The spiritual journey progresses when you have achieved your personal ambitions of wanting to understand about a spiritual life and the universal mind or consciousness. You will now want to learn more about the spiritual laws of existence. It is at this point of evolution when you realise that you are not separate from others in the world and become responsible for your own life's experiences of good and bad instead of blaming others for what happens to you. It is at this stage that your energy vibration is creating value on the planet.

#### The four modules in stage two will transform your life

The four courses Modules 4-7 will start transforming your soul body to a higher vibrational frequency or consciousness. For those on their spiritual journey who want to leave no stone unturned the combination of these four courses create a solid foundation for your life. This will make the final stage of awakening into living life from a state of Divine love, very easy. The other key point most people do not realise about learning spiritual practices is that when you are living from your True-Self your inner divine will be able to use much more for your life's talents and experience to benefit others. You will become a blessing to mankind without the person trying to create value or having to practice anything at all.

### Module 4: Sat Guru Sacred Mantra Bhakti Yoga Practice



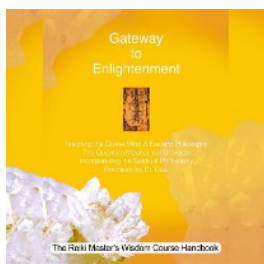
To create an awakening experience the sacred mantras have been carefully selected from the direct feedback of many Sacred mantra groups. The mantras only contain the original root Sanskrit words; all additional wording has been removed. Each mantra leads to the next therefore the sequence is significant. The Indian Vedic masters knew how to awaken the Divine aspect of each chakra, which is what this CD will do for you.

Part One of the CD: Mantras 1-5 The journey begins with Ong Namo inviting the inner Guru, the Divine Mind into the heart through the surrender of the ego (limited conditioned personal mind to accepting not-knowing). In mantras 2-4 a going home experience happens by moving down from the head to the heart chakra (Divine love intelligence).

Part Two of the CD: Mantras 6-8 The journey in part 2 starts with Sita Ram inviting the Divine into the heart. The heart has now been prepared for the dissolving of soul illusions through embracing Shiva in mantras 7-8. The final step is to awaken the inner Sat Guru ~ Brahma Nandam ~ Mantra 9.

You will use this CD to join or hold a sacred mantra singing group within a New Awakening Support Group. This CD is a transformational experience to achieve 'Freedom from the limited conditioned self' as the soul will radiate more divine light. This is the key practice in Soul Evolution to prepare for your True-Self Awakening in the Gentle Touch Practice.

## Module 5: The Gateway to Enlightenment

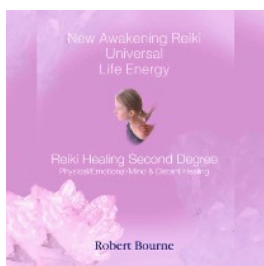


This course contains a combination of all the different past eastern mystical teachings regarding how life works in accordance to the spiritual laws of creation.

There is a comparison to quantum physics in a simple form to show how science and eastern mysticism have basically come to agree with each other.

When you want spiritual bliss and unshakable happiness that are not based upon personal circumstances then it is very helpful to learn the spiritual laws of creation. This course will become the foundation for your enlightenment providing you many answers to seeking questions. This module is essential in awakening your higher mind Spiritual Truths. After you have chanted the sacred mantra CD practice Sat Guru and go on to read and listen to these Truths, you will transform your soul from illusion into enlightenment. This course provides the spiritual wisdom foundation for the Gentle Touch Practice.

## Module 6: Reiki Healing Second Degree

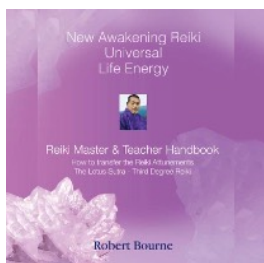


The New Awakening Reiki healing second degree deepens your Reiki healing experience. This second stage of your spiritual development will bring your awareness about the three spiritual bodies.

These three spiritual bodies are; the physical body anchored in the base chakra, the emotional body of love anchored in the heart chakra and the Divine mind body anchored in the third eye chakra. Sacred Mantras are used to awaken these three aspects.

This is very profound to awaken this understanding through a direct experience. The 'New Awakening Reiki Healing Second Degree' forms the basis for the 'Gentle Touch Practice'.

## Module 7: Reiki Master and Teacher



When the spiritual openings in the New Awakening Reiki Second Degree have been established, the heart chakra of the student can now fully open, radiating Unconditional Love for all of mankind.

This final module in New Awakening Reiki Healing completes the circle, whereby you learn the ability to attune others to Reiki healing, helping them progress on their unique spiritual journey.

The New Awakening Reiki Master Teacher is about attuning others. It is the oneness energy of unconditional love which enables this to occur through the Divine chakra.

## The Final Stage in the Process is True-Self Awakening

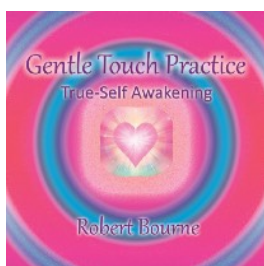
The courses in stage one and two of The Awakening Process are teachings that have been established in the world for a long time and today we see many different interpretations. Provided they have not been changed from the Enlightened Masters original teaching they will have the same transformational effect upon you when practiced.

The Gentle Touch Practice is the exception as it is a new spiritual practice specifically for Awakening. I was privileged to be the receiver of this teaching which manifested through Divine Grace directly through the universal enlightened mind in 2014. It is the new teaching for this age which you will not find anywhere else. I have been informed by renowned spiritual guides that this new teaching and practice will transform the world.

I am excited by the results from those who took part in the original trial groups as to how transformational it is. The only way it will flourish throughout the world is by your direct experience of it and then by you sharing it with others.

The eternal truths are always the same, however this age requires a modern approach for the awakening of many human beings, not just a few individuals. It is this which you now have the opportunity of practicing.

## Module 8: The Gentle Touch Practice



The Gentle Touch Practice is a modern practice for awakening your True-Self and living life from a state of Divine Love Presence. It is in this state that your soul-body will be transformed into a state of enlightenment or True-Self. This is the essential group practice for any New Awakening community or support group.

The main difference at this stage of evolution is that you are practicing to awaken the Divine Presence of Universal Love. Once you have a direct experience of this then you surrender your daily life experience (*normally manifesting as your past mind's creation*) to the conscious love presence which then transforms and re-directs your life actions.

Divine wisdom will arrive in a no-thinking knowingness, as opposed to knowledge stored in the thinking personal-mind, about what to do in essential life moments. This is an advanced stage of spiritual evolution whereby you are being the unique you in your True-Divine-self; it is a mystical state of being.

# New Awakening Friendship Community

Developing People across the World through Awakening to Love



After creating the New Awakening Process the Divine asked me to give this book to you FREE of charge and share it with the world. All the multimedia material you need to hold groups and evolve through the three stages is contained in the New Awakening Process download.

My role is now complete. It is now up to you! I am giving you the opportunity to form a friendship spiritual support community to share the New Awakening Process with others.

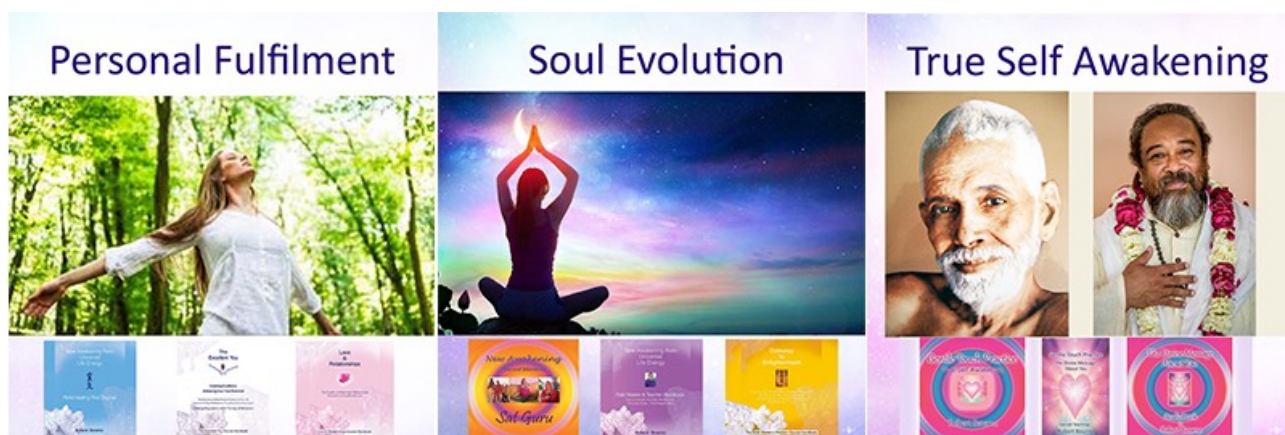
## Anyone can start a Support Group or Spiritual Community

If after downloading the 'New Awakening Process' you would like to run a 'New Awakening Support Group' it is simple, just use the material provided to you and get together with a few friends. This can be in any form you like such as; a coffee morning, chat and share group, a Gentle Touch practice group, a Reiki share group, a Sacred Mantra chanting group, a discussion group, etc.; it is up to you. This process is about you so don't wait to be asked to form a support group, just do it.

You are not required to Teach or become a Leader just a Friend

This is about supporting others and being supported by others in return. When creating a New Awakening support community you do not have to run the groups, others you know may prefer to do this. Some people prefer to hold groups, others prefer to organise and support. A flexible approach is best. This is not the conventional teaching-leader role as it is more about sharing, supporting and practicing together.

## A University for Spiritual Evolution

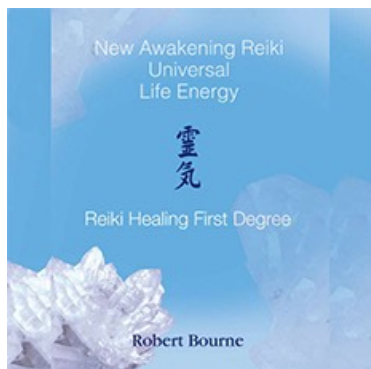




## Creating an oasis of Love

There are three main groups you can hold within the process

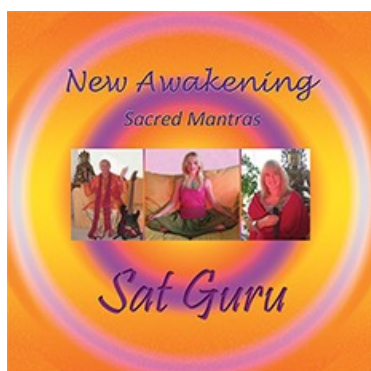
All the multimedia material you need to practice these events is provided for you in the New Awakening Process download.



### Reiki Healing Share

Reiki is about the development of your Divine energy field through the chakra system. This is the first stage of spiritual evolution which will prepare you for something greater.

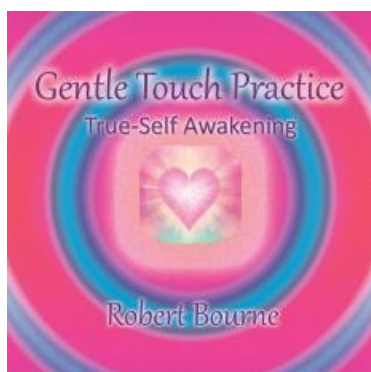
*This is the 1st stage of the process*



### Sacred Mantra Chanting

Chanting Vedic Sacred Mantras will awaken Divine aspects within your chakra system. Devotional Sacred mantra chanting is about creating a higher spiritual soul vibration.

*This is the 2nd stage of the process*



### Gentle Touch Practice

Gentle Touch is about awakening your True-Self. You will be living life from the presence of Divine Love, transforming the soul/mind into the freedom of the Divine oneness heart.

*This is the 3rd stage of the process*

**Note:** The two group practices Reiki Share and Sacred Mantra chanting work best when you come together in a group. The power of coming together increases the experience you will have when carrying out these practices.

The Gentle Touch Practice is different as it can either be held in a group or held remotely with everyone joining in from their own homes starting the practice at the same time.

## You could also hold additional support groups

In stage one for Personal Fulfilment you could hold support groups to; learn meditation, create abundance, how your mind co-creates with the light of the Divine and deepening your understanding about love and relationships.

In stage two for Soul Evolution you could hold support groups to learn the spiritual laws of existence as taught in the Gateway to Enlightenment, or awaken the three spiritual bodies as taught in New Awakening Reiki Healing Second Degree. You can also help others evolve by providing Reiki Attunements using the Reiki Master teachings.

In stage three for True-Self Awakening you could hold discussion meetings about; your transformational personal experiences of living from the Presence of Love or study the awakening guidance containing commonly asked questions and answers etc.....

## New Awakening is a new form of Spiritual Community



This is a new form of heartfelt support community whereby there are no leaders or organisation. It is the members who will be running the support groups themselves with no top-down control. All the New Awakening events are run by the members with love and compassion.

The core foundation Truth of Gentle Touch is that we are all spiritually enlightened now, therefore once we come together and connect to the oneness body of unconditional love, the pure light of awareness will guide us to flower uniquely.

Creating a New Awakening Support Group will contribute to the flowering of the world's transformation. The more groups created the greater the transformation. We have discovered that as one person awakens within the group many quickly follow.

In the Light of Pure Awareness we are one

The Light shines forth into this world

And the whole of existence

bathes in a sea of eternal love

## Testimonials

### What Others Say about the Multimedia Courses

#### The New Awakening Process

I just wanted to thank you so much for all that you've done for Humanity and for this Planet. And I also wanted to thank you for that wonderful book you just sent to us! It truly is your Opus Magnum! May God continue to bless you as you transition into full absorption with the divine! *Roger Baran, Master Mystical Rose Chapter USA*

#### New Era for Reiki with New Awakening Reiki Course

"Hi everyone! I have a quick blog today regarding Reiki training. I recently had the pleasure to refresh my spirit and renew my commitment to teaching with The New Awakening Reiki Healing Home Course offered by Robert Bourne. His courses are comprehensive yet easy to learn, healing, affordable and perfect for novice and master alike. The books are well written and clear. The Mp3's and Videos help to fortify the learning experience and allow you to use the course on your digital devices.

Many of us have learned Reiki from an oral tradition here in the US, and it's enlightening to understand the full history and train through The New Awakening Reiki Healing Course. If you're drawn to learning more about Reiki (*and if you're reading today's blog you probably are*), it's history, and it's new direction in this exciting era of ascension, I highly encourage you go to Robert's site and take a look at this beautiful opportunity to learn about Reiki, receive the attunements, or continue your professional education. Enjoy the beauty and grace that is your spirit. Reiki Blessings!" *Margaret Nock - Certified Professional Evidential Medium US*

#### "THANKYOU THANKYOU THANKYOU

"THANKYOU THANKYOU THANKYOU Robert for your work in spreading the Reiki Energy and Wisdom! I have bought your books and am listening to your audios. Thank you for sharing this awesome and life changing material....you can probably tell I am a bit grateful...! I have already received attunements elsewhere and these new energies are expanding my previous experiences enormously!!... Did I say thank you!.... *NAMASTE!*" *Kirtan Australia*

**I am so excited about continuing with 'The Reiki Master Teacher' training...**

I am so excited about continuing with 'The New Awakening Reiki Master Spiritual Teacher' training. I feel very different since the attunement, the only way to explain it is I feel like a new person, and I have continued to feel better each day. The one area of my life that seems to have changed a lot is organisation which I needed, and to find time for myself, work is work and to be more efficient and happy with my work I need time to myself to submerge in areas that interest me. I also really understand the area of having to heal yourself before others a lot more. Actually I should have mentioned to you also I did a treatment on Chloe my daughter and Jonathan my partner, they had trouble with knees, my partner in particular was in quite a bit of pain in the mornings, but it all seems to have gone and he hasn't complained once, in fact he seems to be a lot happier all-round as well! And Chloe hasn't mentioned any more pain either. *Louisa from Cyprus completed Stage 1*

**I love your video its very helpful .....**

"I love your video its very helpful I have started doing Reiki, I am a Reiki master/teacher but have learned more from you than my teacher, I did not have much confidence in doing it after I qualified but this has now changed thanks to you, Thank You" *Vishnu India*

**As I read it I'm changing .....**

"As I read it I'm changing – it's wonderful. I now want to use the 'Love & Relationships' material for the 'Sufferers of Abuse' support group that I run. The courses are now making everything come alive in my Reiki Master practice and what I have previously learnt in my assertive training. I had to phone you to say Thank You." *Maria Williams - Reiki Master Teacher UK*

**Fantastic... I was skeptical about doing Reiki degrees this way....**

"Fantastic... i was skeptical about doing Reiki degrees this way, but as long as you're prepared to work through the information thoroughly, then everything is there that you need to know at this level when used in conjunction with the MP3 audio downloads and FREE video tutorials via the authors website... EXCELLENT"

*Review on Amazon by Mrs E. M. Barker*



### I found the books so inspiring ....

"I found the books so inspiring and after reading them I just wanted more of it. I had to go on to listen to the CDs. What happened then was magical; the voice on the CDs made it all come alive in me." *Jenifer USA*

### It is great, I really appreciate your course...

"Today, I have finished the module 1 New Awakening Reiki Healing First Degree: - Introduction to the Seekers Guide for New Awakening - Reiki healing first degree - All MP3 - All videos, I also did the self-attunement. I can tell you that I really appreciate your course. I have begun to practice the exercises in the module 1. It is great. I will continue this week with module 2. Have a nice day, Namaste" *Jean-Marc Canada (Studying the complete New Awakening Spiritual Process)*

### I have some good news to share with you...

"I have some good news to share with you regarding some of the people I've been treating recently with New Awakening Reiki. Someone has a lack of ferritin that stores the iron in the body and doctors were afraid that she might have hypothyroidism. She was taking iron injections and capsules for two weeks with no good results. I suggested to treat her with Reiki for 3 continuous days, three sessions one hour each. After the Reiki sessions she had a new blood test. The blood test results showed amazing results the ferritin level went up from 3.9 up to 35 in one week, even the doctor was amazed, he did expect a slight increase but not that much. This is one of the cases that makes me feel that I'm on the right pathway and this is what I should do for more people to help them in any way that I can. I just wanted to share this good news with you." *New Awakening Reiki Practitioner - United Arab Emirates*

### Experience after the Reiki Master Attunement

Experience after the Reiki Master Attunement: "That was awesome, I am blessed with spontaneous Kundalini awakening, which I have been living with for 20 years or so now and am very sensitive to energetic fields and shifts. I felt blessed, uplifted and deeply expanded during your ceremony here. Thank you - OM" *Blue Jay Press Australia*

### It's so inspiring being with you...

"Hi Robert, Thank you so much for today. I'm really excited about all this again, it's so inspiring being with you. Once again many thanks for today, it was great." *Love and Light Keith ~ Reiki Master Teacher UK*

### Thank you very much for this video...

"Hello Robert, Thank you very much for this video. Like you said in the video: I'm one of those persons that was attuned to Reiki 1 and doesn't have a couch at home. During my Reiki 1 course I was taught how to treat on a couch, but not on a chair. This evening I treated a person just like you did on this video and it worked beautifully, even better than I could possibly hope for. The person could even feel the presence of deceased relatives and was touched by one of them. This I found quite astounding, I never experienced something like that before. But again: thank you very much. I will use your method from now on. Kind regards, warm greetings". *Pascal Smit, Amsterdam, The Netherlands*

### Robert was mindful and considerate of our individual Reiki traditions ...

"I decided to attend the whole of the New Awakening Spiritual Process, even though I am a Master Teacher with 8 years experience, actively practicing, teaching and hosting share days. I wanted to take this opportunity to add to my knowledge base and to experience Robert's format. What a wonderful learning opportunity it all turned out to be, to experience first hand how Robert practices, teaches and attunes. The last 2 days were a delightful mix of unravelling queries, gaining clarification and with the Masters attunement so powerful and very moving. All the while Robert was mindful and considerate of our individual Reiki traditions and it's great to know that we can continue to work in our existing way whilst embracing all that comes with the New Awakening Spiritual Process." *Sue Aston-Green ~ Reiki Master Teacher UK*

### I just wanted to tell you how much I enjoyed the workshop ....

"Hi Robert. I just wanted to tell you how much I enjoyed the workshop last weekend. I found the course very interesting and inspiring ~ and the meditations and attunement have helped me immensely. I find it so much easier to relax and tune in to myself/spirit and recover from 'the outside world' after a busy day at work. It was lovely to meet someone who is so in tune with life/spirit/universal energy, etc." *John UK experienced the module on Love and Relationships*

Thank you so much for your friendship and support ....

"Dear Robert, Thank you so much for your friendship and support. The courses in The Seekers Guide for a New Awakening are superb and I am getting so much out of reading them. The Love and Relationships material is excellent!" *Lots of Love Kate UK ~ Reiki Master Teacher*

Thank you for being a great source of support and encouragement ....

"Dear Robert, Thank you for being a great source of support and encouragement over the last year. The excellent courses I have taken have enabled me to make some major life changes: boosting my confidence and helping me through a difficult personal period in my life. After healing myself I am now able to offer my healing services to help others. I can honestly say that the feeling of Love is overwhelming." *Love and Light Sandra UK*

I feel I channel Reiki much more strongly than before ....

"I found the New Awakening Spiritual Process very effective and uplifting. It was structured yet informal, with plenty of opportunity for me to bounce ideas about. I worked with Reiki in a way I had never done before, really experiencing the energies, and since then I feel I channel Reiki much more strongly than before. I came away from the two days full of enthusiasm and excitement for the future, and I am now looking forward to fulfilling my spiritual role in helping others feel the same." *Kathy Nicholson UK ~ Reiki Master Teacher*

I would like to express my heartfelt thanks to you ....

"I would like to express my heartfelt thanks to you for the work you are doing in making Reiki accessible to the world by flowing naturally with the stream of what your heart feels is right for our times. Your multi-media course is an excellent learning tool not only for those who wish to learn Reiki, but it also integrally imparts a solid foundation in helping people develop spiritually. Much of the material in The Seekers Guide for example, is familiar and used by me in my healing work as a Holistic Healing Practitioner, Spiritual Counsellor, Spiritual Life Coach and Soul Plan Reader. I have already recommended your course to people and sincerely wish you abundant success always. Namaste" ~ *Janice Trachtman ~ Reiki Master - London*

## Sacred Mantra Experiences

### What happened at a Sacred Mantra Group Event

Thank you for a wonderfully uplifting evening Robert. We all very much enjoyed the vibrant energy activated by the Satsang. Looking forward to the next event. *Aloha - Lin Lovel - Spiritual Teacher Plymouth*

Thankyou Thankyou Thankyou....it was a lovely time and a pleasure to finally meet you at Lin's tonight - *Gina*

### How to Feel Blissed out without taking Drugs or Drinking Alcohol!!!

The feeling after singing two mantras is just like when you have had a few drinks and feel lovely and light headed - wow this is great feeling high without feeling drunk and its FREE!!! *Jane and Donna Plymouth*

### Freedom from the Conditioned Self - from the Egoic Personality

My mind feels like an empty space - there is no thinking there this is really great to feel so much freedom. *Max*

### What happens in an individual one-to-one Sacred Mantra Session

"Hi Robert. I just want to thank you for the wonderful day. I now feel really really good! I am sorry if I talked too much but I ended up really enjoying the Satsang mantras and your help in getting me there. For the first time I let my guard down that I have been keeping up for a long time. The feeling I experienced was like a beautiful nothingness but knowing that there is something there. Thank you for that. But enough talk as it is just good to feel the peace." *Ana Portugal*

### Returning to your True Self

"Wow it is amazing it feels just like going home! I can't believe where the last two hours have gone!" *Sally Yoga Teacher*

Introduction  
Book Reviews

Amazon Top Review from United Kingdom

Lovely Work Lovely Read

I liked everything about this work highly recommend and I have been working with the these books for years, excellent. *Stephen Wheatley UK 2022*

The Awakening Process Review

Greetings Robert, I just wanted to thank you so much for all that you've done for Humanity and for this Planet. And I also wanted to thank you for that wonderful book you just sent to us! It truly is your Opus Magnum! May God continue to bless you as you transition into full absorption with the divine! *Roger Baran USA 2022*

Reiki Master and Teacher Handbook

Reiki Master and Teacher Handbook is Mink Minding's (USA) "My Favourite Spirituality Book"

Reiki Healing Second Degree

Connor James (USA) says "Reiki Healing Second Degree is essential Reiki Spirituality reading!"

## Comments posted on my YouTube channel about the FREE videos

After experiencing the Reiki Master Distant Attunement. "That felt \*remarkable\*, thank you! I am a Level III Usui Reiki teacher and healer, light warrior, and all around good girl" ~ *YouTube Bononcausak USA*

"I got to get my Father in Law here, he would love your tips. You communicate really clearly. Keep up the great work." *by LW Reiki Master Teacher, Glastonbury, UK*

"Love your channel! It spreads love! May peace surround you!" *by Thalouskos, Greece*

"This is a great channel!! Love and light to you." *Jacque and April UK*

"Very beautifully done videos, great work! Thank you for your contribution to Reiki! Namaste." *by Cyndy USA*

"Thanks for spreading universal love my friend. I appreciate the light you shine." *by Ben USA*

"Awesome channel! Glad to have found you. Thanks for sharing." *by Lis USA*

"Thank you so much for your great talents. I find your videos so relaxing and informative. They are so enjoyable to watch." *Rob Tully Canada*

"The most awesome Reiki training course ever seen by me. Recommend it to anyone thinking of following the path of the New Awakening Reiki. Namaste. Thank you Robert." *Mr D Dalton UK*

"Sir I am really give my thanks to you that I have Reiki Master from you and now I have attuned a number of people, and they are getting amazing results in healing their diseases and their daily life problems." *Usman Ghani Pakistan*

## Experience about 'Awakening' through the Reiki Second Degree

Namaste Master, Love and light always

I am sending you my experience after completing the training you provided me.....

Cho-Ku-Rei is very strong and bolder by nature. Earth related and gives a secure feeling. I felt it a little above my brow chakra in Red plus white light.

Sei-Hei-Ki is light, subtle and soft by nature. I could see myself inside an extremely huge crystal filled with star like space and I became one with it. My feelings were very neutral and light.

Hon-Sha-Ze-Sho-Nen is deep and stronger by nature filled with bliss. When I was inside that lovely symbol, I could see inside me all 5 elements (water, fire, air, space and earth) plus bright light. I heard my own voice that everything (creation) is Inside me and I am in everything; I felt one with all.

Sudden joy filled bliss exploded throughout my body and filled my consciousness.... Suddenly Cho-Ku-Rei was on my foot and Sei-Hei-Ki was on my heart and Hon-Sha-Ze-Sho-Nen was over my crown. All three energies and symbols aligned in single line and became a lovely light. This gave me a feeling that can't be explained by words. I felt very merciful to all. Then I saw an outline with lovely blue around me (already light body) surrounded by extremely huge light body similar like mine. I felt that I belong to that and became one with that huge light! I also knew that the light is me and everything around became white. Although I was inside my home I was not able to see the walls..... instead I saw a huge white space. I then felt all three symbols are one but each one has a different role according to our needs and that they also teach us.

After this meditation.... I felt very energetic! This what I felt about those three(one) energy body. I understood what oneness is now. You and me and all are not different, but ONE and the same with the higher self.

Thanks Master! Love you very much, *Sreenikanth - Bangaluru, India*



## Testimonial by Elizabeth about the New phenomena of a Golden Ray Transfer

Background: Elizabeth had completed her Reiki Masters with Robert in 2007 and was studying the Gateway to Enlightenment a course for Divine wisdom found in the book 'The Seekers Guide for a New Awakening'. Mary had received training in the New Awakening Spiritual Process at the stage of the golden ray oneness attunement. They were both taking part in a Reiki friendship sharing day and this is what they experienced:

"We held our Friendship Day on Sunday 20th July 2008 and although the group was small, only 4 people, we had a very interesting spiritual phenomena occur! We split into two groups of one on one healing, Mary teamed up with Elizabeth and this is what happened.

Elizabeth received a direct transmission of a Golden energy that caused her whole body to shake. Mary was guided to place her hand over the heart chakra and the base chakra like chakra balancing about 10-12 inches off the body. Mary experienced a different type of energy transfer from Reiki - its quality was stronger and had a feeling of being more solid.

Elizabeth reported a beautiful inner awakening connection of a golden energy that she could recall with her intention whenever she wanted it. When she did all her hairs stood on end. I am waiting to speak with her today to discover any more news. To me it looks like the transfer of 'The Golden Divine Wisdom Ray', the awakening of the inner dweller - the guru within."

We heard from Elizabeth the following day and she had been 'walking on air' all day. She was walking around Exeter with her daughter who has Reiki II and her daughter experienced severe pain in her legs which is an ongoing problem that Elizabeth has tried unsuccessfully to treat with Reiki before. They sat in the car and Elizabeth put her hand on her daughter's knee and very quickly her daughter was able to walk easily again. Sounds like a miracle out of the Bible. The other thing that Elizabeth reported was that her Reiki healing has deepened and strengthened and her distant healing is much stronger.

We are all delighted with what has happened since deepening our Reiki training through the New Awakening Spiritual Process. *Mary and Elizabeth Reiki Master Teachers UK*

## Gentle Touch Practitioners' Experiences

Gentle Touch is now being practiced in the UK  
throughout Europe, USA and Australia

"I am just very grateful that you have done all the hard work to bring something this exciting for everyone to use in such a simplistic and easy way. Just a short note to say that I finally finished reading all the notes on Gentle Touch and Gentle Mind - It's BRILLIANT! You have managed to put everything together in such a simple and succinct manner, that it all reads easily and beautifully." *Corinna UK - June 2015*

"Thank you! I have recently felt more expanded and have more clarity in my work since reading your materials and listening to the audios. After studying the learning material you came to me on the astral and sent me a golden ball of light. You are also teaching us on the astral side as well, although I can't remember the exact teaching, but it's in there somewhere and will come up when needed, so thank you for the extra class ✨ *Blessings of light.*" *Margaret US Feb 2015*

"I started the practice last Sunday and weirdly enough I had a dream that evening in which I was chanting and holding my hands above my head and got the most incredible tingling sensation in my hands and down through my crown chakra??? Yesterday I did my chanting in the car as I drove up a fabulous stretch of countryside. I just love the words and what they represent and the fact that it works towards helping everything that is connected to me as well as me." *Corinna UK - June 2015*

"I am so so so full of love at this moment to be a part of Gentle Touch, I have started reading the 'About Gentle Touch pdf and i am already in tears. I want to express how grateful I am that you have given me this opportunity for your Gift of Love and transformation to earth. I honestly cant find the words to express my gratitude. I feel the compassion, the love, the giving of everything you are. You inspire me so much! I feel an overwhelming sense of Love by you! Thank you! I bow down to you in your efforts to help transform and help others find the love and peace that you have. I am eager to continue learning from such a great influence of Love and Light. I am truly blessed by your presence. In love." *Adriana US Feb 2015*

## Introduction

"Thank-you for the meeting last night, it was enlightening and very helpful. I'm amazed how different I feel today, very positive, confident and calm - almost a different person! The extra energy you gave us must have really helped too. I look forward to seeing you next week." Gentle Touch Group Meeting ~ *Angela UK - Oct 2015*

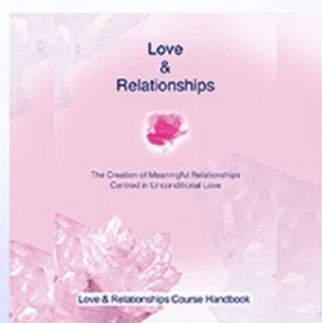
I deeply appreciate your connection and wisdom earlier, Robert. Thank you. I thought it was an excellent session. The connection was powerful: Golden light flashed on an off - quite dazzling, even with my eyes closed, as if the sun was shining through the window then hiding behind a cloud for a few seconds before repeating the process. I had to open my eyes to check what was going on! My witness now feels much larger, more prominent and more accessible. I will maintain and nurture my connection with the divine presence as much as possible, work on my appreciation and see if that opens my heart. I look forward immensely to our next session. *Ian France - Sept 2015*

"I just wanted to share something with you. Yesterday, when I was getting ready to go out for the day, I was gazing out of the velux window in the bathroom and looking at the clouds. All of a sudden I saw the shape of what looked like a foetus in white cloud and then as I looked behind it there was another foetus-shaped cloud cocooned around the first and then to my amazement, there was a dark, rain cloud behind that one, also in the shape of a larger foetus. Behind these clouds was the sun and I could see golden light above the heads of these shapes but in addition to that, there was a rainbow coloured light above the golden light. As the clouds continued moving, the first foetus sank back into the second one, which in turn, sank back into the dark foetus. What came to mind was, The Three Bodies and that the light bodies had sunk into the denser, physical body. The sun shining above them seemed like the crown chakra, and the rainbow light being the rainbow chakra bodies. Anyway, it seemed very significant to the point where I felt compelled to share this with you as I felt that you would understand. Something is happening! Lots of Love." *Corinna UK - July 2015*



## Introduction

# Personal Fulfilment



Robert Bourne



## The First Stage of the Process is Personal Fulfilment

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.

The whole concept of these courses is to create total freedom in your life. You will learn to do what your inner guide; your inner spirituality inspires you to do. This is truly the concept of 'Unconditional Love with Pure Awareness knowingness' arising within you. When you have discovered this beautiful inner realm your limitations and illusions will completely disappear!

The three courses in this section are for those who want to learn how to create a positive personality. After taking part in these three courses you will become someone who has the tools and skills to achieve a life of their dreams, able to heal and create positive loving relationships. You will have learnt to expand your awareness beyond the limitations of the personality. Every human being must want this?

### Module 2: Creating Abundance - The Excellent You



Creating Abundance for The Excellent You (*for mind and desires*). You will develop a positive self image and learn how you co-create with your inner Divine Self to bring about the goals and ambitions you desire within your life.

A fearful personality will only ever want to stay safe and live life from the known. This person is limited in their accomplishment by their inherited life conditioning and patterning.

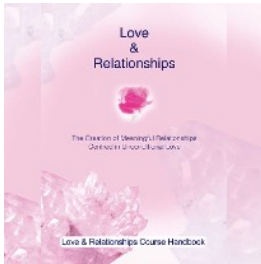
This course teaches you how to Meditate so you can learn to experience the alpha state of mind. This is important because it is in this state of mind that you can re-program unwanted patterns of behaviour and self-limiting-beliefs. You will learn how to keep your mind in the now in a focused and mindful way. This course teaches you how your mind becomes conditioned positively and negatively. Once you know how your mind works then you have the power to change it, instead of it and social conditioning controlling you.

I have added a bonus workshop in this course called 'Creating Abundance' which is based upon DVDs like 'The Secret'. This module is about achieving the life of your dreams. There is also has a section called 'the key' which will teach you how to overcome and change the blocks that are preventing you from getting the things you want in your life.

From a spiritual perspective the Divine is beyond the known therefore to develop a positive personality that can say, 'Yes' is the first step to full spiritual awakening.



## Module 3: Love and Relationships

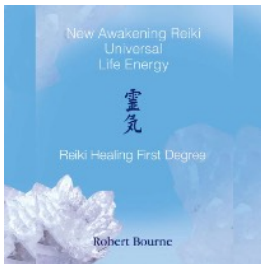


Love and Relationships (*for your heart and emotions*). This course complements Creating Abundance and New Awakening Reiki Healing where you will have discovered how your mind works and the beauty of the loving healing energy.

We all want to love and be loved, this course teaches you emotional intelligence. You will learn the secret to creating meaningful relationships with yourself and with others.

To awaken the ability to heal you will need to download the multimedia course material

## Module 1: Reiki Healing First Degree



Reiki Healing (*for mind-body-emotions-spirit*). The healing energy comes from unconditional love which is a greater love than the love most people experience between each other. This means that it brings emotional comfort to your life, calms a busy mind and prepares your energy system for something more to be experienced at your next stage of your evolution. It is a spiritual foundation for everything else you will ever want to do and experience, it is beyond the mind.

At times we all experience illness, accidents or injuries. To be able to help heal yourself at these times is an important self-empowerment gift. Having this talent is also helpful when friends and family need help, physically and emotionally. You are no longer helpless because you can now do something to help the people you care about.

### The Motivation Behind the Creation of these Courses

The creation of value was always the first consideration when creating interactive courses. It makes no difference if you wish to learn how to heal or become the best you can be in your chosen sport, the goal is always the same; and that goal is to enter into a higher consciousness than you are currently living your life by. When you do this, new solutions automatically appear without the use of will power.

I am devoted to sharing this blissful inner connection of purity with you. I think that most people are settling for a life far less than they deserve, whether this is in their relationships, in their career, in their social, family or sporting life, or even within their finances.

Settling for only a part of your dreams will never make you happy. Settling for unhappy relationships only serves to limit your potential as the 'Unique Individual' that you are; you then tend to under achieve within your work, finances, sports, social and all creative aspects of your life. Remember to lay a solid foundation, take your time and enjoy.



# The Excellent You



## **Creating Excellence** **Achieving Your True Potential**

Teaching how to Make Positive Changes to Your Life  
Structure Positive Meditations, Thoughts and Communication  
Creating Abundance with The law of Attraction

**The Excellent You Course Handbook**

# The Excellent You - Achieving Your Full Potential

You will learn 'The Secret' of how your mind works in relation to 'The Law of Attraction'. You will also discover 'The Key' to clearing the blocks that prevent you from getting exactly what you want.

## The Power of Thoughts - Mind Conditioning

### Rule 1: Every Thought or Idea Causes a Physical Reaction

Your thoughts can affect all of the functions of your body.

WORRY thoughts trigger changes in the stomach that in time can lead to ulcers.

ANGER thoughts stimulate your adrenal glands and the increased adrenaline in the bloodstream causes many body changes.

ANXIETY and FEAR thoughts affect your pulse rate.

Ideas that have a strong emotional content almost always reach the subconscious mind, because it is the feeling mind and the emotional body. Once accepted, these ideas continue to produce the same body reaction over and over again; they then become a repeated pattern of behaviour.

In order to eliminate or change chronic negative bodily reactions we must reach the subconscious mind and change the idea responsible for the reaction. This is easily done using meditation, Reiki healing, inner self-awareness and autosuggestion as this creates what is known as 'The Alpha State'. It is in the alpha state that the conscious mind and the subconscious mind synchronise and become one mind. It is as if the gate or barrier is lowered allowing new ideas to enter and alter existing ideas. This is what happens in stage hypnosis.

### Rule 2: What is Expected Tends To Be Realised, Your Beliefs

The brain and the nervous system respond to mental images. It is the same whether the image is self-induced or comes from the external world. The mental image formed becomes the blueprint and the subconscious mind uses every means at its disposal to carry out the plan, as presented to the inner-self in the form of an image.

A creative positive use of this rule to assist in reprogramming negative thoughts and behaviours is to use Reiki healing together with the visualisation of what you wish to happen.

Worrying is a form of programming a picture of what we don't want, but the subconscious mind acts to fulfil the pictured situation. It goes something like this.

"THE THINGS THAT I HAVE FEARED HAVE COME UPON ME".

Many people suffer from chronic anxiety, which is simply a subconscious mental expectancy that something terrible will happen to them (known as catastrophic expectation).

On the other hand, we all know people who seem to have that “Magic” touch. Life seems to shower them with blessings for no apparent reason, and we call them “Lucky”. What seems to be luck is in reality “POSITIVE MENTAL EXPECTANCY” - a strong belief that they deserve to be successful. This is because “WE BECOME WHAT WE THINK ABOUT”.

Our physical health is largely dependent upon our mental expectancy. Physicians recognise that if the patient expects to remain sick, lame, paralysed, and helpless - even to die - the expected condition tends to be realised. The inner-self/unconscious mind dutifully carries out the ego conscious mind’s request; the manifestation of an individual’s desires via their own personal thought processes.

This is where meditation, self-awareness, Reiki healing with positive visualisation can become the tool to remove despondency and negative attitudes bringing about a hopeful positive expectancy - the expectancy of health, strength and well-being, which then tends to be realised.

### **Rule 3: Imagination is more powerful than Knowledge when dealing with your own Mind or the Mind of Another**

This is an important rule to remember when using self-awareness, Reiki healing with creative visualisation meditation.

#### **REASON IS EASILY OVERRULED BY IMAGINATION**

Most of us feel superior to those who lose their savings to con men, or blindly follow a demagogue such as Hitler or are sold worthless stocks. We can easily see that such people have allowed their imagination to overcome their reason.

We are often blind to our own superstitions, prejudices and unreasonable beliefs. Any idea accompanied by a strong emotion such as anger, hatred, love, or our political and religious beliefs, usually cannot be modified through the use of reason. In using Reiki visualisation meditation, self self-awareness, we can form images in the subconscious mind - the feeling mind – the emotional body, and remove, alter or amend the old ideas.

### **Rule 4: Opposing Ideas Cannot be Held at One and the Same Time**

This does not mean more than one idea cannot be remembered or harboured in your memory, but it refers to the subconscious mind recognising an idea.

Many people try to hold opposing ideas simultaneously. A man might believe in honesty and expect his children to be honest. Yet he engages daily in slightly dishonest business practices. He may try to justify these by saying: “All of my competitors do it - it's an accepted practice”. However, he cannot escape the conflict and its effect upon his nervous system that is caused by trying to hold opposing ideas at the same time.

**Rule 5: Once an Idea has been Accepted by the Subconscious it Remains until it is Replaced by another Idea. The companion rule to this is: the Longer the Idea Remains, the More Opposition there is to Replacing it with a New Idea**

Once an idea has been accepted, it tends to remain. The longer it is held, the more it tends to become a fixed habit of thinking. This is how habits of action are formed, both good and bad. First there is the thought and then the action.

(Greater detail regarding the mechanics of this Universal Law is discussed and explained in the course 'The Gateway to Enlightenment').

We have habits of thinking as well as habits of action. However the thought or idea always comes first. Hence it is obvious if we wish to change our actions we must begin by changing our thoughts.

We accept certain facts as true. For example, we accept that the sun rises in the East and sets in the West, even though the day may be cloudy and we cannot see the sun! This is a fact which governs our actions under normal conditions.

However, we have many thought habits which are not correct and yet, are fixed in the mind. Some people believe that at critical times they must have a drink of whisky or a tranquilliser or cigarette to steady their nerves so that they can perform effectively. This is not correct, but the idea is there and is a fixed habit of thought. There will be opposition to replacing it with a correct idea!

To identify these rules, we are speaking of 'fixed' ideas, not just idle thoughts or passing fancies. We need to alter fixed ideas or to use them. No matter how fixed the ideas may be or how long they have remained they can be changed with self-awareness meditation and the use of 'Reiki with Auto-suggestion'. You can reprogram your subconscious mind!

**Rule 6: An Emotionally Induced Symptom Tends to Cause Organic Change if Persisted in Long Enough**

It has been acknowledged by many reputable medical men that more than seventy percent of human ailments are functional rather than organic. This means that the function of the organ or other part of the body has been disturbed by the reaction of the nervous system to negative ideas held in the subconscious mind.

This does not mean to imply that every person who complains of an ailment is emotionally ill. There are diseases caused by germs, parasites, viruses and other things attacking the human body. However, we are a single organism, the mind in the body and the two cannot be separated. Therefore, if you continue to fear ill health, constantly talk about your 'nervous stomach', 'tension headaches' or 'my aching back' in time organic changes must occur. This is a fear, anxiety based fixation upon a negative condition.



### Rule 7: Each Suggestion Acted Upon Creates Less Opposition to Successive Suggestion

A mental trend is easier to follow the longer it lasts unbroken. Once a habit is formed it becomes easier to follow and more difficult to break. In other words, once a self suggestion has been accepted by your subconscious mind it becomes easier for additional suggestions to be accepted and acted upon.

This is why when you are just beginning with auto suggestion, Reiki creative visualisation or self awareness, we recommend that you start with simple suggestions. You can suggest, for instance, that you feel a tingling sensation or a warm and pleasant feeling. When these simple examples have been followed you can move to more complicated suggestions. You could for example begin with the suggestion that you would automatically awaken from self awareness or meditation in ten minutes.

### Rule 8: When Dealing with the Subconscious Mind and its Functions The Greater the Conscious Effort - The Less the Subconscious Response

This proves why 'will-power' doesn't really exist! If you have had insomnia you've learned 'the harder you try to go to sleep, the more wide-awake you've become'. The rule is 'When dealing with the subconscious mind, TAKE IT EASY'. This means you work to develop a positive mental expectancy that your problem can be and will be solved.

As your faith in your subconscious mind increases you will learn to 'let it happen' rather than trying to 'force it to happen'.

The whole purpose of providing you with these psychological and physiological truths of how the mind and body work together is to enable you to realise and become aware of your own thinking patterns. I want to give you the tools to enable you to create proof in your own life that you can change from a negative expectation and thinking pattern into a positive and creative mental expectation for your life.

The whole purpose is to allow you to obtain a mastery over your own life creating the destiny you choose to have. Once you have discovered that, you can re-program your own thinking; creating your own destiny. Then you will be ready to take the next step and that is leaping into and aligning yourself with the Universal Mind of Creation. Have fun.



## Creating your own Destiny requires Having a Positive Self Image

What you rehearse over and over again in your mind conditions you. Remember to use Visualisation. We are constantly affecting our state by the pictures we make in our imagination and by the way we talk to ourselves, our perceptions.

## Inappropriate Rules and Self-Limiting Beliefs

Use your personal improvement techniques to bring positive change to these areas, especially when you find conscious resistance. The interesting thing is that most of us really try to live by impossible and inhuman rules and then feel guilty or angry because they exist. Become a little bit more human! Become flexible.

For example: ALWAYS eat all the food on your plate or NEVER rock the boat

In the beginning these rules were usually learnt to fit a special situation and were then generalised.

You can find out YOUR rules by paying attention to all your 'always', 'nevers', 'shoulds' and 'oughts'. If you try to live up to them I can guarantee that you will have many experiences of failure and lots of guilty feelings about yourself plus angry feelings towards others.

## How You Can Change Your Rules and Beliefs

For example, let's take a popular inappropriate rule: –

Never argue with your elders

can change to .....

I can never argue with my elders

can change to.....

I can sometimes argue with my elders

can change to.....

I can sometimes argue with my elders when I have a difference of opinion

can change to.....

I can argue with my elders when I have a difference of opinion and when I choose to

Each of these additions represents a stage of risk and new learning. It is something that really can be lived up to. The last transformation gives you a human guide to aid you in the human situations in which you find yourself and frees you to make appropriate choices.

## We Need Guides - Not Rules

What makes it possible to enhance our feelings of self-esteem (worth) is our willingness to be open to new possibilities, to try them on for size, and then, if they fit us, to practice using them until they are ours. To start this process of being yourself there are Five Guides to live by which I learned from the wonderful family therapist Virginia Satir: -

First Guide: The freedom to see and hear what is here, instead of what should be, was, or will be.

Second Guide: The freedom to say what one feels and thinks, instead of what one should.

Third Guide: The freedom to feel what one feels, instead of what one ought.

Fourth Guide: The freedom to ask for what one wants, instead of always waiting for permission.

Fifth Guide: The freedom to take risks on one's own behalf, instead of choosing to be only 'secure' and not rocking the boat.

## Structuring Suggestions and Meditations

The following information is provided to help you structure your meditations and to bring awareness to your language structure when talking with your family and friends, your work colleagues or business clients.

I am most fortunate that I have studied the effects of language in relation to positive communication and have many times noticed well intended meditations containing suggestions with glaring negative language structures. Although this area may appear beyond the realm of spiritual development, in fact it is not because understanding this area of the mind becomes extremely important in relation to the effectiveness of your communication with others.

Please pay careful attention to the following scientific and psychological truths relating to the language structure that you use when addressing the unconscious inner mind; the emotional body of an individual. It has a very different structure from the everyday 'Correct English' that we use.

**Always Use the Present Tense:** Put an idea into your subconscious mind as if it were already an accomplished fact, e.g.

'I AM CALM AND RELAXED'. Even specific suggestions for future behaviour must be given in the present tense, e.g. 'Next Wednesday when I stand up to speak at the company dinner I AM calm and relaxed'. A tip here is to use creative visualisation to project into the future or if you are a Reiki practitioner you can use the distant healing symbol.

You can find a parallel with this rule within spiritual development with their concept of 'there is only now' and 'live in the present moment'.

**Be Positive:** Eliminate every negative word. Do not mention what you are trying to move away from. If you suggest, for instance, 'I am not self conscious with people', then you have released the energy connected with the feelings of self-consciousness and those memories of past experiences when you were self-conscious. Instead suggest, 'I like people, I enjoy their company. When I am with new people I am calm and relaxed'. Instead of suggesting 'I am not tired all the time', be positive and say 'I am filled with energy', remember the past is dead you are in the now and can create any reality you wish to have.

**Be Specific:** Choose one area for self-improvement and confine your suggestions to that one area. Do not give yourself suggestions for several problems at the same time. For instance, do not go into meditation to get rid of a tension headache, and then suggest that you are filled with self-confidence, sleep well every night, and wear a size ten dress or whatever else is on your list that you want to change. Only choose one area to make a change and when you have achieved that then move onto your next goal.

**Be Detailed:** Structure your suggestions to cover every detail of your changed behaviour or attitude. Wrong example – 'I will be an excellent public speaker'. Right example – 'I

enjoy talking to people. When I stand before them I am filled with friendly feelings towards them. As I begin speaking my legs are strong beneath me, I breathe deeply from the diaphragm, my mouth is moist. I feel secure and confident’.

**Use Simple but Exciting, Emotionally Arousing Words:** Speak to your subconscious as if it were a bright ten-year-old. Simple words have the greatest energy. Remember that your subconscious is your feeling mind, your emotional body - use words such as vibrant, wonderful, powerful, beautiful, radiant, etc. Read your suggestions with feeling.

**Affirm Activity:** Let your suggestions describe your action and your behaviour, not your ability. Wrong example – ‘I have the ability to understand others’. Right example – ‘My family and friends co-operate with me because I understand them and care for their welfare’.

**Accuracy:** If the desired result is one which can be measured, such as weight loss, suggest the exact improvement you wish to achieve. Tell your subconscious exactly what you want.

**Be Realistic:** The accompanying rule that must be included with accuracy is to be realistic when structuring suggestions. For a mother with four young children to suggest ‘I always organise my time perfectly’ would be an almost impossible goal. It would be difficult to visualise and could lead to frustration.

**Avoid Absolutes:** Example; ‘I am always, I never, or I am the best’. For example, ‘I am always happy’ may not be appropriate at the funeral. ‘I am the best tennis player’ may create some unpleasant emotions, for example; extreme disappointment when you lose.

**Beware of Words that have a Double Meaning:** Example ‘Great’. The subconscious accepts literally therefore the possible meaning could be: a) Feeling Good or b) Large in Size

**Personalise:** Structure your suggestions to change yourself, your attitudes, and your actions. As you change, so others connected with you will react differently to you.

**Symbolise Your Suggestions:** After you have written out your suggestions following the above rules, find one word or short phrase which symbolises the feeling and content. Use a word which provokes a strong feeling or creates a picture for you as the way you want to be. Example: if you want to lose weight you could use the keyword ‘Size Ten’. If you want to sleep well you could use the words ‘Peaceful Night’.

**Be Imaginative:** Read your suggestion aloud to yourself at least three times, thinking the keyword each time. As soon as you feel the onset of deep relaxation think of your keyword.

You have already loaded the conscious mind by reading your suggestions at the start of the session. As you say the keyword to yourself in meditation, Reiki visualisation or self-awareness, don't try to remember the wording of your suggestion.

## The Excellent You

After you have thought the keyword just let yourself drift. Certain phrases from your suggestions may drift into your mind, but the actual wording is not important at this stage. More importantly allow any images or pictures of yourself acting in the way you want to act, feeling the way you want to feel, looking the way you want to look, to come into your mind.

*'We all hold within ourselves the key to our own health and well being'*

## Making Personal Change

### Creating an inner positive resource; the emotional anchor

You will now have decided what you want to change and have composed your self-hypnosis composition using the rules you have just learnt. Make sure your script is structured correctly by double checking what you have written by using the above rules.

Before you go into meditation decide what you wish to achieve and then ask your subconscious mind to review the last five times you functioned at your best, or did something particularly creatively and effectively. Review those occasions with sounds colours, images and feelings. Ask your subconscious, when it has finished making those reviews, to extract from the reviews those elements of your performance which are distinctive and to have them naturally and spontaneously begin to occur more frequently in your everyday behaviour in appropriate contexts.

Go into meditation, Reiki healing or self-awareness. Aim for blankness in your conscious thinking mind, this allows your subconscious mind to work for you.

Don't try to interfere consciously; learn to trust your subconscious processes. You will discover new patterns in your behaviour appearing automatically. When this happens you can then come to a conscious understanding of what changes you have made. Do yourself a favour and do it the easy way! Let go of the old and enjoy the new you!

### Basic Outline for Personal Change

Load the conscious mind with your written suggestion.

Obtain the Alpha-state through Reiki healing or meditation.

Aim for blankness, quiet the conscious thinking mind.

Have your image appear and hold it there - focus on it.

The time to be in the Alpha-state of mind is approximately ten to twenty minutes. When the image fades, consider the work has been completed at that time. It may not be completely finished but it has been processed. Don't be concerned if thoughts come into your mind - accept what is there and allow a gentle transition to occur. Accept all and let go of the old.

Expect a result in 21 days or after 21 times. The repeating of a suggestion for 21 days or 21 different occasions is related to the scientifically proven knowledge that it takes 21 times or days for a recurring event or suggestion to form a new neural pathway in the brain that will then start acting automatically within your sub-conscious mind.

## Overview Notes

Formulate what you want to work on before going into the Alpha-state or meditation. The conscious mind will then be loaded. This enables the subconscious mind to realise what you want to achieve.

Spend time in formulating your suggestions. Those suggestions, after all, are going to play a large part in your life, so it is worth giving them lots of time and thought.

You should come out of a Reiki healing, meditation or an inner self awareness session feeling refreshed.

Reality is the reality you create. Why stick to one label? If it is not too pleasant, change it - for example nervousness can change to excitement.

When you make up new behaviour realities that you desire, make sure you build ones that are thorough and complete.

You must make sure that they will accomplish what you want and you must make sure that they are flexible to change when appropriate. People often create realities that are not worth having, for example the one you want to change! Test thoroughly your desired outcome; imagine how your friends and family will respond; ask if any part of you objects to this new behaviour; if so, negotiate and make adjustments before rushing in and installing a new behaviour. Consider the overall impact of your change before you make it.

If you take your time and double check then go ahead you will amaze yourself at the outcome. Play the counter example game and ask yourself if there is any way in which your outcome could be harmful, and then use that information to improve your outcome. The guiding principle is to always add to your abilities and add to your choices.

### REMEMBER TO USE VISUALISATION

We are constantly affecting our state by the pictures we make in our imagination and by the way we talk to ourselves, our perceptions.



An example of a finished suggestion for increasing Self-Confidence/Self-image  
Keyword - CONFIDENCE

As I relax more and more, my nerves are stronger and steadier, my mind is crystal clear, I am tranquil, serene and calm.

My confidence in myself increases daily, the confidence of knowing I am capable of doing whatever I want to do, in a calm and relaxed manner.

I am able to rely upon and to depend upon myself, my own efforts, my own judgements, my own opinions. As I do I sense a calm feeling of confidence, pride and love for myself.

I realise that I can cope with any situation that life has to offer and I believe in myself more and more everyday.

I am unique in that I am the only person exactly like me. I have special qualities, special strengths and the ability to do whatever I want to do in life, with perfect confidence.

I have the confidence to ask when I do not know something. This excites me, as it gives me the opportunity to learn something new, creating a greater understanding of life. I have confidence when I mix with other people. In this way I enjoy my life more and more. As my confidence in myself increases with every day that passes, I feel comfortable and at ease on any occasion.

As I become, so I remain, completely relaxed in the presence of other people. I enjoy meeting a few people and I enjoy mixing with crowds of people. I feel comfortable and I am emotionally relaxed, fully centred in my own being.

My confidence in myself grows daily. I have many abilities and talents. I am learning about myself everyday. This is exciting! I believe in myself and I can do anything that is necessary for my well-being and happiness.

I recognise that I am an individual - this makes me a very special person. I can see the uniqueness of others. I am excited by our differences as this is the opportunity to talk to them and learn something new about other people and the world in which I live. I radiate friendship and goodwill. My confidence is growing daily. I have poise, I am comfortable, relaxed and at ease with my life. I am confident to say how I feel to others, to say what I think to others. I consider a person's feelings with my tactful manner. I enjoy the freedom to ask for what I want.

My self-esteem is growing - everyday in every way - I apply this to what I need to apply this to.

As I relax more and more, I become aware of the strengths and wide range of resources which are mine, resources which are within me, which are there for my use. As I am more aware of these resources, I am more and more confident.

*(Please note that this example is much longer than is necessary and has been designed to illustrate the type of language that you should use when structuring your meditations containing auto-suggestions.)*

## How to Reach and Arouse Your Subconscious Mind

The Alpha State of Mind is achieved through Meditation, Reiki Healing or inner Self-Awareness

### Create the setting for Self-Awareness

You need to create a comfortable relaxing place in your home where you are not disturbed. The place in your home should provide you with the best atmosphere for your relaxation. You are now going to pamper yourself. Lower the lighting and put on some relaxation music. You are now ready to achieve meditation and self-awareness.

Become familiar with and practice the exercises of your choice until you are confident that you can achieve the Alpha state of mind. When you are happy about this then read your suggestions before going into meditation, relax and allow your subconscious mind to do the rest. The most important ingredient is to enjoy yourself and LET GO NOW!

### Make a Recording of your Finished Suggestion

Make a recording of your suggestion which you will play when you are in the alpha-state of mind or meditation. The best person you will believe and trust will be yourself; it is your own voice. This is why taking time in structuring your suggestion is very important. Once you have done the hard work in your preparation, making the changes you want to achieve is easy. You just go into the alpha-state of meditation mind while the recording is playing your suggestion. You do this every day for 21 days which will create a new program in your sub conscious mind. Then changes appear in your life automatically without any conscious mind effort.

I remember when I had a hypnotherapy practice back in 1987 when my clients would visit me for their second session I would first of all ask them about their week, and to their surprise I would point out that they had achieved something in their life. Until I mentioned it they had not even noticed the change. Why? Because it had become part of their automatic behaviour when they were in the situation for the new way of being to naturally respond.

### Inner Self Awareness and Meditation Exercises

Select a spot on the ceiling, turn your eyes upwards without moving your head as you are sitting comfortably. Now take three deep breaths into your abdomen and on the third breath close your eyelids down.

“Relax the tiny muscles of those eyelids to the point where they just won't work - see this in your imagination - when you are sure that they just won't work, test them and make sure they won't work. You know you can open your eyes if you want to but, for this moment, just do not want to. Now allow the relaxation that you have got in those eyelids go down to the very tips of your toes.”

Have the thought clear in your imagination of increasing that relaxation ten times – covering yourself in a blanket of relaxation. Expect this to happen, want it to happen

watch it happen as you now..... (leave a space of about 10 seconds on the recording before you start speaking again)

.....at the beginning of the inflow of your next breath open your eyes.....and at the beginning of the outflow of the same breath....let go – close your eyes and feel that relaxation deepen.

While you are practicing this method you can make a tape recording using a slow gentle voice as you read the induction above onto tape

### How to Deepen the State of Relaxation and your inner Self Awareness

**Leaf Method:** Imagine that you are a leaf broken free from a tall tree, drifting and floating down, being gently blown by a warm breeze and just go deeper as you move.

**Lift or Escalator:** You are in a lift on the 100th floor and as you go down each level double your relaxation and go deeper. Use the same idea if you use an escalator.

**Incorporating External Sounds:** Say to yourself “Each tick of the clock or each car that passes or each sound I hear, I just go deeper and deeper....”

**Internal Thoughts:** Just say to yourself “deeper and deeper”. See, feel or hear yourself in your imagination going to the depth level that you need to be.

**Aiming for Blankness:** When you are at the level you wish to be get a blank screen. With your eyes closed focus on the space between the eyes and the eyelids or the space between the eyes – your third eye.

### Self-Healing Your Inner Sanctuary

Go to that special place for you and go into meditation or self awareness. Sit, stand or lay comfortably, serene, safe and secure - that place where nothing bothers or disturbs you - that special inner sanctuary where you are tranquil, calm and relaxed, enjoying the healing energy from the sun's rays.

As you practice you will notice that there is a special white healing light of pure energy - bathe and illuminate your whole being in this energy. Allow this light to flow throughout all your body, knowing that the light knows where to heal and rejuvenate you.

You will find as this takes place you are filled with peace and love, safe in the knowledge that the light is always there for you - you only have to think it and it will be there. At your inner sanctuary you will find - peace, tranquillity, contentment, love, joy, protection, safety, and healing energy - as if you become one with all things.

### Working on a specific problem

Go into self-awareness - arouse the subconscious mind - the Alpha state of mind.

Have the problem area present itself to you in the way of an image.

Do what you need to do to improve or repair and heal that area, use your imagination for this exercise.

When you are satisfied come back to full awareness with a sense of well-being and achievement.

Repeat the procedure daily until the healing is completed. The whole procedure should take approximately ten to fifteen minutes.

### Focusing on tension or pain

Change your brain wave pattern using inner self-awareness or meditation to achieve the Alpha state of mind.

Focus all your attention on the centre of the troubled area.

If the troubled area moves follow it with your attention. Stay in the centre and within a short period of time the pain or tension will disappear.

This exercise is excellent for headaches. You can move the headache with your conscious intention after focusing on the troubled area and then move it up or sideways out of the top or side of your head. It will then be gone. When you are using this exercise never force an outcome - always allow the change to occur naturally.

### Using colour and shape in your imagination for pain relief

Change your brain wave pattern using self awareness or meditation to achieve the Alpha state of mind.

In your imagination have the troubled area, physical or emotional discomfort represent itself to you in the form of a colour and or a shape.

Change the colour or the shape until it looks and feels pleasing and comfortable to you.

### If you have more than one area to heal

It is a good idea to establish confidence by proving the power of your inner-self, therefore if you have more than one area that requires healing start with the easiest first.

When you see the accelerated healing effect in this area your confidence will zoom and your belief of your own inner power and connection will be established. As we said earlier the power of belief will now start to work for you in the most beautiful way you can imagine and your self-confidence will improve in a gentle but strong way. Once again I wish you every success – you are now succeeding.





## Living Beyond the Psychological Mind

*“We feel that the sense of ourselves as the doer of actions must be in place in order to get things done. However, when we are quiet, meaning when we don’t engage with thought activity and instead rest in the natural sense of being, we quickly discover that the vital force expresses itself, and it does so spontaneously, without any intention whatsoever. If you truly give this a chance, you will experience the beauty and harmony of life when you are rooted in being rather than doing.” Mooji*

The following section teaches you a powerful but simple to learn meditation practice. Enlightened masters know that the mind follows the breath, therefore learning this simple practice by slowing down and focusing on your breathing will bring the scattered busy mind to rest into stillness, to the centre of your life. This is where your True-Self exists and therefore a letting go of attachment to your concerns will occur allowing a greater wisdom to arise transforming your life circumstances back into harmony and inner peace. You will discover that solutions will naturally be there because your awareness has become universal and is no longer limited to the conditioning of the personality.



## Breathing Meditation - Mindfulness



Jenny

New Awakening Mantra Group & Yoga Teacher

### Breathing Meditation Explained

This breathing exercise will induce the Alpha State of mind which is also the state known as meditation. Use this simple introductory method to develop your meditation practice. Basically the mind will follow the breath so by slowing down the breath unwanted thoughts and a scattered mind will become calm, put you back in touch with your true nature; that of a calm joyful contented inner peace.

Deep breathing from the diaphragm is the key to relaxation. A full deep breath increases the amount of oxygen as the body begins to function effectively, especially during mental activity.

To feel the full effect of correct breathing, place your hand over your navel and imagine you have a balloon in your stomach. Breathe deeply through the nose - as the balloon inflates your hand moves outwards. As you breathe out imagine the balloon deflating and feel the abdomen falling.

Before starting any exercise on relaxation always take three full deep breaths and feel the tension and negative energy drain away on the out breath, breathing in positive energy on the in breath. Once you have learnt this breathing method to achieve meditation try using it with your Reiki Self Healing.

### Here is the simple procedure

1. Imagine the balloon in your abdomen as this is where you transform your consciousness. Breathe in relaxation and positive energy and hold the breath for three seconds.
2. Breathe out, letting go of any tension and negative energy - feel the balloon deflate - and again hold the breath for three seconds. Become aware of the precise moment of stillness.
3. Breathe in again - be aware of the air filling your lungs - hold for three seconds
4. Breathe out with a sigh - feel the air leaving your body. Hold for three seconds
5. Breathe in - be aware of the air flowing in. Hold for three seconds
6. Breath out with a sigh and feel the tension draining away

## Introduction to meditation

I have included this booklet on meditation as it is an excellent introduction for those who have not had any experience in this essential art.

This meditation method that is easily learnt teaches us how to enjoy life in today's chaotic society without becoming trapped in psychological and emotional suffering.

The simple meditation teaching will lay the foundation to enable you to more easily understand the teachings in the advanced non-dual Gentle Touch Practice.

This Meditation method also beautifully compliments the Reiki Healing teachings and the Sat Guru sacred mantra practice. Finally I give thanks to the Implicate Technology Centre for much of the contents to the following section.

### What does this introduction to meditation teach you?

#### Beyond the Personality

We start from the basis that within the natural limitations of your personality, all you can experience is your individual, separate-self awareness of joy and sorrow, pain and pleasure. It teaches that you will never understand the true nature of your reality if you deal with people and things only through your personality, neither will you understand why your life has happened to you the way it has. This introduction teaches you that if you truly want to understand what your life is about, you must learn how to live beyond your personality.

Learning meditation and mindfulness teaches you how to attain a state of mind, tranquil and clear, which enables you to understand reality and your life in a balanced and harmonious way. You are shown how to experience directly, for yourself, that both your life and all life are only apparently separate elements in reality. You are shown how to experience for yourself that all things, all life, are in reality integrated and unified aspects of a meaningful whole: this level of experience is known as enlightenment.

Enlightenment is only possible once you learn to live beyond your personality. A simple way to achieve this is through practice of the meditation technique taught. This will slow down your mind in time with your breathing which will have the effect of you becoming centred in yourself, able to live in the present moment (in the now) and having a clear and focused mind. Many people in today's society are not able to stop their mind from chattering and are pulled all over the place by distractions in their life, like social media, work, friends and family wants and needs. By following the detailed instructions, working to the best of your ability in the way directed, you will quickly travel along the path towards enlightenment.

Meditation for beginners teaches you how to realise the first, or psychological, stage of enlightenment within one hundred days of committed meditation practice. Psychological enlightenment is a state of mind in which you can experience a genuine and lasting detachment from emotional unhappiness. The meditation practice then, prepares you,

through the resulting peace and clarity of mind, for the advanced teachings on self-realisation or knowing what you really are.

Once your mind has learnt to stay focused and remain in stillness you will find the other courses within the New Awakening Process and most importantly the Gentle Touch Practice, very easy to do.

The courses in the New Awakening Process will lead you through personal experience to a full and direct understanding of the inherent unity of reality. That state is known as the final, transcendental, stage of enlightenment.

This practice teaches you how to understand reality through experience. The fruits of your experience can be expressed in religious or secular terms, according to your choice. This meditation practice is a self-help guide to experiencing the unity that is reality.

This introduction is entirely practical. Daily practice of the simple meditation exercise leads to understanding reality through experience. Begin the journey on this path now. All the material you need is to hand in your own life. Learning meditation teaches you how to live the meaning and purpose of your life.

The key is to integrate these teachings into your ordinary, everyday life. Committed daily practice of these teachings leads to a gradual, entirely natural and harmonious transformation of your experience of life. This teaching requires no overt changes in your life, no visible markers, no new allegiances or beliefs.

Simply practise the meditation above and think about your life in the context given.

### What is the function of the personality?

From the point of view of normal, day-to-day awareness, reality is experienced through the limitations of one's personality. The personality acts as a filter through which one interprets and understands the experiences of one's senses interacting with one's emotional, intellectual and belief structures. Each personality has its own strengths and weaknesses, its own limitations: bounded by individual limitations, one tries to understand the experience of oneself interacting with the world.

The personality encompasses the whole complex of emotions, intellectual ideas, fears, values, hopes, needs and desires which are accessible to, and form the contents of, ordinary, everyday awareness. Our well-developed psychologies teach us that each individual's behaviour is to a significant extent influenced by underlying psychological constraints. Normally, one is unconscious of one's own constraints; awareness of these underlying constraints, which determine much of one's understanding of reality, usually dawns gradually by means of the long and laborious process of maturing through time.

The key term 'consciousness' refers both to one's level of awareness at any given time and place and to the context within which this awareness operates at that time. In other words, one's level of consciousness at any time is what one is aware of, understood within the context of one's conscious and unconscious limitations. Considered objectively, each personality defines a limiting structure to the experiencing of reality.

There is much more about the various levels of consciousness and the workings of cause and effect in the Gateway to Enlightenment.

The personality, therefore, is a constraint upon one's level of consciousness. This should be reflected on carefully until it is clearly understood. Put simply, there is much more of reality which you can experience when your level of consciousness is not constrained by the personality.

**What, then, is reality which is both experienced and understood within the limitations of the personality?**

Reality is the total of what can be known and experienced. Reality encompasses things, oneself and other people, and the manifold layers of meaning within which experience can be understood. Reality is in a constant state of flux; each moment is different from any other.

To ordinary consciousness, reality is experienced only as a state of constant flux rather than as a meaningful process. This is to say that reality is a process which includes, and interacts with, the personality. Each personality is subject to the process of reality.

**What are the characteristics of the interaction between one's personality and the process that is reality?**

Through the complex of one's needs and desires, one attempts to live a fulfilling and satisfying life. This, one achieves to a greater or lesser extent according to one's own way of measuring such matters. We all experience certain things in common. We all have our measure of joy and sorrow, physical and emotional pain and pleasure. We each have our sufferings, frustrations, disappointments and failures; our own weaknesses and fears which we face or fail to face as we are put to the test.

A common pattern of our lives is the attempt of the individual personality to attain fulfilment through the control of aspects of reality. This usually manifests itself as the wish to impose one's will on others or on oneself and the world. This is doomed to failure: we can only temporarily bend the world to our will. In the end, reality, apparently external to the needs and desires of the personality, is too powerful.

Again and again one pitches one's personality against an apparently external and uncaring world. The twin forces of one's personality and reality dance in constant opposition. In this way we waste our lives and our energies in an unwinnable struggle.

**Can we develop a framework, a context, in which to understand the interaction between the personality and reality?**

Such a framework can be established, but not by the traditional Western technique of presenting a structured argument which states its premises, develops its reasoning based on these premises, then leads to its logical conclusion. Any such intellectual approach is inadequate to the task of understanding reality. Understanding can only be based on experience; the function of the intellect is to assist in organising one's understanding of experience, nothing more and nothing less.



Instead, the traditional Eastern technique of starting with a presentation of the central point will be used. A function of The Awakening Process is to provide a complete teaching, the practice of which will lead to an understanding through experience of the central point or goal. When the practical instructions are followed and the framework within which the consequent experiences unfold is understood, then, at one's own pace and in one's own way, understanding will develop.

The central point, the goal of the teaching, is to achieve an understanding through experience that: reality is a process which devours the personality. The personality is a defence against the corrosive effects of reality on the ego, the limiting and relatively illusory sense of the individual 'I'.

To understand the truth of this requires a perspective, located outside the constraints of the personality, on one's life experiences, which are an integral part of reality. To attain this perspective, one's focus of awareness must move, quite naturally and at one's own pace, from the individual ego-based constraints of the personality to the freedom of the transpersonal self. When the focus of awareness settles in the self, the resulting serenity, clarity and quiet joyousness is the psychological state known as enlightenment. The New Awakening Reiki is one such tool which will take you beyond the mind into a loving presence experience with your inner Divine source of love.

I suggest you learn this simple meditation technique to slow down the mind and centre yourself in your true awareness self and then attune yourself to Reiki healing so you receive the emotional comfort to the body through the direct experience of Divine love.

Once the psychological stage of enlightenment has been reached, many aspects of the personality are understood in a different light. Gradually, one comes to realise that the experiences of one's life have taken place within a meaningful context. All one's experiences and sufferings are now understood to have a purpose. The Gateway to Enlightenment will teach you more about the spiritual laws which govern our lives.

### What does it mean to say, 'Reality is a process which devours the personality'?

Just as time devours the physical body in the course of its passage from youth through physical maturity to the gradual physical decay leading to death, so too does reality, through the passage of time, lead the personality from the innocence of childhood, past the idealism of youth and the draining realisations of life's harsh realities in maturity, to the emptiness and fear of an old age unprepared for death. A consciousness shaped by the constraints of the personality fears profoundly the transpersonal, which is, correctly, sensed as hostile to the ego, or sense of the individual self.

This, then, is what is meant by saying 'Reality devours the personality':

One who remains rooted in the personality is fated to suffer the endless conflicting tensions of desire and non-fulfilment of desire. Driven by the ego-based desires of the personality, one fears that dissolution of the sense of 'I' which is the hallmark of the transpersonal. This is commonly found in the individual's fear of death. One is devoured by constant conflict and fear; in the end, one dies unfulfilled, empty, unprepared and fearful of death.

## How can you escape from the endless cycle of psychological suffering and fear of death?

This is possible through following a path which leads to the movement of the focus of awareness from the personality-confined ego to the transpersonal self. Such a path is laid out in practical detail in The Awakening Process. It is attainable by ordinary people regardless of their economic or social position in society or the circumstances of their lives.

In following the practical path detailed in the Process, it will become increasingly clear that what matters is less the events of one's life, which are the preoccupation of normal consciousness, than the way in which one reacts to these events. As one moves towards the psychological enlightenment, the obsession with the outward patterning of events gives way to a deeper concern with the content of one's life experiences. With the attainment of the psychological stage of enlightenment, the understanding of one's life circumstances and their meaning merges into a harmonious sense of wholeness.

This experience brings a profound feeling of psychological well-being which transcends one's material circumstances. The Gentle Touch Practice will awaken you to your inner hidden self, discovering you are already filled with love and your mind is already free from concern as it rests in contentment within a greater no-thinking-mind of Pure Awareness which then looks after your life concerns for you.

## Why should anyone bother to practice meditation?

The practice of meditation has been a prime feature of many models of reality. In Eastern cosmologies or world views it is a practice of paramount importance; in our Western models of reality it features either directly as meditative practices or indirectly as a highly focused form of prayer. In both Eastern and Western models, meditation and what we in the West know as prayer are often closely intertwined.

Clearly, in the past, meditation and prayer have been highly significant and valuable forms of activity when operating within the context of a given model of reality. The committed Muslim or Hindu or Buddhist or Christian has had meditative or prayer practices to turn to as a support in the difficulties of living. Our late-twentieth-century Western culture, however, is primarily secular in nature.

The vast majority no longer acknowledge the power and authority of the mainstream religious models of reality, yet a phenomenon of recent years has been the successful import into our Western cultures of meditative systems from the Eastern models of reality. Many have turned to meditation seeking simple benefits such as release from the stress, which is such a major feature of our lives, or as a form of self-healing. Many turn to meditation within the context of a specific model of reality in an effort to understand the meaning of their lives.

All of this is a testament to the enduring power of meditation or prayer in people's lives, but it does not explain why, in a secular culture, one should bother to practise meditation.

The majority of people in our culture do not accept the comfort of the existing models of reality. That is to say, most people cannot relate the teachings of the major religions to the



deep and unarticulated core of their lives. In general, our lives are lived and understood within the impoverished framework of our mechanistic worldview.

To provide purpose and meaning in our lives, a way must be found to learn to understand the true nature of how we each interact with reality. This is the purpose and function of the New Awakening Process. It provides a practical self-help technology, available to anyone in any circumstances.

We live in a culture which places us increasingly under stress. The forces which shape our lives are moving increasingly out of the individual's control. We are all, to a greater or lesser extent according to our individual life circumstances, subject to the power and influence of politicians, unions, corporate and state institutions, terrorists, etc., a vast complex of social, economic, political, moral and personal pressures. We each need to learn to accept, to endure, to change and to effect change according to our circumstances.

In addition to these forces, we are subject to natural laws. Some of these laws, such as the law of gravity, are well understood by our explicate science; others, although well understood and expressed in Eastern models of reality, are barely glimpsed by our explicate sciences. Each of us must live our lives subject also to these forces.

Within this vast network of implicate and explicate forces, we each must act out our lives. None is exempt from this. These are the forces which comprise both our day-to-day lives and the deeper context which many of us intuitively sense is reality.

Within this context, we each must live out our lives and face our deaths. How does one make sense of one's individual life? How does one gain sufficient independence from these apparently overwhelming forces to live out one's life with a sense of freedom?

The purpose of The Awakening Process is to equip the individual with the skills necessary to attain this degree of freedom, and the understanding of how to use them. This is a state of freedom in which one has the capacity to remain clear, serene and quietly joyous regardless of external circumstances. This is the state of mind in which one is set face to face with reality.

### What does it mean for one to be set face to face with reality?

From the point of view of ordinary daily consciousness, one experiences reality through the limitations and constructs of the personality. Within the framework of the personality, one enacts the experiences of one's life and death. Through the development of the personality, one moves from the naive idealism of youth to the mature awareness of life's harsh realities.

Inevitably, in the course of one's life, one experiences sorrow, pain, misery, grief and despair. This is a natural consequence of experiencing reality through the limitations of the personality. Reality devours the personality.

The inevitable suffering of one's life is a consequence of not being set face to face with reality. Only by experiencing reality directly, face to face, can one escape the cycle of

suffering and fear of death. The simple meditation taught in this chapter is structured to enable ordinary intelligent people to face reality directly.

For one whose focus of awareness is centred on the personality, suffering is inevitable. Release from this suffering can only be found through a natural shift of one's focus of awareness to the transpersonal self. Daily practice of this meditation, coupled with committed efforts to integrate its results into one's ordinary life, leads to the first, or psychological, stage of enlightenment.

Through the use of this meditation, one learns how to focus the thoughts simply and clearly on one thing at a time. This is the essential skill one must develop to enable one to be set face to face with reality. Although the practice is simplicity itself, the difficulty of achieving success is not to be underestimated.

Meditation applied consistently over sustained periods of time and understood within a practical context transforms one's awareness of reality. The simple meditation technique taught in this chapter develops the single most important feature of any meditative system. This is the ability to focus the thoughts consistently and continuously on one object, aim, thought or experience at a time. The other method which will bring single minded focus to the mind is sacred mantra chanting. In stage two of The Awakening Process, soul Evolution, there are several chanting practices recommenced and taught. The main practice is the Sat Guru Sacred Mantra Bhakti Yoga practice.

### What is the tool for the transformation of awareness and how does one use it?

Just as each human body shares a common physical anatomy, so, too, do we share a common non-material anatomy. This common structure we share extends beyond our psychological make-up. This cannot be understood by reading about the subject, or by being told; it can only be understood by direct experience.

The purpose of any structured meditative system is to direct consciousness along the path towards understanding through experience.

Although there is a great deal of interest growing in the West about using, understanding and realising the benefits of Eastern meditative systems, they are not generally appreciated in terms of their full cultural potential. In part, this is because they are spiritual systems stemming from cultures which have developed expertise in articulating certain key aspects of reality far beyond the present level of understanding in our Western cultures. This is expressed most clearly in the uses of the terms chi and prāṇa in the Hindu, Buddhist and Taoist practices. The Reiki Healing system used by New Awakening is one of these practices.

Anyone who has even a cursory knowledge of Eastern meditative systems will have come across these terms generally translated as 'breath' or 'life force'. The aspects of reality to which these words direct one's awareness will gradually become clear through practice of the meditation taught in this chapter. To help in understanding, you should be aware that prāṇa is also known as intuition.

In the Tibetan Buddhist spiritual system, intuition can also be understood as 'quick knowing'. The consistent daily practice of the meditation taught here, with a full commitment to understanding, will lead to the awakening of your intuitive faculties. As your intuition develops, so will your understanding of these teachings unfold.

To begin from the viewpoint of ordinary consciousness: we experience the material world through the five senses - to our senses, the material world is solid and real. For centuries, we in the West have relied on our sciences to aid us in understanding physical reality. In pursuing an understanding of physical reality, twentieth-century quantum physics sought to establish the existence of fundamental particles of matter. After all, everyone knows that matter is solid and so must be composed of particles uniting to form trees, bodies, hills, etc.

Here our science discovered a characteristic of material particles which is at odds with the everyday experience of our senses. Quantum physics has established that matter occurs both as particles and as waves - in other words, matter is both solid (as our five senses tell us) and not solid (which is not at all apparent to common sense).

On the one hand, we experience physical reality as actual and solid; on the other hand, our most advanced science tells us that matter is somehow both solid (particles) and a form of energy (waves). Our science has established that physical reality is not as it appears to our senses. How, then, are we to experience the true nature of reality if not through the five senses?

Each one of us possesses the latent capacity to understand the true nature of reality through the experience of a form of thought which we know in the West as intuition. This is also known in the West as the sixth sense. The function of meditation is to develop this sixth sense, a truer and more reliable experience of reality than that afforded by the other five.

To understand how meditation works to achieve this requires both continuous practice in meditation and a framework in which to place the experience as it unfolds through time.

### How to Practice the Breathing Meditation

Firstly, begin with the practice. The simplest form of meditation is to concentrate on one's own breath. All that is required is seclusion for a minimum of fifteen minutes daily. The scattered and unfocused mind will naturally slow down when attention is given to breath. The great self-realised spiritual master Sri Ramana Maharshi often taught this Truth which you will learn more about in the third stage of the New Awakening Process, True Self Awakening.

One sits upright, in any comfortable position, focuses the eyes on the bridge of the nose, or on an object five to six feet away, and counts both the duration and frequency of the breaths. If this is too difficult, it will be sufficient to count the frequency of the breathing. Typically, we breathe about seventeen times a minute - as the practice of meditation develops through time the frequency of breathing drops gradually down to roughly twice or once a minute.

All this is very simple to say but may take some time to achieve, as anyone who has tried meditation will acknowledge. The key to achieving the considerable rewards of meditation is an accessible framework within which one can understand and develop the experiences of thought during meditation.

Secondly, then, consider the framework. To ordinary consciousness, the primary experience of thought is of a continuous web. Whirling around in awareness, sometimes faster and sometimes slower, always the continuous stream of thought is there.

The aim of meditation is to slow the stream of thoughts: this process, as it develops through time and practice, to be integrated into day-to-day life, leads to great changes in awareness. One develops the capacity for a different type of thought - intuition, or true thought. As the capacity for insight develops, one's awareness of the true nature of reality develops concurrently in a profoundly satisfying way.

The central task for anyone seeking to gain the benefits of meditation is to learn to slow the thoughts. This cannot be done by thought itself. An intellectual approach is inadequate to the task.

How, then, is one to gain control over one's thought? This is to be done through the breath. There is an intimate link between breathing and thought.

Each breath we take is accompanied by a thought. This is a process apparently without end. We cannot influence thought directly but we can influence thought through influencing the breathing.

As the breathing slows in meditation, so, too, does the flow of thoughts decrease. As this happens, true thoughts, which have continuity in themselves, begin to become accessible to consciousness. As this process develops, one's awareness of reality transforms slowly, naturally and wonderfully.

The key to meditation, then, is to focus one's awareness on one's breathing. This is by no means a simple task to sustain for even fifteen minutes. (Reiki Self Healing is also a very fast way to achieve this inner state of calm and no thinking mind.)

One is preoccupied with the awareness of the physical surroundings and one's own comfort. One is driven to think of emotional concerns, the problems of the day and intellectual concerns. The hardest thing to achieve is the task of concentrating solely and simply on one's breathing.

How then are we to achieve this control over the breathing? For the process to succeed, the transformation must take place at a gradual, natural pace. One is not to force the breathing to be slow.

The breath should flow in through the nose, into the lungs, then deep into the abdomen, quietly and easily. The breath should flow out of the nose easily and naturally. The mouth remains closed, the teeth lightly clenched and the tongue touching the roof of the mouth.

This last is most important: the tongue acts as a connector to allow the full flow of the body's energies. This can be formally studied, for example, in Taoist or Hindu esoteric yoga. It will also occur quite naturally if no attention is paid to the process.

All that remains to explain is the hardest task: how to concentrate the thoughts on the flow of breath.

### Become Aware of How the Mind tries to Distract Meditation

Meditation can be difficult to master, but very easy to sustain once mastery has been achieved. The major area of difficulty is distraction. This takes two common forms and the differences between them are best understood as they occur in practice.

Theoretical knowledge of meditation has little value; meditation can only be understood through experience. One is in seclusion, seated comfortably in the posture described above, trying to focus one's thoughts on the awareness of breathing, and inevitably one is distracted. As said above, this can take two main forms, both of which are a variety of laziness.

The first area of difficulty which may be encountered during meditation is sleepiness. This represents a form of distraction of which one is substantially unconscious. Quite simply, one dozes off.

The cure for this is also very simple: get up and walk around for a little. This is very important. On no account should one take the lazy option and fall asleep. The key lies in focusing the thoughts, not in diffusing them.

The second area of difficulty is distraction through fantasy. This refers to any chain of thought which occurs to distract one from awareness of one's breathing. Such chains of fantasy can be based on a myriad of initial thoughts; sexual desire, financial concerns, emotional or relationship difficulties, an event of the day, etc.

The list is endless, and the attractions of fantasy are very great. Meditation affords many opportunities to indulge in self-satisfying fantasies. One is easily tempted to follow through such chains of thought.

All such chains of thought, such fantasies, are to be resisted vigorously and with discipline. They are all, without exception, illusory, regardless of how important the subject matter is to the person meditating. Distraction through fantasy is easier to deal with than sleepiness; this is because, with discipline, one can become aware of the distraction and so exercise self-control. The discipline is simply to bring one's awareness back to one's breathing.

### All the Problems which crop up are a Function of Distraction or Laziness

They may manifest as fantasies, sleepiness or laboured breathing. The two cures are straightforward, either walk around a little until the mind is settled or focus the thoughts on one's breathing.

Persistent daily practice for a minimum of fifteen minutes brings success, through time.

As one develops in the process of freeing the mind from illusory distractions, so, gradually, it becomes possible to focus the thoughts on one's breathing. The full benefits of meditation can only be realised through rhythmical breathing, natural and uncontrolled. One begins by counting both the length of one's breaths and their frequency; equally one sits quite still with eyes focused on the nose, or five to six feet in front - this is an aid to concentration, nothing more.

As one develops in the practice of meditation, success can be measured in the rate of breathing. Once the level of breathing slows to four times a minute or less, the benefits become significant on many levels. Gradually, there comes a complete transformation of one's experience of daily living, easily, spontaneously and wonderfully.

This is known in all spiritual systems, or models of reality, as a transformation of consciousness. For those able to dedicate all of their energy, intelligence and concentration to the process of meditating daily, the transformation of consciousness can be effected within one hundred days. This teaching is based on the experience of feedback from many others using this meditative practice.

Since we in the West know so little of the transformation of consciousness, which is the natural goal for each one of us, we lack both the framework and the terms of reference to articulate the experience. This, in part, is why it is difficult to describe the successful experience of meditation. Nonetheless, the benefits are substantial and indeed, in their full significance, immeasurable.

Whilst these benefits cannot be spelled out, pointers can be provided for a consciousness experiencing them, giving a framework within which to understand them. This is to be found in observing the passage of thoughts during meditation.

After a time, when the work has begun to develop and mature, it becomes possible to experience the following.

One learns to focus the attention on one's breathing, and is able to monitor its duration and frequency. At the same time, one has learnt to halt the flow of fantasy, to end a particular stream of thought at will. One is sitting quite still, the breathing quiet, relaxed and natural, and one is able to move the attention from the breathing to the stream of thoughts at will.

This is a position of great ambiguity, and many wonderful experiences are possible in this state. It is very difficult to concentrate on the breathing for sustained periods; always the thoughts drift off. Equally if one exercises self-discipline and ends the stream of fantasy by becoming aware of what one is thinking, it is very hard to restrict the thoughts to one's breathing.

In that experience of pivoting between arid fantasy and pure clarity of awareness of breathing lies the seed of profound transformation of consciousness. If one continues in this practice of alternating between simple awareness of the present moment and exercising conscious control over the flow of thoughts by simply ending the current thought, one gradually becomes aware of a different type of thought. This is a product of the sixth sense, insight or intuition.

These thoughts are quite different from the thoughts of ordinary consciousness. They are not a reflection on reality, as are ordinary thoughts; rather they are a direct experiencing of reality. Consciousness and reality are in the process of integrating.

These thoughts are an organic part of reality. They reflect an awareness of reality in a particular consciousness, in a form appropriate to the level of clarity and terms of reference of that person at that place and time. The experience of these thoughts can be couched within any religious or spiritual framework; equally it is accessible to those who operate without such a framework, such as atheists or agnostics.

Your natural state of awareness is your True-Self which is giving Divine light to the mind for it's existence. When you transcend the personality thinking mind you experience a natural contentment for just being alive; it is in this state that knowingness arises when required without thinking for solutions. This is what is meant by transcendental; resting in your True-Self beyond the limitations of your personality.

This, then, is the process which leads to the unfolding of true thoughts. This transformation of consciousness is a wonderful experience. One becomes aware of so much more. This experience is impossible to convey in words. Simply, one begins to understand.

To attain this, you must learn how to transform your life through the experience of meditation. The key to this is deceptively simple. Once again it is easy to read and can be difficult to put into practice.

When understood in practice, through day-to-day experience, it becomes a wonderfully easy way to operate in harmony with reality. This, then, is the key to using the skills gained in meditation to transform your day-to-day experience of life, and expand your awareness of reality.

*Act according to your intuition*

*Don't interfere*

*Just let things happen*





## Manifesting - Creating Abundance

### Awaken to the source first

I have included a module on this subject to help you understand how your mind/desires work in relation to personal accomplishment. My advice is to just read this section but do not start practicing it; bypass this module until you are awakened to 'The Source'.

I say this for good reason as it could take up a lot of your time and life's attention, thus moving you away from your evolutionary awakening process. The end result of seeking inner joy and contentment will naturally be dissatisfaction practicing this out of context to the whole. Yes, by practicing this module you will be able to accumulate more and better material things which bring temporary satisfaction and rapturous joy. For the person it sounds like a dream come true. This is why this type of module has sold many books and is so attractive to many. This is an illusion as it is out of context within the whole.

I was reluctant to include this module but many wanted to know 'The Secret' to manifesting so it has been included with this introductory caution. Only when you have complete understanding by direct experience can you look back and join up the dots. You will then realise that manifesting is actually not necessary because once awake you are abundance itself! This is when you are one with 'The Source'.

When my treasure tower awakening experience happened I was informed by the ascendant master "Now just go and enjoy life, have fun as you can now have anything you want however be aware whilst in the dualistic world of form there is always a counter balance to what you manifest." For that reason I have not used my manifesting ability.

Today I live in abundance although my life viewed by others can appear very basic in terms of material possessions. The abundant wealth is amazing for me, in that my inner connection to the source is totally fulfilling, bringing joy and contentment to my daily life irrespective of the changing world. From this state of being everything in this world of form, material, relationship etc can be enjoyed without the need to own it. Whatever I need for my comfort is presented to me in a natural unforced way so I never have the need to manifest anything. I often get things appear for my benefit that surprise me.

The key understanding I am sharing about the concept of creating abundance is that until you are centred in your True-Self you will be trying to experience joy and satisfaction by just filling your life with better material possessions, relationships or personal accomplishments, etc. Unfortunately this approach tends to create a very serious business like person. This approach robs the individual of life's natural joy as it is based upon the limited consciousness of the ego with its need to accomplish/self gain and will only bring temporary fulfilment. That person is now on a mission, just chasing the goal.

To go about wanting to manifest material abundance in your life is therefore not the right way to go about it because you are only concentrating on the outer layer of life's abundance that you can see all around you. If you manage to manifest things on the outer level it is not going to give you the true feeling of abundance that is experienced when practicing Gentle Touch contained in the True-self section. In other words, it is not going to make you happy, except for a few days; a new possession, nice and shiny, an accomplishment, "I've got it now" then after a short period of time it wears off.

Therefore a new approach needs to be taken that can only be understood by having a direct experience with 'The Source'. Now for the good news, 'The Source' is at the centre of your being right now!

Don't be afraid of material possessions by condemning material possessions. This has been done by many Religions today and in the past. Of course their teaching of renunciation of material possessions and personal pleasures is taught to prevent the person from living out their lower unconscious natural behaviour. They know that living from personal unconscious desires, without a higher consciousness awareness, will trap you in addictions, compulsions, gluttony and lustful desires. This of course leads to the deterioration of the soul whilst in the body. This was fine for an uneducated society, but today this one method for all is no longer appropriate.

The past religious and spiritual teachings have a down side. The denial of human expression results in repression and guilt, this has a negative result upon the personality and the soul's evolution of consciousness. When you stand back from the spiritual and religious archaic teachings you can understand their best intentions and realise they are based upon control with no trust in the individual as to having an inbuilt higher-self connection to The Source. Their teachings therefore are based upon fear, arrogance and illusion, thinking they know better. In some cultures the population is even forced into a certain ideology keeping them in a sort of prison, trapping them from the outside world.

Today we have the understanding about life in a modern intelligent way about how we can live out our lives from free will and choice. This means when awakened we can enjoy all the manifest forms of life without attachment; we are connected to our inner source in a beautifully evolved way. There are many great spiritual masters today teaching this truth, for example Eckhart Tolle. This transformation opportunity for humanity is being presented by a new wave of spiritual teachings emerging for the Awakening of mankind.

Manifesting abundance from the ego, the personality, therefore is not really the right way. Go to 'The Source' and from 'The Source' abundance will naturally manifest in your life. You then manifest abundance from the inside out. Those who practice manifesting do get results, however just to gain things and accomplishments in life will not bring happiness. It is the wrong way around, discover who you really are and you will naturally become a fountain of joy and happiness. Abundance is then in your life as a natural manifestation from this oneness awakened connection.

### The Awakened Process for Creating Abundance

- You start from the here and now with 'The Source' the place within where life is born continuously moment by moment, but in itself is unborn just pure consciousness itself.
- Then you go into enjoying all the forms of life, that is the initial level of abundance.
- Then you enjoy relating to all the forms of life by whatever you do in life.
- Out of the enjoyment of what you do things will naturally come into your life.
- You will be able to enjoy them without attachment to them.
- There will be a natural flow to your material life, things will come and things will go but all will be enjoyable and acceptable.

As you work through the Awakening Process the desires you now have will change. As your consciousness evolves your desires will naturally change without effort, therefore change your consciousness first and everything else will naturally follow in a positive way.

## Creating Abundance Workshop

### Mastering the Law of Attraction to Create the Life of your Dreams

Learn how to use the power of your mind and imagination to get what you truly deserve! Imagine getting all you have ever wanted just by thinking in a certain way. The power of your thoughts can improve your life as proven by the modern science of quantum physics. As a result of this home study workshop you will experience life at a much more enjoyable, satisfying, abundant level; you will see your biggest dreams coming true right before your eyes!

Many people have read the books 'The Secret', 'The Cosmic Ordering Service' and yet they are still unable to manifest the material wealth they wanted or find their ideal relationship. Although they think they are doing what the book or film is saying to them, they are unable to work in harmony with the 'Law of Attraction', there are some pieces of the puzzle missing.

The most common questions people ask are "What is the Law of Attraction?", "Why isn't it working for me?" and "What am I doing wrong?" You are going to learn how to have complete control over your life's entire experiences! The difference with our workshops lies in the subtle energy shift that will be experienced through the Spiritual Transfer you will receive. At the end of this home study workshop you will learn the answers to these questions.

### A Step by Step Plan of How to Create Abundance - what you need to know and what you need to do

You are going to learn what you need to know and what you need to do. We are going to introduce to you a step by step approach in discovering your passion, your vision, your life purpose and how to set your goals. The only thing that is going to change your future is by choosing to have a different set of thoughts – starting from now! We need to become very intentional and deliberate with our thoughts and most of us have never been taught how to do this. What you need to talk about is how good it is now. Place all your energy on your dreams, your vision, what you want to have happen.

**Set Goals:** Your unconscious will send out messages to the universe to bring these situations to you.

**Your True Passion, Mission and Purpose:** You are a unique person, no one else in the world is like you. This is why you have to 'Become You' and not the conditioned you others want you to be. We each have an inborn natural passion and talent to offer the world, which is what we have to realise and discover.

Ask Yourself this Question: How do you know when you are being you and fulfilling your soul's mission? (This is good to be discussed in your group.)

**Our Answer:** Your true Passion should feel like breathing, it is that natural. When you are feeling joy in doing what you are doing you know you are on track.

**Ask Yourself this Question:** Is there a difference between Happiness and Pleasure? (This is good for your group to discuss and share their views on this.)

**Our Answer:** Yes, pleasure is temporary and is in self-centred activity. True Happiness is when you are being totally you and fulfilling your gift to others which is totally you as you are!

**How do you know when you are on track?** Life gives us feedback all the time. You know you are on track if you are feeling joy – pay attention to your feelings. Note: The step by step plan is to set your own goals and dreams. Remember you are unable to set goals for other people.

## Your Step by Step Plan

**Creating a Vision Book and Board:** Your own personal sacred space for your personal and work goals. This book is a personalised map of your future. Learn to honour and cherish the personal desires, hopes and dreams you want to achieve. Learn to create affirmations and how to use power words. This book is created by simply combining your chosen selection of words and phrases with photographs and images that best represent your goals and dreams.

**Define your dreams:** What you want to create in your life. You must define your dreams in order to achieve them! Think about and make a list of what you want to attract in your personal life, family, relationships, career or academic goals. Consider your home, your financial goals, recreation, travel and what you contribute as a person to society – you must consider yourself as a gift to all others. Do not to forget your goals for fitness, personal and spiritual growth.

**Choose inspirational words:** Create as many inspirational words, quotes and affirmations that you can find. (This is good to do when you are in the group and then to share the individual results with the group. When you do this you will build up an enormous library for your Vision Book or Board).

**Choose images that best represent your goals and dreams:** The only way you will be able to do this is to look through brochures and magazines, scan the internet and personal photographs. These are to represent times, places and things which you are grateful for and what you want to create more of in your life at home after the workshop. It is important to include things you aspire to. You can select as many visual images as you like, remember a picture paints a thousand words and they will act as a trigger for your subconscious mind to send out a command into the universe.

See 'Symbolise Your Suggestions' and 'Remember to use visualisation' in 'The Excellent you - Achieving your Full Potential'

**Learning to Focus through reviewing your personal selections:** After selecting all the words and phrases you have chosen spread them out and see if they can be narrowed down. Strive for focus and clarity because this is what draws 'The Law of Attraction' to

you in a much more effective manner. This also relates to clearing your clutter, in other words creating space for a new manifestation to be able to appear.

**Add personal mementos:** Introduce any small physical items that have special meaning to you as an individual that will represent inspiration. Real objects such as ticket stubs, crystals, as an example soil from the property on which you want to build your dream home – the point to get across here is to introduce whatever is emotionally meaningful for each individual. The motto is ‘Use whatever works for you’.

**How to use your Vision Book or Board:** We suggest viewing the Vision Board each day. You could keep it beside the bed or in a sacred place in your home where you perhaps look at it first thing in the morning and last thing at night. This will reinforce your affirmations and these times are the most powerful in terms of when to visualise and reinforce the words, thoughts and images that you have chosen. You can do the daily rituals to make everything happen faster. It is good to create a new Vision Board once a year.

**The importance of creating specific goals and how to prioritise them:** Study the section on the rules of the mind and structuring suggestions and meditations in ‘Achieving your Full Potential in The Excellent You’

**Discovering what is your life’s purpose:** How to write effective affirmations using ‘The Law of Attraction’ that will create positive effects in the realm of infinite possibilities.

The Law of Gratitude is the companion to the Law of Attraction: The importance of keeping the journal enables you to be able to go back and read from it and add new things to be grateful for. The journal will also reveal the spiritual growth of an individual as more human elements such as “I am grateful for my mother – I am grateful for my father – I am grateful for my boss” will emerge as a person develops more compassion, moving from things for me to social considerations. Gratitude and acknowledgement are essential components in attracting whatever you want in your life. Practicing gratitude eliminates personal dissatisfaction and complaining. Through the expression of gratitude on a daily basis you will create an even greater vibrational match for the future you want to create.

**We recommend that you practice gratitude in the following way:** First take a deep breath, become centred so that you pay attention to your second sacral chakra (just below your belly button). This will bring focus and depth to what you are about to be grateful for. Then say, with passion and emotional meaning, “I am grateful for ...” List as many as possible. When you have finished this exercise just to sit with ‘as empty a mind as possible’ and notice how you feel emotionally.

**After creating your Vision Board manifest your goals using Meditation:** Look at your Vision Board then Play and listen to the Meditation CD or MP3 in the download of the New Awakening Process. Repeat this daily for at least 21 Days.

## Creating Abundance

### Useful Review and Checklists

When you know your life's purpose you will have defined your goals and dreams; you will have defined your goals in all your life's areas, combined them and written out a full passionate suggestion focused on your life's mission. It is good to review them, to check and see if they feel comfortable to you. Take your time and make sure you have not overlooked any aspect of this amazing creative process.

This is the Life of your Dreams that you are now ordering! Have you identified your life purpose? What is it that you Love to do? What are you Passionate about? How can you give to others? The bottom line is this; if you don't really know exactly what you are asking for, then how can you expect to get it?

Part two of this course 'Clearing Inner Blocks and Limitations' is the secret to your success. It is how we reacted to our past experience which makes us what we are today. Yes, we are a result of the conditioning of our upbringing; parental, educational, social and religious influences. When we have past unresolved hurt and self limiting beliefs about our life they will charge and influence your new dreams in a negative way preventing you from getting what you deserve.

Some people find it difficult to manifest their new dreams as a result of these past negative patterns held in our sub-conscious. Please do not worry if you are unable to clear these patterns. Using the practices in The Awakening Process download will help you resolve and release you from those very issues. The Awakening Process has been designed to help provide you with the complete picture for your success. Enjoy your new journey of transformation creating the life of your dreams.



## Step 1 - Examine What is Happening Now

“If you want to know what you were thinking one year ago look at your situation now. You have attracted today’s situation by the thoughts, beliefs and feelings you were having a year ago”. Choose one life area that you are emotionally comfortable to work on today. The purpose of doing this is that you are looking to discover a relationship between your thoughts, beliefs and feelings as to what is happening in your life today.

LIFE AREA	List what is Happening - Be Truthful
Love and Relationships	Love – Romance - Life Partner – Children – Family - Friends - Work Colleagues - People experiences – List emotions and behaviour quality
General Health	Physical Body – Fitness - Beauty and Appearance – Self-image - Emotionally – Mentally - Spiritual
Financial	Income – Savings - Investments
Material	House - Car - Possessions, etc.
Work Life	Career - Business – Study
Leisure	Personal pleasure – Holidays - Hobbies
Contribution to Society	This area relates to what you give back to society in terms of energy or money to social causes – charities - organisations that are in service to others

## Step 2 - Examine Your Thoughts, Beliefs and Feelings

Using the same life-area write in your workbook the following:

1. How do you feel about what is happening now in your life? (You can use a scale of 0-10 or write about your feelings. Scale Method: Taking all things into consideration and using a 10 point scale, where 0 means extremely dissatisfied and 10 means extremely satisfied, what score reflects how satisfied you are with your feelings.)
2. What are your thoughts about what is happening now in your life?
3. What are your Beliefs about what is happening now in your life?

The purpose of doing this is that you are looking to discover a relationship between your thoughts, beliefs and feelings and what is happening in your life today.

LIFE AREA	List how you feel and what you think and believe about what you have just written in step 1 - Be Truthful
Love and Relationships	Love – Romance - Life Partner – Children – Family - Friends - Work Colleagues - People experiences – List emotions and behaviour quality
General Health	Physical Body – Fitness - Beauty and Appearance – Self-image - Emotionally – Mentally - Spiritual
Financial	Income – Savings - Investments
Material	House - Car - Possessions, etc.
Work Life	Career - Business – Study
Leisure	Personal pleasure – Holidays - Hobbies
Contribution to Society	This area relates to what you give back to society in terms of energy or money to social causes – charities - organisations that are in service to others

### Step 3 – Set Your Goals

After defining your life's purpose using the same life-area as step 1 & 2 write in your workbook the following:

1. Define your dreams – List what you want to create in your life
2. Remember to choose inspirational, emotionally arousing words so they ignite your inner passion
3. Structure your goals as set out in 'The Excellent You'
4. Keep your dreams and goals inline with your life's purpose

### List Your Goals Below

LIFE AREA	List your Visions to Create the Life of your Dreams. WHAT DO YOU WANT TO ACHIEVE?
Love and Relationships	Love – Romance - Life Partner – Children – Family - Friends - Work Colleagues - People experiences – List emotions and behaviour quality
General Health	Physical Body – Fitness - Beauty and Appearance – Self-image - Emotionally – Mentally - Spiritual
Financial	Income – Savings - Investments
Material	House - Car - Possessions, etc.
Work Life	Career - Business – Study
Leisure	Personal pleasure – Holidays - Hobbies
Contribution to Society	This area relates to what you give back to society in terms of energy or money to social causes – charities - organisations that are in service to others

## Step 4 - Find Your Purpose and Passion in Life

You need to discover your inner life's purpose to be able to create the life of your dreams. This is a discovery of: who you truly are, your unique interests, your talents and your passions. Once discovered, setting your goals become really clear because your dreams and goals spring forth from your life's purpose.

Start by making a list of all the times you can remember when you felt most fully alive and joyful, a feeling of inner contentment, inner happiness where time just flies by.

Examine the list and make a note of what is in common with each of these experiences. The common aspect will reveal to you what is bringing you joy in your life. When you can discover what is bringing you joy in your life you will discover your life purpose.

### How to Discover Your Life's Purpose

Step 1. Write in your notebook your experiences to: The times I felt most joyful and alive. Once completed examine the list and make a note of what is in common with each of the experiences you have listed.

Step 2. Now consider the following questions and write the answers in your workbook and see if they match with the list above:

- Q. What are my natural gifts?
- Q. What are my skills and talents?
- Q. What do I love to do?
- Q. When do I feel most alive?
- Q. What am I passionate about?
- Q. What brings me the greatest joy in life?
- Q. When do I feel best about myself?
- Q. What are my personal strengths and characteristics?
- Q. What have others always said that I am really good at?
- Q. How do I enjoy interacting with other people?
- Q. What would I change in the world if I could?

## Part 2 - 'The Key' Clearing Inner Blocks and Limitations

### The Practice of saying or chanting 'I LOVE YOU'

At the core of everyone - YOU and I and everyone else, we all want love. When you say or chant 'I Love You' as a mantra inside of yourself, you cleanse yourself of negative emotions and radiate at your core energy, which is LOVE. You then RADIATE an energy that is common to us all and everyone feels it. The result is everything comes to you!

'I Love You' 'I Love You' 'I Love You' Use this mantra to Love your worries, problems, Blocks, illness and they will transform into the Universal core energy of Unconditional Love. Mix this practice with the practice of Gratitude to increase its power.

Your main Goal in life should be 'Spiritual Awakening' which is a state of inner indestructible Happiness. You then discover that the limits in your life are only your own!

Ask yourself – "How Good can I stand it anyway?"

'The Law of Attraction' works when you FEEL the end result of what you want, not just by thinking about it

Emotional Blocks to consider: Examine your Deservingness! Examine what you are punishing yourself about. Examine your beliefs about money. Examine what you feel any Guilt about.

Change your Mind plus your Feelings and your life will follow

To Change Your Results You have to Change Your Unconscious Beliefs!

Ask yourself these 3 questions about the Goals you have set: Is this what I really want? Is this something I think I should have? Do I feel I deserve this?

You need to take action towards what you want. The KEY is to pay attention to the signs and jump when it feels part of the Divine plan. When you do this, miracles happen.

How do you know if your inner prompts are Fear based or are Love based? Become aware of the feelings in your body. If you get a warm pleasant comfortable feeling in your chest, the heart chakra area, it is love based. This acts as a good signal - your inner intuition.

If the feeling is muzzy in the mind and you get an uncomfortable feeling in the stomach or just below the chest it is a fear based response. Do not Act but clear the feeling.

When you are clear inside, you get what you want or get something even better than you consciously wanted!

**Five Steps to Success:** Know what you want. Choose what you want. Become Clear - overcome inner resistance, opposing ideas and past conditioning. Feel it already accomplished. Let go while taking inspired action.

## Creating Abundance

**Become Clear and You will:** Believe in yourself. Believe you are worthy. Believe all things are possible

**How to use your Vision Board with Meditation:** Look at your Vision Board. Play and listen to the Meditation CD in the download. Do this daily for at least 21 Days.

## Creating the Life of Your Dreams - Putting it all together

**Daily activity:** Use your vision board daily. Use your affirmations daily. Use your meditation CD daily. Use your gratitude book daily. Use 'I Love You' daily.

**Your Beliefs:** Believe in yourself. Believe in your dreams. Believe in miracles. Believe you are worthy. Believe all things are possible.

### Become Aware:

Live in a constant state of gratitude.

Focus on the positive.

Change all negative thoughts into positive thoughts.

Find the best in every situation.

Discover your life's purpose and live your truth.

Listen to your inner voice.

Become aware to internal and external feedback.

Be willing to take risks.

Take immediate action based on your intuition.

Give and contribute to others.

Realise you are perfect now and share yourself as a gift to others.







# Love & Relationships



The Creation of Meaningful Relationships  
Centred in Unconditional Love

Love & Relationships Course Handbook

## Love and Relationships

I created this course to enable you to create meaningful relationships centred in Unconditional Love. “I think that most people are settling for a life that is far less than they deserve, whether this be in their relationships, in their career, with their finances or within their family. Settling for only a part of your dreams would never make you completely happy. Getting yourself to take action enables you to make anything happen that you really wish for; this reality I am sure you can already understand. The secret to your happy existence lays in the inner quality of your emotional experiences and in having the wisdom to make the right choices in each moment of your existence”.

### The Most Important Relationship in your Life is with Yourself!

I am talking about the most important relationship in your life; that is the one that you have with yourself. When you relax, if within your heart you can automatically feel love and whenever you have to make a decision you are aware of your inner intuition guiding your thinking, then I would say “congratulations” because you are an enlightened human being.

### Sharing my Experience of Unconditional Love with You

Most of us are not this fortunate and I have personally spent over twenty years of my life in searching for the solutions to these very questions. In 1995 I was fortunate enough to experience a direct connection and fusion with what I have called The Beloved Universal Divine Consciousness. This experience filled my life with Unconditional Love. I felt like a fountain of love which was available for the whole world to experience and enjoy. My experience was very interesting because just by connecting with this universal love energy people experiencing the ‘Presence’ would receive healing if they required it and when I was asked seeking questions, instantaneous knowingness arose within my mind providing satisfactory answers; both of these qualities came from the radiance of Unconditional Love. It is from this experience I have discovered that my life's mission is to share this loving direct connection with anyone wishing to experience inner love. The creation of New Awakening's courses has been carefully designed for that very purpose; to enable you to experience love at your will. Love and relationships will then take on a new meaning for you.

### You Already have Everything Inside of You Now!

You already have everything inside of you although many things may be hidden or blocked from your awareness. I want to help you bring out those hidden gems. Only you know what you want to do; I cannot tell you that. I'll help you look inside yourself so you can discover what you truly want; I will offer you the tools to make this possible, to make this happen.

### Ten Key Guidelines - Achieve Active Mastery over Your Life

What you wish and expect for yourself is what you get! In order to maintain a positive relationship within yourself there are three values that apply to every person, these relate to your intentions. What are these three qualities? The first quality is longevity itself since

life is a primary goal. The second quality is to maintain a creative activity that keeps life interesting making us want more of it. The third quality is wisdom which is a collective reward of long life.

You need to establish what I would call active mastery, autonomy over your life and the personal circumstances within your life. So many unfulfilled dissatisfied people refer to gaining psychological fulfilment by reverting to the use of power over others; living out their lives through others. The single most important factor in relation to a healthy longevity is that you make something creative from your own existence. That means the most meaningful thing that you can live for is to reach your own full potential at any given age. The body and mind that you experience contains a tiny fraction of the possibilities still open to you. There are always infinite new skills, insights and depths of realisations ahead of you. Yet sadly these latent potentials are closed off from the vast majority of people who barely have achieved the living skills to fill sixty-five years of existence. When you consider this you realise that it is extremely important to begin to develop your skills consciously, breaking free of social expectations by setting yourself the goal of becoming a master. To help you carve out your own ideal life I am going to suggest ten key points to achieve mastery over your life!

The following Ten Key Points need to be Learnt in order to achieve a Happy Life. These ten key points are intended to be practical for you to learn and practice so that you can apply and use them in your everyday life without difficulty. You do not have to retreat to a monastery to become a master of your own life!

1. Listen to your body's wisdom. This point is not as difficult as it may appear - it is very simple; your body will express itself in signals of comfort or discomfort. When choosing any certain behaviour ask your body "How do I feel about this?" If your body sends a signal of physical or emotional distress – watch out!!! If your body sends you a signal of comfort and easiness – proceed.

2. Live in the present. Why is it important to live in the present moment? Because it is the only moment that you have. Keep your attention on what is here and now. Look for the fullness in every moment of your life. Accept what comes to you totally and completely so that you can appreciate it and learn from it and then let it go. The present is as it should be, it reflects infinite laws of nature that have brought you to this exact spot; your exact physical and emotional experience. This moment is as it is because the entire universe is as it is. Do not struggle against the infinite scheme of things, instead be at one with it.

3. Take time to be silent, to meditate and to quiet your internal dialogue. In moments of silence realise that you are re-contacting to your source of pure awareness. These moments of silent connection will revitalise your body in loving emotions; they will re-energise your life. Pay attention to your inner life so that you can be guided by intuition rather than externally imposed interpretations of what 'is' or 'is not' good for you!

4. Relinquish your need for external approval. You alone are the judge of your worth! Your goal is to discover infinite self-worth in you no matter what anyone else thinks or says about you! There is tremendous freedom in this realisation, in this understanding. Practice this now.

5. Realise that you are only struggling with yourself when you find yourself reacting with anger or opposition to any person or situation! When you are reacting with anger or opposition to any person or circumstance realise that you are only struggling with yourself. Putting up resistance is the response of defences created by old hurts. When you relinquish this anger you will be healing yourself and co-operating with the flow of the universe. Overcoming emotional pain and establishing love is the key to your personal freedom and the development of positive loving relationships with others.

6. Know that the world out there reflects your reality inside of you! The people you react to most strongly, whether with love or hate are projections of your inner world! What you most hate is what you most deny in yourself. What you most love is what you most wish for in yourself. Use the mirror of relationships to guide your evolution. The goal is total self-knowledge. When you achieve that goal what you most want will automatically be there and what you most dislike will disappear!

7. When you shed the burden of judgement, you feel much lighter! Judgement imposes right and wrong on situations that just are. Everything can be understood and forgiven but when you judge you cut off understanding and shut down the process of learning to love. In judging others you reflect your lack of self acceptance. Remember that every person you forgive adds to your own self-love.

8. Don't contaminate your body with toxins! Do not contaminate your body with toxins either through food or drink or toxic emotions. The most damaging of all toxins to your physical body and emotional body is a toxic mind! Your body is more than a life-support system - it is the vehicle that will carry you on the journey of your evolution. The health of every cell directly contributes to your state of well-being because every cell is a point of awareness reflecting your total self in the wholeness of your being.

9. Replace fear motivated behaviour with love motivated behaviour! Fear is a product of your memory, dwelling on your past, remembering what has hurt you. This limits your life because now you direct your energy towards making certain that your old hurt will not repeat itself. It is like being on the run and not being able to enjoy the present. But trying to escape the past within the present will never wipe out the threat of being hurt again!

Your security exists in only one solution which is at the centre of your own being and that emotion is Divine love. Therefore the solution you need to seek is in establishing love; learning not to be swayed by other people, other situations or unstable emotions because just like a cloud covers the sun shining in a blue sky, they will block and cover that love that is at the centre of all things.

It is this love that you will learn to establish and from your Divine connection of Unconditional Love you will then feel secure, establishing emotional stability. Then you will be in a position to give love to others. When you establish this emotion of love motivated by the truth inside you it will enable you to face any threat outside of you because your inner strength will then become invulnerable to fear! You can then enjoy the beauty of the present moment of your life. Freedom is experienced when you let go of making judgements. Let go of the need to make moral judgements; do not judge yourself, others

or situations, in fact life itself. Freedom is experienced when you let go of making judgements. When you feel free you are unbounded.

10. Understand that the physical world is just the mirror of a deeper intelligence. Intelligence is the invisible organiser of all matter and energy. Since a portion of this intelligence resides in you, you share in the organising power of the cosmos. You are inseparably linked to everything therefore you cannot afford to live with the toxic mind because every thought makes an impression on the whole field of intelligence.

Living in balance and purity is the highest good for you and the planet Earth. Life is a creative enterprise - there are many levels of creation and therefore many levels of possible mastery. A person's later years should become a time when life becomes whole, the circle closes and life's purpose is fulfilled. In that regard active mastery is a way of surviving into extreme old age. It is the true pathway to you establishing absolute unshakeable happiness and personal freedom!

### The Ten Key Points to Learn in order to achieve a Happy Life

1. Listen to your body's wisdom
2. Live in the present
3. Take time to be silent, to meditate, and to quiet your internal dialogue
4. Relinquish your need for external approval
5. Realise that you are only struggling with yourself when you find yourself reacting with anger or opposition to any person or situation!
6. Know that the world out there reflects your reality inside of you!
7. When you shed the burden of judgement, you feel much lighter!
8. Don't contaminate your body with toxins!
9. Replace fear motivated behaviour with love motivated behaviour!
10. Understand that the physical world is just the mirror of a deeper intelligence.

## Nurture and Cherish your Relationship with your Body

There are two reasons to love and cherish yourself, to love and cherish your body. One reason is that your body reflects your inner emotional condition that is connected to your inner soul; it is therefore not just a physical body! An unhealthy emotional inner condition will be reflected in a diseased body causing you personal suffering. The other reason is that a healthy positive physical body will assist in reversing the ageing process!

Improving the quality of your body: There are two practical physical things you can do that will improve the quality of your physical body; one is exercise the other is nutrition. The body cannot be looked at purely in terms of the physical aspect but consideration has to be made to balance your emotions and develop and open your spiritual connection. So you are a physical emotional spiritual being. This is where the concept of mind-body-spirit comes from. So when you look at relationships and love you have to consider the whole of you not just a part of you.

**Exercise:** I bet that you are thinking, 'here we go again' down the gym, running like a maniac, etc. Do not worry I only want to share with you two recent scientific and medical findings in relation to exercising your body. The first discovery is that your exercise must be enjoyable and be taken regularly. The second discovery you will be pleased to know is that the exercise you take should not cause any strain on your body! The findings show that the best exercises to take therefore are swimming, brisk walking, yoga and making love. Any of these activities should be taken for approximately 30 minutes three times a week. In the case of lovemaking I will leave it to you to decide what suits you best! The reports also show that you have to be careful of jogging because it can cause problems with joints.

**Nutrition:** How much you eat and how you eat your food is an important consideration on the quality of your physical body. There is a feeling amongst researchers today that most people eat too much. If you cut your level of nutrition by following this key guideline; only eat when you're hungry, only eat enough for your bodily comfort and do not eat beyond that level of comfort, then you are doing alright. This now becomes conscious eating using your body as a feedback monitor. Chewing your food more than normal is also a great way to assist your food in its metabolism and provide good digestion.

## Emotions in Relation to Ageing and your own Personal Stability

Basically there are two main emotions; one is the experience of fear and the other is the experience of love. It is love that you are going to develop because this will become your salvation. Anything that you can think of as a negative emotion is a form of fear. Normally underneath that fear is an old hurt. For example anxiety is a form of fear, anger is a form of fear, hostility is a form of fear and resentment is an expression of fear. Greed, possessiveness and jealousy are all forms of fear although possessiveness and jealousy need to be examined in greater detail because they are the cause of many relationship problems.

The whole solution to all of these problems starts with the establishment of you becoming centred in love; a love deep inside of your core being that is not dependent upon another



person becoming your provider of love! Freedom is now achieved automatically because you feel secure and because you can feel love by just relaxing into your own emotional inner centre. I know that emotional inner stability rooted in love is a solution to your personal freedom.

When you achieve this emotional life condition you are then able to have compassion towards those who were unable to love you in the past in the way which you would have preferred them to. You are now able to forgive them with true compassionate understanding because you realise that their emotions were not rooted in self-love.

You also realise that your reaction to your personal pain and suffering, your past hurt was as a result of being dependent upon another person for your love. You could say for example 'my mother or my father did not love me, therefore they are the cause for my emotional instability'. On one level this is true, however a deeper understanding shows you that this very pain and personal suffering is the cause for you to seek inner love and permanent emotional stability. You can now offer gratitude for your experience because you have now achieved personal freedom as a result of your past experiences.

In simple terms you have taken control and responsibility for your own life and no longer blame others for the way you are.

When you achieve this condition of emotional stability relationships will become abundant, joyful and full of love. Your compassion and love can be directed to family members, personal lovers and friends. In fact to everyone you have ever known.

### Love is more than just a personal emotion. Love is the expression of unity

Love is not just an emotion alone because it is the expression of unity, the expression of wholeness. So it really is much more than just an emotion. It is the experience of connectedness with everyone and everything. So love really is the truth that is binding everything and everyone together; it is running the universe and you; the whole cosmos. It is organising the infinitive intelligence of nature and therefore true love is the experience of a higher state of consciousness. It is this higher state of consciousness that you will need to be connected with to establish blissful relationships.

(I can recommend the Reiki healing courses to instantly establish this relationship. The Second-degree Reiki course teaches you how to centre your emotional body in Unconditional Love and teaches a specific mystical symbol and mantra for this purpose).

### The Practice to Feel Love and Joy within Your Heart

After my experience of unity consciousness in 1995 I became deeply aware of being taught and guided by enlightened Divine beings, so I was not surprised when two years later I become aware through direct intuition in my heart centre that a great enlightened spiritual master was visiting England. I knew I had to find this person as it was part of my mission to experience his or her presence. I began my search in total confidence and faith that I would find and meet such a great master. So you will not be surprised when I tell you that I was approached in Cheltenham's high street by a Hare Krishna devotee. When I shared with him my quest he replied "That is interesting because our leader from India is

visiting us next month and is holding meetings for us in Wales.....". Yes, it was the Spiritual Leader I was destined to meet and through our personal meeting I was given confirmation of the part that The Krishna Consciousness had to play in the teaching of Unconditional Love to all of humanity.

So now I will offer you a little of their historical background for your interest. If in any way your religious beliefs are in conflict with the chanting of Hare Krishna I apologise to you. Please do not worry because you can abstain from chanting this sacred mantra connecting you to the Unconditional Love of God, but if not then trust me and chant this for 30 mins.

### Krishna Consciousness Overview and Background

The Vedic scriptures state that spiritual life begins when one inquires into the nature of the absolute truth, the Supreme Godhead. Gaudiya Vaisnavas are monotheists and know the personality of Godhead as Krishna, the All-attractive. But it is also recognised that the Supreme has unlimited names such as Rama, Buddha, Vishnu, Jehovah, Allah, Christ, God, etc. The ultimate goal of Gaudiya Vaisnavism is to develop a loving relationship with the Supreme Godhead.

The Vedas also tell us that the understanding of the self, as being non-material but is transcendental by nature, is the preliminary stage of realisation of the absolute truth. To understand knowledge of self-realisation one must approach a genuine spiritual master, just as one learns the essence of any subject from a perfected practitioner.

The congregational chanting of the Maha-mantra, 'Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare, Hare Rama, Hare Rama, Rama Rama, Hare Hare' as promoted by Sri Caitanya, is accepted by the Vedas as the most effective means of self-purification in this age. The Vedas describe the mantra as a prayer to the Lord, "Please Lord, engage me in Your service". Some devotional songs have been popularised by western artists including George Harrison and more recently Kula Shaker.

### The Mantra to connect your heart to 'Universal Unconditional Love'

Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare  
Hare Rama, Hare Rama, Rama Rama, Hare Hare

The Maha-mantra is a transcendental sound vibration which awakens God's love in your heart and mind. We have included a version of the Hare Krishna mantra in the Sat Guru Sacred Mantra Practice which you will find in your download.

The ultimate goal of chanting 'Hare Krishna' is to develop a loving relationship with the Supreme Godhead. The chanting of this mantra is accepted by the Vedas as the most effective means of self-purification in this age.

You could say that this chant without any philosophy or ideology can be used in conjunction with any faith or belief that you may already hold and treasure. Think of this chant as a direct pathway to 'The Beloved Universal Divine Consciousness' providing you with the quality of Unconditional Love. I think all the faiths in the world would promote such a quality manifesting in your life!

## Connecting to Unconditional Love using Reiki Healing

In our experience the simplest and most effective direct connection to Unconditional Love is easily achieved by anyone through Reiki Healing. This is because this spiritually guided Universal Life Energy is an expression of Unconditional Love.

Why do people love this energy? Because it is from the beyond, beyond our mind, beyond the self – it is from the essential nature of the Divine. Reiki is purity; it accepts all that allows its presence. Reiki is a living, comforting balancing energy never changing in its compassionate intention. It has no belief system apart from wellness. This healing energy is equally available to all faiths.

You will learn to call upon its beauty, its loving healing presence at will. It will transform you because it will accept you as you are, it will weave past your conditioning, your illusionary self. You will experience Unconditional Love from a living aspect of Divinity.

Therefore by activating Reiki energy and directing it to your heart centre you will transform your emotional body into the emotion of pure bliss.

The process is simple. You first switch your Reiki energy on and then place your hands over your heart centre. You then focus your intention upon receiving a loving energy flowing into your heart. The effect of directing the Reiki energy with this intention is to fill you with happiness and joy.

What actually is happening is that you are connecting to a pure source of spiritual love, changing your negative emotions into feelings of love; this enables you to become self-reliant and therefore not dependent upon the need of others for your emotional completeness as an individual.

This is why we see the Reiki First Degree attunement as the true pathway to establish a beautiful foundation for your Personal and Spiritual Development that will assure you of a connection with Divine purity.

Reiki Healing will accelerate your personal development and transform your emotional wellbeing. Therefore if you have not had the beautiful experience of a Reiki attunement we recommend that you study the New Awakening Reiki First Degree home study module in this manual. You will find the Attunement Video in your New Awakening Multimedia download. I hope you can now see that the modules in the Process are truly interconnected to fully support your life in its evolution and spiritual awakening.

## Love and Relationships Start with You First!

You are Already Someone very Special - You are Someone Special  
Become Uniquely Special - Become Love

### Ten Principles for Your New Awareness

**All Is One:** Everything in Creation is an expression of Infinite Being. Infinite Being is the all-encompassing consciousness from which the universe was created. Everything in the universe is made of consciousness. We are all aspects of The Beloved Universal Divine Consciousness (Infinite Being).

**Transformation:** The world is always experiencing a spiritual transformation of human consciousness. A positive new era of civilisation based upon a higher consciousness can be achieved by a widespread awareness of the underlying unity of all people. The world is changed when you bring about spiritual change within yourself. This occurs automatically as you constantly share who you are, and all that you have become, within the common atmosphere of the global mind.

**Purpose in life:** Just as each snowflake is unique, so is each person. Your primary purpose in life is to experience life from one individual, unique point of view. You are an expression of The Beloved Universal Divine Consciousness (Infinite Being) as it experiences itself from all possible viewpoints.

**Reflection:** Life reflects who you are; your beliefs, your thoughts and your feelings. This is the basic principle behind the teaching of karma and the fact that you reap what you sow. Reflection is often delayed while your circumstances adjust to allow appropriate reflections to manifest.

**Self-responsibility:** You create your own reality and take personal responsibility for it. Your life is a reflection of who you are and the experiences that you, as a soul, planned for this life.

**Life after 'death':** From the point of view of your true, inner personality, passing away from the physical realm is like stepping out of a suit that you have worn for a while. The suit is not the real you. In your spiritual soul body you move into the spirit realm, which is a place of joy and healing. After meeting friends and relatives who have passed on before, you start work on resolving the issues which caused inner conflict in your physical life. Then, as you move into the higher realms, remembering more about who you really are, you experience reunion with the rest of your immediate and extended soul families.

**Reincarnation:** Reincarnation exists to provide a variety of experience, so that life-skills may be gained, and so that, while in a human body, you can rediscover your spiritual source within, giving the opportunity of transforming your soul into a higher spiritual being; ultimately enlightenment.

**Truth is everywhere:** The ultimate truth is to be found within, yet the study of a variety of sources of information helps you to reawaken and remember your inner truth.

**Unconditional Love:** Unconditional Love and the acceptance of all life puts your awareness into a higher place, allowing understanding and compassion to develop. This love and acceptance of others is recognition of the spiritual light within those people and is not dependent upon their outward behaviour. Unconditional Love includes a respect for the beliefs of others, regardless of how much they may, or may not align with your own beliefs.

**Inner connection and insight:** Inner connection with your spiritual source promotes spiritual transformation and the achievement of your true potential. Developing intuition, both in men and women, provides an essential insight into life's experiences.

### What is the Real Difference between Love and Fear?

The real difference between love and fear is that fear with all its negative emotions, its negative thinking patterns, its negative behaviour, is rooted in the feeling of personal separation (I am in this world all alone!).

Love is its opposite because it experiences connectedness, unity with all things and is a part of the whole of life. You can avoid your inner Divine love by manipulating your emotions. If you let go however, and return to your inner silence you can become a witness to all of your emotions and realise your true connection with love.

By doing this automatically there becomes a spontaneous change without having to make strenuous effort. You can now present yourself to the world honestly, openly, being the person that you truly are instead of having to hide behind a mask of deceit.

When you understand that all people are connected to each other unconsciously through the emotional body, which expands further than just the physical body, even if you had presented a masked face to another person, in reality you would have been unable to hide your true emotional feelings from them. Therefore if your inner emotions are negative towards another person they will unconsciously intuitively experience those emotions and respond accordingly.

So if you really want to move on with your life you will need to develop a higher inner emotional condition; a loving centre.

### The effects of rejection when you are not centred in love

It is quite common to find that when a person has been rejected in early childhood, for example when their parents were unable to nurture them, feed them or they were devoid of any loving touch, these individuals can go on to experience difficulties later in life in establishing a balanced personal emotional relationship. A common tendency is for the individual to become attached to an abusive, unhealthy emotionally unbalanced relationship.

Depending upon the personality type of the individual there are normally two types of reactions to past trauma: one is that the individual blames themselves for their past experience; the other type of individual would place blame on any person outside of themselves.

So their experiences are either turned inwards onto themselves or projected outwards onto society. The person who tends to blame themselves can quite often be attracted to the type of personality that would end up controlling and dominating them. This unbalanced relationship serves to lock them into another person in order to experience a feeling of being wanted and belonging to. The abuse and disrespect they experience, which is lacking in love, mirrors their early learnt identification with love, albeit in reality no love existed.

The opposite response to blaming yourself is to experience uncontrollable outbursts of rage and blame towards those out there who had caused you early suffering! These individuals are looking for revenge and punishment for their own personal pain. Their unconscious thinking may go something like this 'They did this to me so now I want to hurt them back'. This type of person tends to attract partners whom they can control and dominate; they also tend to become possessive and over emotionally reactive. When love is presented to them and they can feel it they can also erupt into an outrage, like a volcano.

## Possessiveness and Jealousy

Possessiveness and jealousy are rooted in personal insecurity. They are the product of the lack of experiencing consistent love in past relationship experiences, family and lovers. It is the experience of having been loved, having the beautiful taste of love and then the experience of that love being withdrawn. It is also the experience of offering love and that love being rejected. In some situations it is the experience of never ever having experienced the emotion of love in childhood.

The mind now has a field day. It puts up a security barrier, always on guard for so-called betrayal, checking and measuring every interaction with another person before love is offered or received. This insecurity and fear is derived from one fact, that the source of a person's love is dependent upon an outside source, another person, instead of being rooted deeply within the centre of their own being; being deeply rooted from within their own soul, allowing a connection from their Divine spirit rooted in Unconditional Love.

Freedom is achieved when you are centred in love. Your freedom is in the fact that your personal happiness is coming from inside you instead of becoming dependent upon other people. When you look at life this way it becomes obvious that a life dependent upon others will be a life of emotional instability and unhappiness. Your life's happiness then becomes very dependent upon others.

The need to correct others can be dissolved through love. In the duality of daily life where all opposites exist such as; good and bad, right and wrong, positive and negative, it is easy to correct another person when you have knowledge and awareness over and above another person's ignorance or their different thinking and behaviour.

This is quite natural even with good intention to point out the weaknesses and wrong thinking of others. This learnt behaviour stems from any system of teaching or parenting which tends to be corrective i.e. 'That is not right - it is like this'. This can provide the individual who has greater awareness to empower themselves through correcting other people. It is a way of them receiving a psychological buzz that unconsciously makes them feel superior, giving themselves a feeling of self-worth, albeit the experience is at the expense of another person.

Some people deliberately go out to put others down while another type of person would have the intention of trying to help another person. The goal is to change the hard edge of correction of right or wrong into a higher state of consciousness where the common healing energy of love exists.

The key to your relationships in changing this tendency is through accepting your partner's situation i.e. their incorrect thinking and to send yourself love to soften your attitude of offering correctness. You would now be in the position to offer a compassionate loving response to your partner. Remember this principle; unless your partner asks you for guidance do not give it! Correcting another person causes them to lose respect for you and it has the tendency for your partner to reject the advice. They may even experience anger and resentment or they could accept the advice and feel inferior, allowing you to dominate them.



Whatever the response of your partner may be, the interaction and communication is based upon an exchange of power which can only leave a situation of pain, separation, conflict and emotional damage. This does not mean that you are unable to offer your point of view but there is a way to learn how to do this.

The solution is through not judging and by offering loving acceptance. Do not judge your partner's point of view or point out their weaknesses and illusions. Offer love in the way of acceptance, compassion and wholeness. The healing effect is within your own mind and you then release yourself from the external cause and effect which is connected with your own internal cause and effect.

The result that occurs through accepting your partner's situation without correcting them is personal healing and growth because you have risen to the level of unity with your partner in the energy of love.

When you offer acceptance unconditionally you are offering love because you are no longer caught in the external behaviour of other people. Your behaviour will become soft and gentle with the challenging nature of conflict completely dissolved. Your partner will now feel loved and accepted because you are not trying to change them! You can in reply say "Darling I can understand what you are saying but I see the situation in a different way, I see it like this.....".

By taking this approach you are not saying to them 'You are wrong I am right' but you are accepting what they have said and are just offering a different point of view. This is the energy of love.

Unconditional Love is beyond good and bad, right and wrong, beyond duality. Remember that there is no such thing as good or bad but only experiences. You must own and acknowledge all your experiences as components of who you are. Only then can you release the feelings of being unworthy, undeserving, or being a bad person.

By loving yourself you integrate the parts of you that try to sabotage your life. Practice self forgiveness. When you can do this you will learn to love yourself.

Remember the most important thing is that you as an individual will take the best of what you have experienced and what you already know now and then you combine them with love or with Reiki healing to make it uniquely yours; you have now transformed those negative parts into positive parts that radiate beauty and love.

When people who have experienced repression find a way to becoming empowered individuals they then have the ability to empower others. Above all, you should realise that you are the vehicle for Divine Unconditional Love. The light of love then embraces the light of love in others as it sees past the illusion of darkness.

## Relationship Key Points

Relationships affect our ageing process. There is a large body of evidence that now understands how we relate to others, whether it is in our family, in our work, in our social connections; all of these relationships influence ageing.

You need to nourish a relationship: Your role should be in nourishing your relationship. You learn how to do this under the section 'The following Three Qualities will create a Successful Relationship'.

You cannot change other people! You cannot change other people by telling them to change or by trying to make them change. This approach has never worked in the entire history of mankind so we could learn by this and stop ourselves trying to do it. Ask yourself if you do this? If you do you will consciously have to become aware of your own behaviour and change it.

Even a war is a defence of a country's point of view. It goes like this. You want to change something without the consent of another and this approach has never worked throughout the course of history. So when we evolve and change ourselves as opposed to trying to change the other outside of us, our environment naturally changes. Your relationships will change because in fact your environment or your relationships with others are in reality your extended body; your relationships with others are an expression of yourself.

Lose the need to defend your own point of view! One of the most important things that you can do in relationships is to lose the need to defend your own point of view. It does not mean that you surrender, become some sort of sheep and do not have a point of view but that you are just not rigidly attached to defending it.

This is a major difference because after all, life is a coexistence of all kinds of points of view and in reality the mechanics of perception are such that even physiologically two people are not going to experience the same event, any given reality, in exactly the same way.

This comes down to understanding and accepting the differences that exist between us all. This is another form of personal freedom because it becomes unnecessary to try and manipulate another person's experience of reality, so long as you lose your rigid need to defend your own point of view. That in itself will improve your relationship.

**A point of view based on love is one that shares your own perception and accepts the perception of the other person without trying to prove them wrong.**

In this way you are allowing the truth to manifest, albeit the realisation of that truth may not emerge immediately but you can trust that your, or the other person's point of view may contain the truth according to the higher Divine laws of life. When this happens it will become a seed within your or the other person's mind. On a lighter note it could simply be a totally different perception and both of these views are OK.

## Love and Relationship Overview

Do not judge, rationalise or defend your own point of view. When you stop judging, interpreting, evaluating, analysing, labelling, defining, describing, even in that silence of non-judgement, spontaneously there is healing and relationships become effective.

Silence comes because most of the background noise within the mind is nothing other than the noise of judgement. Even though the connection may not seem obvious you make things happen even though you may perceive them as happening to you. Rationalisation is just an excuse for the experience of things happening to you. It is a change in your perception that is necessary. If you just practice these very simple principles your relationships become magical. Try it!

Most people spend their entire life defending that they are correct. The moment you stop trying to defend yourself you are approaching defencelessness. Defencelessness is actually the key to invincibility. When you let down your defences there is nothing to attack! The same principles also have to be applied to yourself; that is you do not judge yourself; you do not try to defend a point of view to yourself.

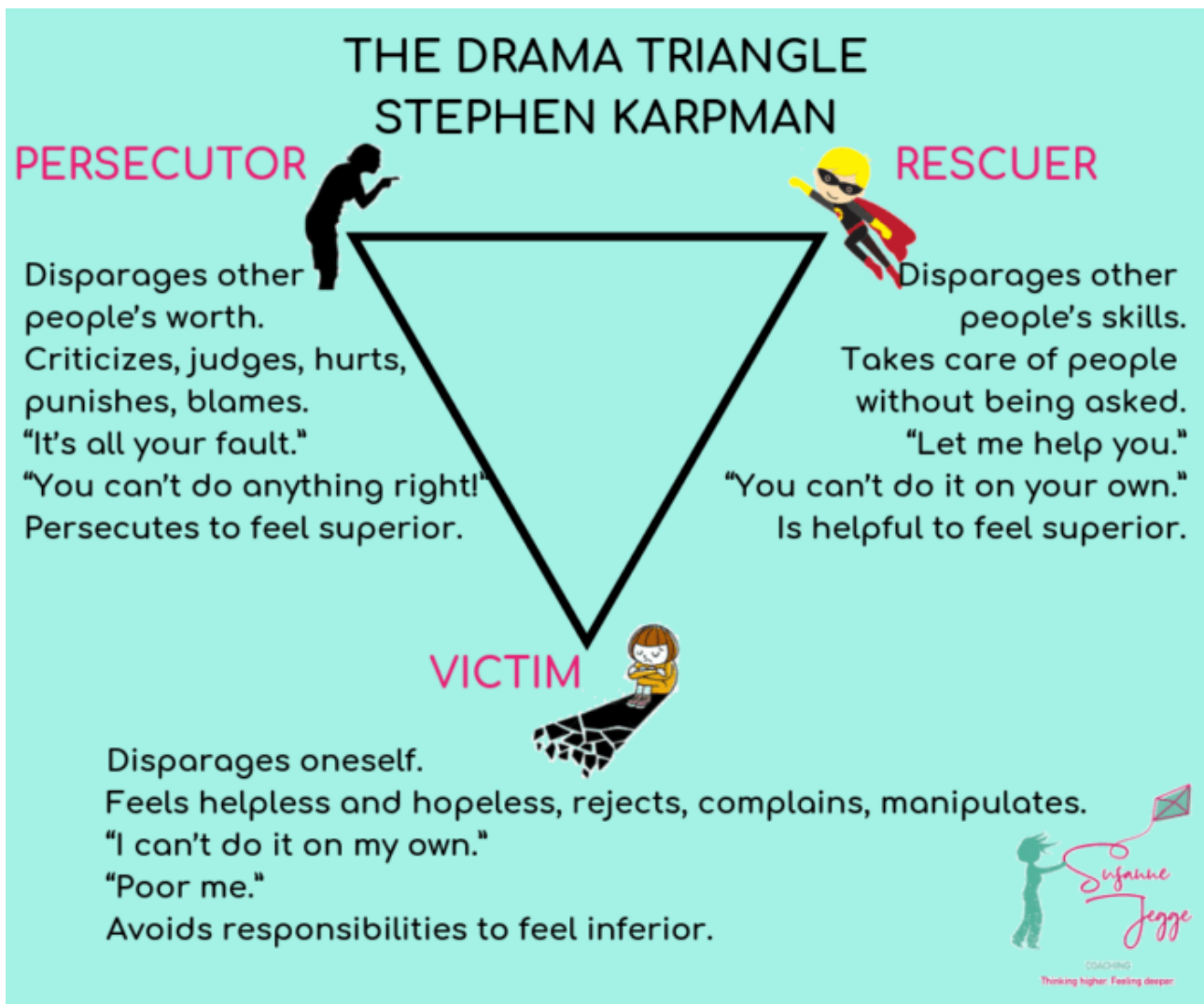
This reminds me of a statement made several years ago by Mr. Gorbachev to President Reagan. He said, "We are going to do something terrible to you - we are going to deprive you of an enemy". When you let down all of your defences nobody can attack you because there is nothing to attack. If you think about this it is ultimate power and ultimate power does not allow the birth of an enemy. The mechanics of that effective strategy is simply defencelessness.

Just consider the number of arguments you have in a week and measure how defensive or defenceless you are.

## Victims, Persecutors and Rescuers

Victim, persecutor and rescuer is a dangerous game and one most people are caught up in. Most TV soap dramas are based upon this concept, blaming others for what is happening to them. The ten different worlds or consciousnesses you will read about in the Gateway to Enlightenment or the Reiki Master Teacher module reveals the solution to this dilemma in greater depth. Escaping this unhappy tirade is through True-Self awakening, living from non-dependent inner Love. By doing this you will transform your lower consciousness and experience freedom from negative relationship entrapment. Once again it comes down to you changing, and when you do you will be set free from any binding negative relationship with others. The question, many ask themselves, "Why is this happening to me?" will then be answered.

The **drama triangle** (first described by Stephen Karpman in 1961) is used in psychology to describe the insidious way in which we present ourselves as victims, persecutors and rescuers. Although all three are roles and none may be true to who we really are, we can all get caught in a cycle that is hard to escape. Even if you don't spend much time yourself playing any of these three roles, you probably deal on a daily basis with people who do.



**Victims:** The stance of the victim is “poor me!” Victims see themselves as victimised, oppressed, powerless, helpless, hopeless, dejected, and ashamed, and come across as ‘super-sensitive’ wanting kid glove treatment from others. They can deny any responsibility for their negative circumstances and deny possession of the power to change those circumstances.

A person in the victim role will look for a rescuer, a saviour, to save them and if someone refuses or fails to do that, can quickly perceive them now as a persecutor.

In terms of derailing resilience, victims have real difficulties making decisions, solving problems, finding much pleasure in life, or understanding their self-perpetuating behaviours. They have a need to be needed and lock into a relationship with a persecutor.

**Persecutors:** The stance of the persecutor is “It’s all your fault!” Persecutors criticise and blame the victim, set strict limits, can be controlling, rigid, authoritative, angry and unpleasant. They keep the victim feeling oppressed through threats and bullying.

In terms of resilience, persecutors can’t bend, can’t be flexible, can’t be vulnerable, can’t be human; they fear the risk of being a victim themselves. Persecutors yell and criticise but they don’t actually solve any problems or help anyone else solve the problem.

**Rescuers:** The stance of the rescuer is “Let me help you!” Rescuers work hard to help and caretake other people, and even need to help other people to feel good about themselves, while neglecting their own needs or not taking responsibility for meeting their own needs.

Rescuers are classically co-dependent and enablers. They need victims to help and often can’t allow the victim to succeed or get better. They can use guilt or keep their victims dependent and feel guilty themselves if they are not rescuing somebody.

In terms of derailing resilience, rescuers are frequently harried, overworked, tired, caught in a martyr style while resentment festers underneath.

These are the most extreme versions of these three roles, but we can encounter people playing milder versions of these roles on a pretty regular basis.

Because Dr. Karpman was a student of transactional analysis at the time he identified these three roles on the drama triangle, there is a resemblance to the critical parent (persecutor) marshmallow parent (rescuers) and the wounded inner child (victim) Eric Berne described in the book ‘Games People Play’.

What gives the drama triangle much of its power and significance is the recognition that people will switch roles and cycle through all three roles without ever getting out of the triangle. Victims depend on a saviour; rescuers yearn for a basket case; persecutors need a scapegoat.

The trap is, people are acting out these roles to meet personal (often unconscious) needs rather than being able to see the picture as a whole and take responsibility for their part in keeping the triangle going.

**Blame:** We cannot move on until we stop blaming, just as we cannot make real changes until we give up denial. The position that the blamer wants to claim is that of victim. If my troubles are your fault, I do not have to take responsibility for them.

If one person blames the other for all of their problems, the person being blamed is likely to do the same. Eventually one or both will go to find someone or something else to rescue them. It may be an affair, or it may be drink, drugs or some other distraction. But the rescue will only be temporary.

The real way out is to understand that, however bad or difficult your partner was, no single person is ever to blame for all the problems in a relationship. You contributed too, even if only by going along with it!

**Understanding another person's needs by showing appreciation:** It is quite often misunderstood that different personality body types respond differently in terms of emotional satisfaction.

Your responsibility in a relationship is to learn and understand the needs of your partner. For example you may appreciate being taken out for dinner or enjoy a new perfume; however your partner may prefer lots of stroking and touching or to be given a bunch of flowers to be shown your appreciation.

So to appreciate your partner, pay attention to what they appreciate, to what excites them, learn about their preferred sensory experiences i.e. touch, smell, taste, visual or intellectual stimulation. This is not manipulation this is just nourishing through understanding your partner's needs. You are showing them that you care about them - that you are giving them attention and thus you are showing your appreciation for them being part of your life.

### Freedom from the limits of the Personality

The solution for personal freedom in all of these roles is to live Beyond the Personality, as shared in the meditation module. The Awakening Process will give you many ways to enable you to discover who you really are. When you experience a higher consciousness you will naturally have inner contentment, peace of mind, inner love and healing. All these qualities are your True nature and arise within your daily life without the need of any relationship as they are what we call non-dependent True-Self Love and Awareness.

## Give Attention, Affection and Appreciation

### These Three Qualities will create a Successful Relationship

Attention means you listen to someone when they are talking to you. You must listen with the totality of your whole being, do not think, just listen. When you give somebody attention without judgement you are expressing true love.

Affection means touching with love. You will discover that after learning to develop your own sensitivity and the stronger your own inner connection with Unconditional Love becomes, then the greater your partner or another will experience your touch with a loving energy. Your energy needs to become loving and your intention has to be based in sensitivity, care and appreciation. How do you achieve a loving energy? Through establishing a loving inner connection within your own heart to an unconditional loving energy, higher than your own personal human love. (One of the most effective pathways I have found to establish Unconditional Love at the core of your emotional body is through the attunement to Reiki Second Degree Emotional Healing).

Appreciation means whenever you speak or think you consciously appreciate something that is good in that other person. It might be their eyes, it might be the way they smile, and it might be their dress sense. Every person that is alive has something that can be appreciated. Look for their positive qualities, remark or think about them with sincerity.

The Law of giving: Potentiality starts manifesting through giving. Giving contains everything; it is all possibilities, it is infinite, it is unbounded, there is nothing it needs because it can only give. Everything begins by giving because the act of giving resonates with the universe, which starts circulation, and that circulation produces a cycle that transforms into receiving. Ultimately the cycle of giving, circulation and receiving is all the same thing.

Most people use their limited individual mind that tends to be restricted by the qualities of failure, fear and greed resulting in the need to possess and accumulate, which in turn reverses the universal law of giving, leaving the emotional body in a state of impoverished emptiness, fear and isolation.

To activate the law of giving wherever you go, whoever you meet, whatever encounter you may have, you give them something. It could be something material if you have lots of money but it does not have to be because the three most important gifts that you can give are three human needs; Attention, Affection and Appreciation.

True love comes when you do not expect anything in return for what you give. You can only act in this way when you think of and see other people as an extended part of yourself. This understanding is based upon the oneness of life and the fact that all beings are connected to one another unconsciously. This understanding is also based upon embracing the law of cause and effect.



## How to Approach a Ritualised Marriage or Relationship

The whole problem here is that one or both partners have so much invested in keeping the other from changing. Clearly nothing is going to happen unless the ever present tension and discomfort between them is somehow relieved. You and your partner would have to begin the whole process of lowering, of consciously breaking down the rituals that keep you apart. This can only be done if both parties want to change the situation.

It may be that one is keeping the other with them through intimidation or through the fear of loss of financial security. It may be that there is no fear between the two of them, it is just a condition of ritual and boredom. You would have to open up and say, "I know we are always doing things this way but I would like to change".

This type of relationship is not holistic because it is not being maintained by your body mind and spirit. Somehow these three aspects of you need to be reconnected since the natural connection between them has broken down, otherwise there would not be a sense of discomfort.

The key to restoring balance is to acknowledge the discomfort, pay attention to it and allow it to be released the way it wants to go. Acknowledging means that you admit pain when it comes up rather than denying or storing it. How often do people find it impossible to say, "That hurts" as if the admission of discomfort will add more hurt? You do not have to put your ego on the line to admit that something hurts.

Of course perhaps you are aware of the insecurity within your partner and that any such truth revealed to them would send them into a state of emotional distress. However the crucial admission is to be true to you, not to others. Of course there are many painful things we do not want to admit, not even to ourselves, but remember these do not have to be dredged up in a very painful difficult manner.

It is better to start from now, from this present moment with the very next rude remark, failed hope or injured feeling that comes along. Having acknowledged it pay attention to it. Let your awareness flow towards it in any way it wants. Find a chair or a bed in a quiet place where you can sit or lie down by yourself and feel what is happening to you. Do you want to cry? Is your stomach churning? Are awful words coming into your head, words of guilt, blame, and self-pity? Remember all responses are possible and are permitted. Muscle twitches may appear, you may feel the need to make noises, to scream. One thing is crucial. Stay within your limits of comfort.

Slow regular deep breathing is very helpful in the situation and of course this will help return you to a heart that is pulsating in love but which is currently blocked by your present experience. Pain and tension of any sort is registered in our breathing rhythm, therefore by paying attention to your breathing and changing it you will be relieved of your suffering and this allows emotional release. Sometimes fast panting is effective but the most important thing to remember is to bring your attention back to your body. Slowing down your breathing will in effect centre you enabling you to feel your true nature once again which is Love.

Some people find it difficult to feel their body when experiencing intense negative emotion. This is the worst thing they can do. I understand this because it is a form of escape from the pain, however by acknowledging the pain and bringing your awareness to it, focusing on the exercises that you have been taught, you will quickly learn to overcome your negative reactions and establish a stable emotional loving centre. You must remember that you must not force yourself; just by gently rubbing your chest or your abdomen would bring your awareness back to your body. Do this with a loving intention and you will move away from deeper negative emotions.

Deep clearing of stress is possible by extremely gentle means: You are not after dramatic reactions of any kind; deep clearing of stress is possible by extremely gentle means. This exercise is a good place to start. By building a habit of being aware you begin to clear the old negative emotional charges of any kind.

The Reiki Second Degree emotional healing course is the most effective method or technique I have ever known in establishing a stable positive emotional loving body. The amazing ability of Reiki Second Degree in establishing the absence of fear is that a stable emotional condition can be achieved within two to three months of self-healing. The reason for releasing stress is to reconnect your awareness with the source of creation, of pure consciousness. Again the most direct way to do this is through Reiki healing because it establishes a direct connection with your physical body and your emotional body, through your heart centre, to the unconditional loving emotion of pure bliss, from the Divine.

Releasing stress will reconnect your awareness to its source: The reason for releasing stress is to reconnect your awareness with its source, its pure consciousness. When this happens you move from your grosser thoughts to the subtler thoughts within the mind's thinking processes. Automatically this will release the stored negative emotional and thought charges present at various levels of your whole being, your body, your emotional body and within your soul. While this is happening, at the same time the body freely lets go of its accumulated physical stress.

The purpose of meditation, relaxation, Reiki healing, is to help us release stress from our physical body that has accumulated in the form of old hurts, old judgements, old negativity. All these things are locked and stored within the cells of the body. The objective is not to judge anything but simply to allow your attention to go where it wants. The real objective apart from the release of negative emotions is to reconnect every level of your being that has become disconnected, separated, isolated from the whole of you.

Pain and discomfort arise out of resistance to your deepest awareness which is always contented, fulfilled and joyful but somewhere it is blocked from you. Instead of being allowed to connect every cell, every emotion, every thought, every impulse of spirit with your inner intelligence it meets resistance on some level then its joyful quality is lost.

### You are Blocking Your Own Joy Unwittingly!

This joyful quality is there all of the time, however you are unwittingly blocking it out of your experience. The result of this unaware action is that its energy of joy gets converted to

pain and if the blockage is so severe not even pain can get through to you, and your whole being becomes completely numb. You have now established the inability to feel at all! However, even in the most extreme cases when a person has no ability to experience love, or pleasure, or fear, something can be felt.

Wherever the attention wants to go is where it needs to go. This fact saves you from an enormous amount of unnecessary suffering and an unnecessary amount of psychoanalysis because if the awareness is given free rein it will allow the stress to be released of its own accord. You do not have to engage in pointless blame or self recrimination, or the poison of the soul - self guilt, "Why can't I love my mother better?" "I must be a bad person" "Perhaps I do not have love in me" "I must be so bad I deserve to be punished!"

Never hurt another with your pent-up pain and anger! If you feel emotionally close enough to someone else that you want to share the process of releasing your past negative trapped emotions with them, make sure to observe one rule; never hurt another with your pent-up pain and anger. Releasing emotions is very different from sharing emotions; this is a special instance of healing in which you must allow the most dangerous charges to break free.

You are the pure light of Love. All of these negative thoughts sadden me because I know that you are not any of those things because you are the pure light of love. You have just blocked yourself from that awareness, that direct connection. You are a beautiful human being with many, many experiences, some positive some negative, that come together for your total experience as a human spiritual being. Trust me when I say that the whole of you is centred in Unconditional Love. How can you be bad? In reality you cannot be - you are just disconnected right now.

So to save this psychology from obsessions and fears is a great advantage when you trust your inner intelligence to find its own way to a solution. Doing this allows an effortless flow of creative intelligence to flow through your physiology and it integrates your spirit, your mind and your body. This is also a good place to say that all the work of integration is done for and by the self. That is You.

Love is non-attachment. It may sound cold and inhuman not to be attached to the people we love, but being unattached is not the same thing as being indifferent or unloving. Actually it is the complete opposite. Attachments attach us to our separate self. Only when we are free from attachments are we liberated from our personal self-interest and able to fully express the deep compassion of our deep nature. Non-attachment is not unfeeling. It is loving without expecting anything in return. It is letting things come, fully appreciating them in the moment, and then letting them go. It is not grasping after shadows. It is not trying to force the flow of life, to follow the particular direction that fits our personal desires.

### Intimacy is Emotional Sharing

Requiring discretion, kindness and care for your partner's emotions: Releasing negative pent-up emotions upon your partner or another person or family member is an abusive violent attack upon their emotional body and an abuse of the loving openness presented to

you. So be careful before you use anybody else as a sounding board for your negative emotional release. Proceed only on the basis of mutual trust and comfort. At the first sign of injured feelings re-assess using your choice of exposing a process that can be undertaken quite effectively alone and in private.

A genuine clearing of stored pain is not measured by its intensity but rather by the results. You get a sense of new understanding, an insight when you bring awareness to the situation. If you have unhappy feelings and you move that emotion privately by letting yourself feel what you feel, after a while you will say, "I can stand it, the hurt is gone, I see why I reacted that way." Perhaps you will be able to forgive the other person or your shadow person. The shadow person is the hurt child from your past that lurks behind your present-day personality and present feelings of hurt.

When your past hurting and fear transform to love you will experience forgiveness: It is not necessary to forgive anyone although forgiveness is a very valuable kind of insight in its own right, however forgiveness will come automatically when your hurting and fear have transformed to love. It is only necessary to be with yourself! In that contact with yourself, reconnecting and a reintegration take place automatically. The misaligned aspects of you start to reform into one being that thinks, feels, speaks, drinks, breathes, eats, moves and grows as a unity, not as a collection of fragments.

Taking time to release past charged emotions is your way of acknowledging that a very profound natural instinct needs to be restored. The human body naturally releases tensions the instant they come up; this is true of all animals, and we have lost touch with this instinct and have to regain it through techniques as you are now learning.

If a cat stalks a bird, pounces and misses, its whole body reacts with frustration. The cat paces, twitches its tail, licks itself and then falls asleep. These various reflexes manage to clear the cat's nervous system and the next time it stalks a bird there will be no shadow of the earlier failure.

### The Human Nervous System is more Delicate and Complex than we Appreciate

The human nervous system equipped with similar automatic reflexes is far more elaborate and it gives us much more complex reactions in the face of frustrations. If a cat thought like a man it might resort to denial and say, "I was just practicing" or it might try and blame. "Someone has been scaring the game around here" or self recrimination "I knew I should have sharpened my claws this morning" or guilt "Why can't I stay away from those sparrows?"

As things stand, human life is inconceivable without these complicated reactions; they are part of our nature. However much we suffer from them, in a well integrated person guilt, shame, self recrimination and blame serve as symptoms of unease. So when we face our guilt, confess our shame or confront the person we have blamed a feeling of ease returns.

So these aspects are appropriate to us. Although we may not like them, in reality they serve for our very own evolution. This is because the solution is only found in unity through Unconditional Love. Many people want the rewards of spiritual joy and inspiration but have a preconceived idea of how life should and will be. If they experience

enlightenment, union with the Divine, they think that they will just be blissed out all of the time, jumping around with joy all of the time and that they will no longer cry their hearts out or show their vulnerability or grieve over lost loved ones or be jumping with joy some of the time. However it is this total experience of emotions that you will continue to experience, just the same as before, with the only difference being that you will be in touch with yourself, feeling love in your heart and having the wisdom to make the most appropriate choice in every moment of your life.

Spirituality is only an extension of being an ordinary human being. So the deep problem facing everyone is how to break free when being a prisoner is the only comfortable way they know how to live? First of all one has to be honest enough to admit that life is not perfect already. This may sound like the easier step but it is often the hardest because you have to make this realisation, this acknowledgment on the feeling level. Looking around saying calmly "Yes we could do with some improvements here" has nothing to do with the buried emotions of feeling trapped, angry, disappointed, humiliated and in pain. It would be foolish and cruel to explore a person's defences simply to expose them.

These boundaries exist for a very good reason; the person is trying to salvage shreds of happiness by isolating themselves from areas of distress. When you look at life in this way you can appreciate that everything is perfect because it is the coming together of the whole universe to present you with a choice. The choice you have in every moment of your life is fear and darkness or love and light.

So the solution is very simple; you first need to learn a way to easily connect with a higher stable source of Unconditional Love. (I have found the quickest, most direct pure connection of love is through Reiki Second Degree.)

You live in a perfect world within imperfection. So the idea of a perfect world within imperfection is exactly what we have now. So in reality everything must exist, positive and negative, dark and light, all polar opposites as they all serve to give you the opportunity of wholeness, of unity consciousness, of reconnecting your individual heart to the heart of the universe, enabling you to receive the emotion of Unconditional Love throughout the whole of your being. So if like the cat you could wipe the slate of your memory clean, then living with guilt, shame, disappointment and self recrimination might not be inevitable.

However as nature made us we tend to deal with our emotional stress and distress in one of two ways; either by turning the causes into ourselves taking the negative emotions into ourselves or by projecting them onto others and attempting to release them with aggressive or violent outbursts.

The best defence in the universe is Love. So what can you do but devise the best defences? You can until of course you discover that the best defence in the universe is Love? All of us basically communicate through love. This is the primary message being delivered in relationships, although it can be extremely distorted in the way it is received by us or in the way we communicate it with another person. The other person serves as a communications-link to what your higher self is trying to say.

To be loved completely you need to be open to returning your love as a link to their higher self who is delivering the same message to you. You must both feel understood, accepted and loved on that basis, the mutual exploration of life can begin to proceed.

To be intimate means that you are just being yourself. In your relationships with other people to be intimate means that you are just being yourself. To grow in intimacy means to be more of yourself every day and another person has to allow you to do that. You also have to ask your partner to be allowed to be yourself. It is much more than a matter of "I like football and you do not, so let me watch it when I want to," although certainly that kind of allowing is very important. The crucial allowing happens emotionally; both people have to feel safe enough to share their emotional needs. Firstly you have to be alone with yourself in order to see every situation as your partner actually sees it! Only then will you feel secure enough to give allowance to your partner's requests and needs.

It is only when you are centred in Unconditional Love; secure with yourself having established emotional stability, will you be able to see that other people's needs and requests may be very different from your own. Accepting the differences will help you realise that they are in no way a threat to your relationship.

A deeper understanding will show that every interaction with your partner will produce a physiological response within your body; the response to comfort, the response to discomfort and as you begin to watch these responses then you begin to have insight into the situation as it actually is.

**You Cannot Change a Situation by Trying to Change Others:** The situation is something that you generate. You are part creator of it and once you have that insight then you will also get the awareness that if you want to change the situation you cannot do it by trying to change others. Your freedom now is in the reality that in your relationship situation you now have a choice in how you respond.

Because you are no longer bound up within the unconscious emotional dynamics of the relationship your freedom exists in experiencing and seeing the situation for what it really is. Most people however find that they start living for the other person's response.

For example a wife who cannot stand up to a husband's bad temper will start to hide from it, or placate it, or keep it at a distance with mutual anger. Anytime you see that the other person is dominating you then resentment sets in because you are not being allowed to be yourself. Because of experiencing this, in the future you will feel even less free to express any emotion that is disapproved of and little by little intimacy wears away. The whole relationship gets suffocated by closeness.

There is a pitfall here that you need to avoid in order to produce a successful relationship in the many intimate relationships, especially those between spouses or lovers as physical intimacy makes it more difficult rather than easier to communicate!

There is much more at risk when sexual rejection is at stake. Paradoxically two people can find themselves far apart as the result of trying to get too close. Society tells you that once you are married it is all right to be possessive of another. In the name of love two people bond emotionally and never pull apart even when the emotions become something

very different from love. Over attachment, domination, submissiveness, resentment become indications of a state of failed intimacy because the two people are not willing to let each other be alone, which is to say they are not allowed to be themselves.

Our society has suffered enormously from the failure of intimacy which alienates people from each other even in the bosom of the family, but the deeper tragedy is that an absurd fiction is being promoted. The fiction that the self can be lost! Anyone trapped in an unhappy relationship has basically thrown away themselves, sacrificing to a situation where repression, secrecy, guilt and non-communication become the reality. These distressed feelings would always appear if you try to live for another person's approval. In reality the self cannot be lost, it is only being disguised, kept out of sight by people who feel they are unable to feel and speak the truth.

When you take responsibility for being you, intimacy will grow. Anyone who is taking responsibility for being him/herself is naturally going to grow in intimacy. Such people eventually realise that for them spiritual bonding is not a luxury, it is the culminating moment when all those years of being honest, open and real produce not just more truth but True-Self (God experience).

Whatever your spiritual beliefs the inner connection is the same. However your beliefs would refer to this aspect's name i.e., God, Buddha Nature, The Beloved, Spirit, it does not matter for all aspects eventually merge and meet one another with the same quality of Unconditional Love and Divine wisdom. When you accept that a greater consciousness exists beyond your own ego and you embrace it, then the Unconditional Love of the universe will reveal the truth of each moment to you as it unfolds in your daily life. This is another dimension of the self knowing itself. Truth does not exist except as you see it, as you feel it, as you speak its name. Every time you say to a friend "I want you to know how I really feel" you are experiencing personal truth as opposed to some ultimate 'Truth' beyond you completely.

You are an expression of the Universal Divine Consciousness. It is important to remember that you are connected, that you are an extension of the Beloved Universal Divine Consciousness and therefore the truth is your personal experience shared through the intimacy of a dearly beloved. One is not higher or lower than the other; knowing a greater universal consciousness may appear higher than knowing your wife or husband, but both are revealed through your self-acceptance.

Walk the road of self-acceptance. If you are willing to walk the road of self-acceptance to the very end, the time must come when you will see God in another person. This opens the possibility that you will see God in yourself. Every time you acknowledge kindness or generosity or openness in another person you are conferring a Divine quality. Fear will make you hold on in egotistical ways, deluding you into thinking that you are the one that deserves more recognition, need more money or merit more praise.

When fear starts to dissolve, the ability to share takes its place naturally. It becomes easier to give attention, appreciation or affection to others because you no longer have to give out of a desire for reward. Your reward is that you are inclusive enough in your own self-worth to be able to share naturally because you have become bigger than just your



ego. The ego is only concerned with the self, whereas your complete total self is aware that you are a part of the whole world. This means to love another is the only way you can truly love yourself, resulting in experiencing personal happiness. This idea is actually a technique for developing unity consciousness. You are beginning to see yourself in all other beings.

When you can give with no expectation of reward you become Love. Perhaps you are buying a bouquet of flowers and on the way home you decide to give the flowers to your friend who would really appreciate them more than you. If your gift is a true act of giving then your reward will be magic, emotionally beautiful as you see the look of appreciation in your friend's eyes. You will see that your gift is being received by more than just your friend. You will meet each other at the highest level and your giving will become your receiving. You will see that you are giving flowers to yourself, to life everywhere which includes the Divine.

That is a truth but you must first develop your state of awareness to a state that is completely free of fear and selfishness and then such a truth will become spontaneously perceived. We are all on the road to acquiring this sort of refined perception; to go as fast as possible requires just those few things I have already outlined. Being able to see that you are born with others is not just psychological or material, it is spiritual because you are spiritually one with all of life.

The good news is that none of these truths needs to be forced, you do not have to keep reminding yourself that you are one with the planet because everything will be realised on its own accord, in its own time according to the laws that govern your inner growth.

Fear is a deceiver! Remember that fear is a deceiver. It is lying when it tells you that self-protection is necessary for survival so you will need to wear a mask to gain approval of others. Although this may lend you some level of security it will eventually cause you to suffer as you will begin to experience your inner conflict and emotional anguish.

Becoming open enables you to experience truth. You will gain far more personal security and a sense of freedom through being open and paying mutual respect to others. This is being real and these attitudes contain enormous power because by extending mutual respect to someone else you are giving them freedom.

Who really has more power even in this materialistic world, the tyrants or the liberators? There is genuine love in letting another person alone. True kinship is not trying to possess another's spirit. In return for letting another be free the two of you will come together by a sense of complete safety. As you radiate love and security out into your environment, nature will use her infinite power to keep you ever safer to experience even more love. Can you feel this happening already?

More and more people have taken that risk to consciously align themselves with love choosing to act as if they are really cared for in the larger scheme of things. Perhaps this attitude is new to you but there is nothing to lose in letting go, in trying it out. Living only for yourself you will only have your personal power to support you. Live for the world and

the whole universe welcomes you as its privileged child and you will discover that you are supported by a loving universe everywhere you go.

### Surrender is Faith that The Power of Love can Accomplish Anything

The idea of surrendering can sound very threatening. I am not inferring that you surrender your ego to the will and desires of another person. I'm talking about surrendering to this present moment without being attached to the past. This means that you develop the ability to become centred in your awareness that includes mind body and spirit. You are surrendering from your own mind with its limited experience of your past events.

Surrender is faith that the power of love can accomplish anything, even when you cannot foresee the outcome of the situation. Surrender is being able to see exactly what is happening now, not imposing expectations from the past. At the level of ego two people cannot want exactly the same thing at the same time. Yet at the level of spirit, they cannot help but want the same things all the time; Love.

What are the differences between the needs of your ego and spirit? Your ego wants material things, predictable conclusions, continuity, and security; to be right when others are wrong. Pursuing these goals shuts out the other person unless they fall into "my agenda" and they realise that; "I am the important one around here".

### Your spirit wants BE-ing Love, Freedom and Creative Opportunities

How do you know when you are in touch with your spirit? The following qualities are qualities you experience when you are connected to your spirit: You don't oppose. You put feelings over results. You want to help. Service gives rise to feelings of joy. You put another's wishes in the same place as your own, with equal consideration and importance.

In letting go of control, the mind needs to lose the following: beliefs, expectations, interpretations and judgements. A permanent self is rooted in awareness and creativity. The following are keywords that describe this experience: Acceptance, Appreciation and Allowing.

Loving someone means not resisting his or her will. Whenever you feel yourself having a reaction or judgement reaction, or resistance, imagine the opposite. Instead of showing adversity, view your partner as totally on your side. Do not focus on what he or she has done to irritate you; reframe the situation as an act of pure love brought into your life to give you the opportunity, a perfect lesson that you need at just that moment.

Resistance is like a wall holding back the flow of love. Love is the wave that brings forgiveness, kindness and trust from the level of spirit. You cannot create these qualities because they already eternally exist within you so what you have to do is to learn how to tune into them. This is exactly what happens when you receive your Reiki attunement to Divine love or chant the mystic mantra of 'Hare Krishna'.

Love and Attachment: Love allows your beloved to be in a place of freedom to be unlike you; whereas attachment asks for conformity to your needs and desires, to your selfish ego. Love imposes no demands. Attachment expresses an overwhelming demand 'Make

me feel whole'. Love expands beyond the limits of two people. Attachment tries to exclude everything except two people.

Relationship based upon need is just expanded ego: Attachment is a form of dependency based upon ego; love is non-attachment based upon spirit. The more non-attached you are, the more you can truly love. Love in the spiritual sense involves letting go of all that is known. Action that does not bind comes directly from love; all other actions come indirectly from the past. Struggling with karma will not free you from its binding influence. Freedom can only be achieved by remembering who you really are. Who you really are is unbounded spirit, beyond the reach of karma.

Control is the way the ego solves the problem of fear and this control comes about as a result of some of the following fears: We are afraid someone will reject us. We are afraid of being honest. We are afraid of being wrong. We are afraid of being powerless. We are afraid of being destroyed.

Love heals your emotions. Instead of resisting and avoiding your negative emotions it is better to experience and embrace them. Instead of telling yourself that your emotion is bad, ask it what it has to tell you. Emotions are here to serve you. Instead of pushing the emotion away, tell it that you want to have a closer look at it. What is this emotion covering? For example, anger masks fear and fear masks hurt. Hurt is a result of detachment from spiritual wisdom and Divine love. Your spirit is always with you. It wants to lift your pain. It does this not through removing your past painful memories but by putting you totally in the present moment centred in love; this is where the past does not exist!

Meditate Upon the Following: Other people are mirrors of your own love. In reality there are no others, only you in other forms. When you blame and criticise others, you are avoiding some truth about yourself. You would have no enemies once you decide to surrender. Surrender means not giving in to another person but giving in to love. Bad things don't happen to us; we bring them to us so we can learn a lesson. Love is attention without judgement. In its natural state attention only appreciates. The shadow-self seems to be the opposite of love, however it is actually the pathway to love.

### Loving Practice - Freeing Sexual Blocks

To improve your sexual experience, first get rid of your expectations. When blocks are removed sexual energy has no choice but to flow. If you want to improve your sexual experiences you would have to learn how to become naturally spontaneous; sex is expression and release, excitement and relaxation. The best sex is the most open and unplanned; therefore there is no way to practice being spontaneous.

Sexual energy is neutral; you can associate it with anything, positive or negative, in your life. Whatever you expect sex to be, it will tend to become. So-called sexual problems are actually ingrained behaviours that block the free flow of sexual energy. In both men and women the psychology of sex is very delicate and easily influenced by the mind. It is your mind that judges 'good' or 'bad' sex; it is your mind that intervenes to prevent orgasm or potency (leaving aside disease conditions that impose physical limitations).

The dilemma is that coming to bed without expectations seems to be impossible, given how the mind works. When sexual experience was new, it contained a quality of surprise and innocence. Even if you cannot remember your first orgasm, most of us can remember how different the experience of an orgasm was in comparison to other pleasurable sensations. Its newness and intensity caused us to want more, but as you repeat any sensation, it becomes familiar, and familiarity can lead to dullness. For many people sex becomes associated with performance. The question “How well am I doing?” hovers over the bedroom. For other people sex is associated with sensation. The question “How am I feeling?” is uppermost in their minds. And for others security is dominant; the question “Do you really love me?” is in their minds while making love.

Sex is mechanical when it is without spiritual meaning: As soon as sex becomes bound up in the secondary associations and needs, it is no longer free. There is nothing bad about pursuing unrelated needs in sex. The orgasm then becomes a psychological package, not a physical reflex. But no matter how well you perform or how terrific you feel, if your orgasm becomes a product of your psychological needs it will become separate from any spiritual significance.

### Meditate on the Following in Relation to Your Sexual Energy

Sexual energy is neutral. It can be loving or unloving, depending on how you use it. Sex can be used to expand love or to shut it out. The highest ethos is to take God as your lover. When sex fully loves, you experience the Divine in your partner. Sexual love, energised by absolute love, is ecstasy. Why is sex so powerful? Because we are constantly in search of the state of original ecstasy. If you have your full attention in the moment, you will see and receive love. When love is replaced by an object, the result is addiction. If you are addicted to someone else, you are treating that person as an object. Time is the ego's enemy, not loves!

### The Love You Seek is Seeking You at this Moment!

Be kind to yourself and others. Come from love every moment you can. Speak of love with others. Remind each other of your spiritual purpose. Never give up hope. Know that you are loved.

**Gratitude for all Living Beings centres you in Love:** Resist the impulse to hate others. Instead love them for giving you the opportunity of strengthening yourself. Others will try to attack your mind. They will try and trick you, they will lie to you, they will send you unpleasant thoughts. Many feelings will be inside of you so when you experience another person's response to you avoid reacting in the same way as the experience you encounter.

I say this with very good reason. That reason is because if you see the situation as a separation of you and them you will have lost the opportunity of love and will become that negativity. Your opportunity is to accept what is there and feed it with love because this will act to transform you into a higher energy life condition; the life condition of Unconditional Love.

Even if you cannot feel this, fake it! By faking it an interesting experience will occur. Love will enter you and take you by surprise, so go ahead - fake it and then you will experience the real thing. So through accepting negativity, hatred and envy, all the various unpleasant unhappy life conditions, you will become stronger; you will start entering love, you become Love and you will discover a higher love that is universal because it is eternally Divine.

**You transform through experiencing life's unpleasant aspects:** Through the experience of the unpleasant aspects of life you can transform. The Divine love is your goal. All the power of lower aspects of life need to be taken into your heart and transformed into Divine love. These negative aspects become the food for your evolution as a spiritual Divine being. It becomes like a battle. When you approach negativity with negativity you become trapped within your lower nature and you will know this condition because you will feel alone, a feeling of being cut-off from others, trapped within unpleasant unhappy personal feelings.

So if you fight anger with anger you give birth to new anger! Being attacked by others' negativity is positive because it gives you the means of self evaluation.

This is why you need to change your view about the negativity in the world, within others, for they are giving you the opportunity to change, to become stronger. It is so common to reject negativity as evil, as bad and just to condemn those states completely. If you do this you have created a separation between you and others, a good and bad exist; you are good, they are bad. You have achieved only a halfway view, a surface view, in fact you have lost because your mind is very subtly sending negativity to negativity; it is this that creates unhappy feelings.

**The way to transform negativity is in a passive way through Love:** The only way to transform negativity in a positive way is through loving qualities; such as acceptance. We are all connected to one another influencing and affecting one another consciously and unconsciously all of the time.

**Resist the impulse to hate negativity;** instead love it for the opportunity to strengthen you. At the centre of your heart exists the Divine in overflowing Unconditional Love just waiting to help you in every situation of your life. You become empowered when you invite this quality of spirit into your life. Believe in love, in the Divine and notice what happens, notice how you start feeling.

The negative side of life has all the power of darkness behind it but you have something greater, you have the Divine, the power of light. You have the power to transform yourself when you allow the Divine energy of love, wisdom and healing to enter you. This is why you need to accept negativity because you have something far stronger! Why fight anger with anger when you give birth to new anger? Why fight hate with hate when you give birth to new hate? So remember your solution is to fight negativity with love.

**Love is a most powerful force in the universe:** Love is your spear and your shield, your protector and your most powerful weapon. So if you fight jealousy with jealousy you give birth to new jealousy. Fight those negative emotions, negative thoughts and energies with love. With love you win any battle, overcome any negative emotions and vanquish any

foe. All negative relationships are to be loved! Fight all negativity; it does not matter if it is from within yourself or whether it comes from others and has been directed towards you because through each of these personal challenges you will grow stronger.

**Without love the battle is lost before it began:** With it you can overcome everything negative. Love is your protector and your strength. You have light; use this Divine power to transform your life! Love is the most powerful force in the universe; use this force to conquer the darkness within your life. You have the most powerful force in the universe within you right now so go ahead and fight your darkness with love because love is light. The negativity will transform when it encounters the devastating beauty of the Divine light of love.

**Merge with something greater than yourself - choose love:** When you choose love you become greater than the individual because you merge with something greater than yourself and that is what you become. You become Love, you become Naturally You.

### *Loving yourself*

*“When we really love ourselves everything in our life works”*

*Louise Hay*

## Healing Emotional Pain at the End or Loss of a Relationship

Healing a broken heart means you will need to create a new understanding with your past relationship. What this means is that you will have to understand that the pain you now experience as a result of the loss is in direct proportion to the inner connection you have with the loving presence of the Divine.

Without an inner connection with a loving emotion, your inner resource, experiencing the loss of a loved one will be extremely painful for the individual, with them being completely overwhelmed by their personal experience of loss.

I have known people withdraw from the world for many years, unable to experience another loving relationship because they are trapped within their fear and terrible emotional pain.

This is the whole purpose of the 'Love and Relationships' module because it will establish your own inner resource with a loving healing presence. However, the emotional pain of losing a loved one is appropriate but how wonderful it is to have your own personal inner source of love to comfort and heal you so that you can go back out into society in comfort feeling secure, safe and open to love again.

How can I feel better about myself? This brings up an age-old question that is at the core of all 'New Awakening' courses that have been designed to provide you with solutions in these three areas of personal and spiritual development: Unconditional Love, Healing and Divine Wisdom. In a sense one aspect without the other is incomplete. For example, love without wisdom can be blind. On the other hand Wisdom without love can be dry and detached. Hindu gurus encourage a combination practice - Ecstatic Love (attachment) with Divine Wisdom (detachment). The most effective solution is to strengthen your inner relationship with Unconditional Love using your Reiki self-healing treatment and through chanting the mystic Krishna mantra. Remember that the pictures in our head and the things we say to ourselves profoundly affect how we feel and will also create our future reality.

Imagining something negative and engaging with that is the cause for creating a negative psychological condition. Good mental health is mostly imagining something positive and engaging with that. Once again you will see that everything comes down to two things that you can start doing now: **Being emotionally centred in Unconditional Love and Visualising a positive happy existence for yourself.**

When you are heartbroken the simple fact is that you feel bad because your relationship has ended. You want what you cannot have. But for many of us, that is not the end of it. You might feel scared of feeling so bad, or angry about it. Through meditation upon Unconditional Love and giving yourself Reiki self-healing sessions you will quickly transform your emotional pain into a comforting experience of love and acceptance.

For many people their internal imagery is the most influential part of their thinking. For others, what we say to ourselves and how we say it has a greater effect on our feelings than the pictures we make inside our head. Consider, for example, your internal dialogue. Your internal dialogue is the inner voice that you use to think with. We often use it when



we are making decisions or working things out. We use the internal dialogue when we are worried or criticising ourselves. This can be most damaging because we are disrespecting ourselves and putting ourselves down.

Therefore be extremely careful with what you are saying to yourself. Another consideration, is it really you that is talking or is it a learnt voice from someone else? Maybe they were responsible for your upbringing and that has now conditioned you negatively. Remember what they have told you is a lie because you are beautiful as you are!

When we think about another person, the feelings we experience create an image in our mind of how they are represented to us. Our body reacts to what we imagine vividly in the same way that it reacts to what we really encounter. It is like the body and the shadow. When the body moves the shadow follows. In this example the body is your mind, your inner psychology and the shadow is your body and the environment. We become what we think!

Human beings create their own reality and their experience in life is as a result of their own thinking! We react to what our attention focuses on, whether it is real or imaginary, actually happening or remembered. Memory and imagination affect our feelings in the same way as reality does.

Everything comes down to your relationship with yourself. Love yourself now and watch the pain disappear! Building a positive self-image ensures that your automatic reactions come from a sense of freedom, confidence and empowerment.

When you have lost someone who you have loved, your heart will naturally feel the pain of loss. It could be that someone you have loved has died or that your wife, husband or partner has stopped sending you love; the loving feeling has gone, intimacy has been removed. This could be the situation even if they are still physically living in the same house with you. Location therefore makes no difference; everything comes down to the ability to have an open loving heart.

For example if you feel jealousy about your partners' past loving experiences with other people, no matter whether they were lovers or members of their family, the way to look at this situation will be the same. When you first opened your heart to them in love you then made yourself vulnerable. The feelings of vulnerability are feelings of pain, buried deep within you; fear of losing that which we all seek - the experience of love. Eckhart Tolle describes this as connecting with your pain body. The love you feel from your partner fills the gap, the pain has gone but the insecurity remains.

This condition is very common in today's society. Relationships that contain this ingredient are known as dependent relationships. You have felt the beauty of letting go and falling into the love of another and now that love has gone you return to discover that the pain in your heart still exists. What can you do to stop the pain? You do the only thing you know for your protection, retreat from any idea of loving another person again. In taking this approach, although negative, you can avoid the pain of loss of another person. Is it not the love that you have lost and not the person who gave you the love that you have lost?

This is why all spiritual teachers show you that it is the inner love that will be your only solution to end the pain of loss. When you discover true inner love you will continue to love those you have lost, even celebrate their life for them with a new understanding that love never dies. I remember when my Mother died, at the funeral I said a few words and asked everyone not to mourn her death but to celebrate her love for us because that love never died and is still in our hearts today; the love we shared continues on eternally.


How can you have the feeling again of love when you have lost someone who you gave your heart to and now they have gone? What can you do when you feel jealousy or possessiveness towards the one you love now or feel the pain of loss of someone not being in your life any more? You can change the way you look at love from something you own and is temporary, to something like this. The feelings you or your partner have for someone you loved were very real at the time and are still very much alive today, they do not go away overnight; in fact they never die. You could think that the past love was so special, how can a new love ever replace what you had? You will want the new person who comes into your life to give you all the love they ever had for everyone else to you. If not then how can they love you? Love is not like this; it becomes more individually wrapped. The love you gave another, the love your partner has given to another is universal and individual, as they get to keep it. Love is not in limited supply. Every exchange of love is unique containing three aspects. The three aspects involved are the two lovers and the source of all love, the Divine. Everyone, everybody that has ever loved gets to keep the love that has been exchanged. When you realise this you can go a step deeper and realise that the lack of love comes from your own relationship with the source of Unconditional Love, your own relationship with the Divine; the eternal source that never stops loving you.

All you have to do is to go inside and say, "Yes please." Once you can give yourself love you are safe to love again. This time you do not come from a place of pain needing the other to fill the void within your heart, that emptiness within you seeking to be filled by the love of another. You come from a heart that is overflowing with love. In fact you become a fountain of love that transcends the individual; you become a loving resource for all you meet.

## Key points for your Meditation

- What we wish for and imagine tends to be realised!
- We are constantly affecting our state by the pictures we make in our imagination and by the way we talk to ourselves, our perceptions.
- Change yourself on the inside and the outside world changes too!
- Become Love and Love will come to you.



The background of the cover features a blue gradient with faint, translucent images of crystals. A large, clear crystal is visible in the top left corner, and a cluster of smaller, faceted crystals is in the bottom left corner. The main title is centered in the upper half.

# New Awakening Reiki Universal Life Energy

靈氣

## Reiki Healing First Degree

**Robert Bourne**

## Reiki Healing First Degree

The New Awakening Process teaches The Universal Life Healing Energy in three stages; Reiki First Degree, Reiki Second Degree, Reiki Master/Reiki Master Teacher, with each stage consisting of two parts. The first part is the professional home study multimedia course learning material. The second part is the practical 'Self Attunement' energy experience, that is provided in this download.

### The Story of Sharon

"After a good few years of enduring the usual life struggles, including ill health and relationship issues, my partner treated me to a much needed long weekend away at a health spa. This was where I had my first Reiki treatment. It was the most amazing experience of my life to date alongside child birth. I came away from the weekend knowing that I would be spending at least the next 6 months trying to work out what had actually happened to me.

In September 2007 I began my search on the internet reading various descriptions of Reiki, when I came across the New Awakening website. Robert described his study of many different forms of Reiki and had not limited himself to one style, as had other teachers. Having an engineering background, this appealed to me, as I am always looking for logic, reason and proof in what I learn.

Realising the need to understand the experiences of my first Reiki treatment, I plucked up the courage to call Robert. Shortly thereafter I received the first Reiki degree course hand book through the post. I remember being told at that time, that if I did not want to experience change, then this was not the course for me. Sat here a few years later, I cannot believe how poignant those words now seem.

I spent the next few months reading through the course material in snippets of spare time, fitted between my young family, an engineering design job, running a house and maintaining a long distance relationship.

It was December 2007 when I met Robert and joined a couple of other students on the Reiki I course.

Reading through the material at home I had felt very comfortable with understanding the technicalities of a basic Reiki treatment. However, being on the course and actually feeling and experiencing the energies was quite something else. I felt I was now truly on the path to discovering what I had experienced in my first Reiki treatment.

Receiving my first attunement was like becoming aware of a whole new dimension to life which had been previously hidden from me. I remember feeling an amazing sense of inner peace but also being surrounded by bright and vivid colours.

The opportunity to give my first Reiki treatment in a caring and supportive environment gave me the courage to realise that this was something I could actually do. With a new radiant glow on my face and my First Reiki certificate in hand, I set off to increase my

experience of this wonderful new dimension. I spent the next six weeks practicing my new found skills on myself, friends and family. The positive feedback I had from other people was amazing and I became a very popular person. At the same time I was also noticing many personal changes which were highlighted to me by using the 21 day journal.

As time progressed my confidence grew and with so many people around me now interested in Reiki, I decided to continue my studies and sent away for the Reiki II course. I also studied the additional courses 'The Excellent You' and 'Love and Relationships', both of which I still refer to today.

During the home study period of Reiki II, I found many questions answered. From the practical aspect of Reiki I had many experiences where I felt guided to certain positions without knowing why. All these experiences I now find are being described in this course. I was also conscious of the fact that in the past I had always struggled with the process of learning and with retention of information. However, I now realised a new ability and enthusiasm to learn. This spread into other areas of my life too.

At the beginning of March 2008, I attended the Reiki II course. Before arriving for this course I already felt very comfortable with giving Reiki treatments and with understanding the course material. I came away feeling I had reached a whole new level on my personal journey. I was amazed at the effect of experiencing the energies using alternative methods such as chanting and humming. During my second degree attunement, the colours visible to me became brighter. I came away feeling a great sense that there was a much longer journey ahead of me than I had first anticipated.

I went home and continued giving Reiki treatments and found that the basic principles of Reiki had now reached into every part of my life. I could see my own failings more clearly and began working on becoming a better person with a life of value and quality.

From the Second course I also returned with the 'Gateway to Enlightenment' manual. I spent the next six months reading and studying this book. This was a much more challenging text and included some new scientific ideologies for me, which I found very interesting. The proof of distance healing behind me placed me in a much better position to grasp these new realities. 'The Gateway to Enlightenment' currently lives by my bedside and a year on I can still pick it up and gain 'Ah Ha' moments.

To continue my journey, towards the end of 2008 I gave Robert a call to discuss continuing on to Masters Level. After a lengthy conversation and some time for me to think things through I concurrently booked the Masters and Master Teacher courses. Receiving the relevant manuals with only just a month to go before the practical I was not sure if I was going to be ready, but reading through the manuals made me realise that I had learnt a great deal from the Gateway to Enlightenment and I was definitely ready for this now. I was really looking forward to this course with no hesitation or doubt, a real change in character for me.

In January 2009, I was given the gift of the Masters attunement, which personally became my biggest and best step.



Through studying the Gateway to Enlightenment and the other accompanying courses, I gained many understandings with my mind which had a significant impact on my life as a whole as I became more understanding of people, emotions and reactions. I then began to find that life does not surprise you in a way that it did before. You start to see things much earlier giving you time to be better prepared, as opposed to living in a constant reactive style.

My Masters attunement really did bring all the teachings to life in a way that I could not have understood before. During the attunement itself, I was aware of many different faces joining my being; an experience for which I have no words.

The following morning I had the amazing experience of waking and finding I not only clearly remembered the dream I had that night, but I also understood it immediately with a deep sense of knowing. I then had the realisation that my mind had understood and learnt from the teachings but before the attunement my heart and soul had not understood these lessons and I felt a shift of the level of understanding to my subconscious.

Now I feel a connection not just between body and mind which comes from Reiki I and II, but also now the connection with the soul. The best way for describing this feeling is to imagine that it is a cold winter's night and you have had a good meal and you are wrapped up warm and comfortable in front of an open fire and are surrounded by all the people that are closest to you. This is the feeling which I now carry with me all the time and it is the most beautiful experience.

After the Masters followed the Master Teacher course which felt like a very natural progression.

I am now looking forward to teaching this beautiful system of healing for the self and others and will continue with Reiki healing for those that do not wish or are not yet ready to make the journey. I shall continue my personal study and self healing and look forward to an interesting and challenging future.

Life carries on but I am now able to deal with issues that arise with more speed and confidence. Having heightened intuition and plenty of new life skills enables you to recognise signs of approaching tests in your life. This whole process becomes apparent as you look back on your life. Occasionally I am able to see where it is going. However you're never quite sure how things are going to happen, so life remains full of surprises.

I would like to take this opportunity to offer my sincere thanks to Robert for his continuing support and his dedication to spread the understanding of Reiki and Spirituality to the Whole World". Namaste Sharon Tucker

## Home Study Plan of Action

### How to Study this Multimedia Course Material

#### Preparation

1. Read this manual all the way through quickly to get the idea of what you are going to learn
2. Watch the Healing Treatments Video
3. Listen to Healing Tutorial CD (Optional)
4. Prepare your 21 day journal – Start day one of your journal when you receive your attunement to Reiki healing; when you use the Attunement Video.

Practice – (Remember to record everything in your journal)

Before you use the Attunement VIDEO complete 'The exercise to feel the energy between your hands'

Attune yourself to Reiki Healing using the VIDEO provided in the New Awakening Process download

Repeat 'the exercise to feel the energy between your hands' again. Notice the difference the Reiki Energy Attunement has made to your energy field! (If you are unable to notice any difference use the Attunement VIDEO again this time with greater feeling, letting go of the mind as much as possible, just following the instructions).

Once you can switch on your Reiki practice the Western Self Healing for three days.

After mastering the Western Self Treatment method practice the Japanese Self Healing Visualisation.

Now try the Reiki Well-Being exercise. Try using your hands plus your mind to send the Reiki Healing and notice what happens.

You can now practice your healing on a friend either on a couch as shown or on a chair.

I have provided in your download part two of your course which is the Attunement. I have also supplied three tutorial Videos which show you how to give Reiki Healing treatments on a couch, on a chair and how to scan the aura.

### How to use the Reiki First Degree Distant Attunement Video

Watch the VIDEO all the way through on your own, in a place where you won't be interrupted, to get the gist of what is going to happen. Unplug the phone etc.

To feel a deeper experience continue by relaxing your state of mind by doing the Breathing Meditation explained in the chapter on Meditation. This will prepare you to attune yourself more effectively.

Then replay the Video again from the beginning, this time taking three deep breaths, this centres your awareness in your sacral chakra, moving your energy down from your mind. Relax and close your eyes. Now imagine that it is you sitting in the chair receiving the attunement.

When instructions are given, this is when I will now be talking to you and guiding you through the attunement. Following the sequence - you can either do the instructed actions physically or see yourself doing them in your imagination.

## What is Reiki Healing?

### The magic ingredient is the Attunement Video in the Free Download

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 into Truth 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.

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 gives you a Direct Experience

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 Eternal Formless True-Self - 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 Eternal Formless True-Self.

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 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 Second 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 realisations 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 recognised 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.

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 which is a right brain activity, allowing the thinking left brain to let go in trust. This enables a connection to Unconditional Love.



## 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 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

1. Just for today I will live with the attitude of Gratitude
2. Just for today I will not worry
3. Just for today I will not anger
4. Just for today I will do my work honestly
5. 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 the original Reiki teaching as taught by Dr Usui. I very quickly discovered that the tradition of orally transmitting the teaching without documentation was the preferred method up until recently. This very traditional 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 based upon the Lotus Sutra. 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.”

Robert has five different Reiki lineage trees which enables him to pass to you the very best representation of Dr Usui’s teaching that is possible. Two Reiki lineages go directly back to the source of Western Reiki and Tibetan Buddhism. He trained with one of the few Masters initiated by Hawayo Takata, who introduced traditional Usui Reiki to the Western World.

## The Reiki History

### Where does Reiki come from?

Reiki was developed by a man called Mikao Usui. Usui grew up at a time when Japanese society and culture was going through a period of rapid change. It was not until the 1850s that Japan opened itself up to the Western world; for two centuries starting in 1641, all Europeans except the Dutch had been expelled from Japan. The Chinese and Dutch that remained were confined in special trading centres in Nagasaki and no Japanese were allowed to leave the country. Christianity was declared illegal and all Japanese were forced to register at Shinto temples. Those Japanese who refused to renounce Christianity were executed and so were a few Christian missionaries who refused to leave the country. This ban on Christianity was not lifted until 1873. It was the United States that finally forced Japan to open its borders and open its economy to the outside world and this event led to a great flood of new ideas and esoteric systems coming into Japan from all over the world.

Not only that, but Japan underwent a period of rapid industrialisation, transforming itself from a feudal society into an industrialised nation - able to compete with the West on an equal footing - within a period of only 30-40 years. Such a period of rapid change created a real climate of wanting to keep hold of traditional culture. Japan was looking for a spiritual direction and people wanted to rekindle and maintain ancient traditions, while embracing the new. This is what Usui did when he developed Reiki. In the time when Usui was growing up, Japan was a melting pot of new ideas, with many new spiritual systems and healing techniques being developed. Reiki was one of these systems.

### Mikao Usui's Life



Mikao Usui was born on August 15, 1865 in the village of 'Taniaimura' (now called Miyama-cho) in the Yamagata district of Gifu Ken (Gifu Prefecture) and he died on March 9, 1926 in Fukuyama. He had an interesting life. He grew up in a Tendai Buddhist family and had a sister and two brothers, one of whom studied medicine. As a child he entered a Tendai Buddhist monastery near Mt. Kurama ('Horse Saddle Mountain'). He would have studied 'Kiko' (the Japanese version of Chi Kung) to an advanced level - and maybe practiced projection healings - and he was exposed to martial arts too.

From the age of 12 he trained in a martial art called Yagyu Ryu - Samurai swordsmanship - in which he attained the level of Menkyo Kaiden in his 20s, this being the highest license of proficiency in weaponry and grappling. He continued training in the Arts and reached high levels in several of the other most ancient Japanese methods. He was renowned for his expertise and highly respected by other well-known martial artists of his time.

In his younger life he experienced much adversity, lack of money, no security or regular employment. It is not known why; it could have been due to bad luck or simply that he did not attach importance to material things. He was regarded as something of an eccentric. He married and his wife's name was Sadako. They had a son (born 1907) and a daughter.

Usui followed a number of professions: public servant, office worker, industrialist, reporter, politician's secretary, missionary and supervisor of convicts. Usui was private secretary to Shimpei Goto, who was Secretary of the Railroad, Postmaster General and Secretary of the Interior and State. The phrase 'politician's secretary' can be taken as a euphemism for 'bodyguard'! It is during his time in diplomatic service that he may have had the opportunity to travel to other countries. In 1868 (when Usui was 3) there was restoration of rule by Emperor, the Meiji Restoration. Mutsuhito reigned until 1912 and selected a new reign title - Meiji, which means enlightened rule - to mark a new beginning in Japanese history. It is known that Usui travelled to China, America and Europe several times to learn and study Western ways and this practice was encouraged in the Meiji era. At some point Usui became for a while a Tendai Buddhist Monk, or Priest, (maybe what we in the West call a lay priest) but still having his own home, not living in the temple. This is called a 'Zaike' in Japanese: a priest possessing a home.

Usui Sensei was interested in a great many things and seems to have studied voraciously. His memorial states that he was a talented hard working student. He liked to read and his knowledge of medicine, psychology, fortune telling and theology of religions around the world, including the Kyoten (Buddhist Bible) was vast. There was a large University library in Kyoto and Japanese sources believe that he would have done most of his research there, where sacred texts from all over the world would have been held. He studied traditional Chinese medicine and Western medicine, numerology and astrology and psychic and clairvoyant development.

Usui also took Zen Buddhist training in 1922 for about three years. Many different spiritualist/healing groups were in existence at the time and one of these - attended by Usui - was 'Rei Jyutsu Kai'. Today this organisation consists of the most spiritual monks and nuns in Japan, psychics and clairvoyants.

### The Roots of Reiki

The system was rooted in Tendai Buddhism and Shintoism. Tendai Buddhism (a form of mystical Buddhism) provided spiritual teachings and Shintoism contributed methods of controlling and working with the energies. Usui had a strong background in both Kiko (energy cultivation) and a martial art with a strong Zen flavour (Yagyu Shinkage Ryu) and he also took Zen training and these studies may have contributed in some way to the system that he developed. There also seems to be a strong connection between Usui's system and Shugendo (mountain asceticism). Shugendo was a blend of pre-Buddhist folk traditions of Sangaku Shinko and Shinto, Tantric Buddhism, Chinese Yin-Yang magic and Taoism.

### Usui's Associates

During his life, Usui associated with many men and women of very high spiritual values. Some were famous people in Japan, for example Morihei Ueshiba (founder of Aikido), Onasiburo Deguchi (founder of Omoto religion) and Toshihiro Eguchi (founded his own religion and was a good friend of Usui). There are even connections between Usui and Mokichi Okada, the founder of Johrei and Jigoro Kano, the founder of Judo.

## Usui the Man

Usui Sensei could apparently be very outspoken, and controversial. His friends would often be concerned about his welfare. His answer to them would be 'just for today do not worry', one of the Reiki precepts. According to one of his surviving students, Usui was physically big; quiet in manner and extremely powerful. He did not suffer fools gladly and could be quite abrasive at times. He could become righteously angry and quite impatient, particularly with people who wanted results but were not prepared to work for them.

## Usui's Motivation

But what prompted Usui to pursue all these studies? Well, according to Hiroshi Doi, a member of the Usui Reiki Ryoho Gakkai in Japan (see later), Mikao Usui was wondering what the ultimate purpose of life was and set out to try to understand this. After some time he finally experienced an enlightenment: the ultimate life purpose was 'Anshin Rytsu Mei' - the state of your mind being totally in peace, knowing what to do with your life, being bothered by nothing. Doi says that with this revelation, Usui researched harder, for 3 years, trying to achieve this goal. Finally, he turned to a Zen master for advice on how to attain this life purpose. The master replied "If you want to know; die!" Usui-sensei lost hope at this and thought, "My life is over". He then went to Mt. Kurama and decided to fast until he died.

So it seems that, according to Hiroshi Doi, Usui was looking for a way of knowing one's life's purpose and to be content and despite all his exhaustive research, he could not find a way to achieve this state. The monk's advice prompted him to go to Mount Kurama and to carry out a 21-day meditation and fast. We now know that Usui Sensei carried out a meditation called 'The Lotus Repentance', which comes from Tendai Buddhism. Usui carried out the meditation and, according to his memorial stone, he experienced an enlightenment or 'satori' that led to the development of Reiki. But this does not seem to have the ring of truth to it, because he performed the meditation five times during his lifetime and Usui's system wasn't something new that came to him in a flash of inspiration, but a system that was rooted in many existing traditions. Usui was already teaching his system long before he carried out the meditation. Originally, Usui's system did not have a name, though he referred to it as a 'Method to Achieve Personal Perfection'. His students seem to have referred to the system as 'Usui Do' or 'Usui Teate' (Usui hand-application). The name 'Reiki' came later, perhaps first used by the founders of the 'Gakkai'.

Mount Kurama where Usui carried out one of his meditations is a holy mountain. It is near Kyoto, the former capital of Japan, a place which I heard described on a recent television travel programme as being 'the spiritual heart of Japan' - a place with a thousand temples representing a whole range of deities. Mount Kurama is also important from a martial arts perspective, being the place where mountain spirits - Tengu - are said to have given the secrets of fighting to the Samurai. Morihei Usheiba, founder of Aikido, often took students to the mystical Shojobo Valley to train.

## Usui Sensei Teaches his System

According to Usui's memorial stone, Usui was a very well-known and popular healer and he taught nearly 2,000 students all over Japan, but this should be taken as just meaning a large number, maybe 1,000 or more though. All of his students started out being treated by him. Usui would give them empowerments so that they were connected to Reiki permanently, so they could treat themselves in-between appointments with him and if they wanted to take things further then they could begin an open-ended program of training in his system. His teachings were very popular amongst the older generation, who saw them as a return to older spiritual practices; Usui was teaching at a time of great change for the Japanese people. In April 1922 Mikao Usui opened his first 'Seat of Learning' in Harajuku, Tokyo and he used a small manual which had come into use about 1920. It did not contain any hand positions for healing others: it contained the Precepts, Meditations and the Waka poetry.

Of the people whom he taught, 50-70 went on to the first level of Second Degree and maybe 30 went on to the second level of Second Degree. Usui trained 17 people to Shinpiden level. There were 5 Buddhist nuns, 3 Naval Officers and nine other men, including Eguchi who was said to have been Usui's main friend/student. Eguchi later formed his own religion called Tenohira-Ryouchi-Kenyuka, which was Shinto revivalism, getting back to the early Shamanic roots. Even to this day in Japan there is a spiritual community which carries on Eguchi's tradition, where they carry out a simple hands-on treatment technique based on the use of intuition and involving simple initiations. Usui's teachings were what is called a 'Ronin' (leaderless) method. This was to make sure that no one person could lay claim to them and they would be freely available for all who wanted to learn them. It would have been more usual for Usui to have kept his system as a Usui family method, rather than passing it on to outsiders.

Usui Sensei did not only practice and teach his Spiritual Teachings in his school but he also gave healing. He became very well known for his healing skills and his fame spread very quickly throughout Japan. In 1923 the Kanto earthquake struck 50 miles from Tokyo, destroying Tokyo and Yokohama. An estimated 140,000 people died from the quake or the fires that followed it. This was the greatest natural disaster in Japanese history and Usui gave many treatments to victims. The Usui Memorial says that Usui Sensei "reached out his hands of love to suffering people" and in recognition of his services to the people during this emergency he was awarded an honorary Doctorate. It is when he was giving healings at a Naval base that he met a group of Imperial Officers, who became students, including the man who would be responsible for allowing Reiki to come to the West.

Mikao Usui died from a stroke in a town called Fukuyama in Hiroshima in 1926.

## Some Unusual Students

The Imperial Naval Officers were Jusaburo Gyuda/Ushida, Ichi Taketomi and Chujiro Hayashi. It was certainly surprising to Usui's students that Usui would teach such people as Officers of the Imperial Navy. Indeed, it seems that there was some 'resistance' to this taking place and Usui's friends were upset that he would teach his spiritual system to military men. But Usui had been doing some healing at a naval base and it seems that



there was some metaphorical 'arm twisting' that led to the officers learning Usui's method. But Dr Hayashi, certainly, does not seem to have been interested in the 'spiritual path' aspects of Usui's system, he was a Christian and he focused on the treatment aspects, which was not really so important from Usui's point of view. Usui modified his teachings accordingly, to meet the needs of his new students. Since Dr Hayashi - and probably the other Naval Officers too - were having difficulties in experiencing the energies, Usui and his senior student Eguchi introduced something new into his system: the symbols that are so familiar to Western Reiki practitioners.

### Dr Chujiro Hayashi



Chujiro Hayashi was born in 1878. He graduated from Naval School in 1902 and by the time he was doing his Master training with Usui Sensei in 1925 he was 47 years old, a former Captain in the Imperial Navy and he was a Naval Doctor. He and the other Naval Officers Ushida and Taketomi were the last people to be taught by Usui. It seems that Hayashi was one of Usui's less experienced Master students since he may have trained with Usui for only 9 months. When you reached Master level with Usui, this represented the commencement of a long period of training which culminated in learning the connection rituals and considering that other students of Usui spent 9 months meditating on only one energy at second-

degree level, Dr Hayashi cannot have learned the inner teachings of Reiki in such a short space of time, nor reached the higher levels of Mastership. Together with the other naval officers, Dr Hayashi was a founder member of the Usui Reiki Ryoho Gakkai, a 'memorial society' set up after Usui's death. The 'Gakkai was described by Tatsumi (one of Hayashi's Master students), rather disparagingly, as an 'officer's club'.

Although he was one of the founding members of the 'Gakkai, he left, it seems, because the nationalism displayed by the other officers conflicted with his Christian beliefs and went against Usui's teachings and because of the many changes that the other Imperial Officers were introducing into the system, for example the introduction of many Kiko (Japanese QiGong) techniques. But Hayashi changed things too, as we'll discover shortly.

After he completed his training, Hayashi opened a clinic with eight beds and 16 healers working there and clients were treated by two or more people. He kept detailed records of the treatments that were given and used this information to create 'standard' hand positions for different ailments which ended up being published in the training manual given to the Gakkai's students (the Usui Reiki Hikkei). In fact this work had already been started when Usui was alive and it seems that Dr Hayashi was carrying out the research with Usui's knowledge and approval. Usui was interested to see if his spiritual system would 'stand alone' as a healing system. This guide to 'hand positions for different ailments' is very much trying to mould Reiki into the 'medical model', where you diagnose a particular ailment and then prescribe a particular set of hand positions to deal with it, very different from Usui's simple and intuitive approach.

Despite this research though, Hayashi still expected his students to be able to use advanced scanning or intuitive techniques to work out their hand positions, with his 'standard' positions as a fallback position.

Dr Hayashi founded his own society in 1931, five years after Usui died. It was called Hayashi Reiki Kenyu-kai, which means Hayashi Reiki Research Centre. Since Dr Hayashi had made some changes to the system he had been taught by Usui, he was honour bound to change the name of the system, but the changes that he introduced were not popular: some of his senior students left the school, including Tatsumi, who believed that the teachings were no longer Usui's. Hayashi's focus was very much on hands-on healing. Dr Hayashi would teach First Degree over a five-day structured course, with each day's training taking 90 minutes and students would receive his more complicated attunements on four occasions during this training, by way of echoing Usui's weekly empowerment sessions. Dr Hayashi trained 17 Reiki Masters and produced a 40 page manual which contained the hand positions for different ailments. Since Dr Hayashi would not have been taught Reiju by Usui Sensei, it would appear that he learned the technique when Eguchi joined the Gakkai for a year. Eguchi seems to have joined out of respect for Usui, but he was put off by the nationalism of the Gakkai members and left. Presumably there was enough time for Hayashi to have learned the connection ritual and this ritual seems to have been modified by him. Certainly the ritual that was taught to Tatsumi is not Usui's Reiju and neither is the ritual being used by Mrs. Yamaguchi, another of Dr Hayashi's Master students.

Chujiro Hayashi died on May 10th 1940. Sadly, he took his own life; it seems that he was very concerned at the build up of nationalism in his country and it was the threat of war that led to his death. Dr Hayashi's wife Chie continued as President of his school, teaching in the 1940s, but their children did not continue the clinic.

### Hawayo Takata



Hawayo Takata was born in 1900 on the island of Kauai, Hawaii. She came to Dr Hayashi's clinic suffering from a number of serious medical conditions that were resolved through Reiki, but she was originally intending to receive conventional Western medical treatments for her tumour, gallstones and appendicitis. The story goes, though, that on the operating table (just before the surgery was about to start) Mrs Takata heard a voice that said "The operation is not necessary". She is said to have refused the operation and asked her Doctor if he knew of any other way to restore her health. The doctor referred her to Dr. Hayashi and she began receiving a course of treatments.

Mrs Takata was quite sceptical about Reiki. She felt so much heat from the practitioners' hands that she was sure they were using some sort of electrical equipment - maybe little electric heaters secreted in the palms of their hands! She looked in the large sleeves of their Japanese kimonos, under the treatment table, but of course there was nothing there. Her scepticism turned into belief as her health problems resolved themselves and she decided that she wanted to learn Reiki for herself.



Dr Hayashi wanted to teach Reiki to another woman besides his wife (someone who would not have to be called up to fight in a war) and since Mrs. Takata was so persistent he decided to teach her to Master level, which happened in 1938. Dr Hayashi gave Mrs Takata permission to teach Reiki in the West and she did so in the USA. She was the 13th and probably the last Reiki Master that Dr. Hayashi initiated and between 1970 and her death in 1980 Mrs Takata taught 22 Reiki Masters. Until quite recently, all Reiki practitioners in the Western world derived their Reiki from this lady and could trace their lineage through her to Dr Hayashi and Mikao Usui.

The original twenty-two teachers have passed on the Reiki tradition and Reiki has spread throughout North and South America, Europe, New Zealand and Australia to many parts of the world.

It is almost impossible to estimate the number of Reiki Masters and practitioners in the world, but it must run into tens of thousands and millions, respectively.

But it cannot have been easy for Mrs Takata, teaching a Japanese healing technique in the United States, after the Second World War, with memories of Pearl Harbour still in everyone's minds. The American population was not particularly well disposed towards anything connected with Japan. Also, while nowadays people are continually exposed to magazine articles about feng shui, tai chi, traditional Chinese medicine, meridians and alternative medicine in general, at that time in the United States these ideas must have seemed to have come from another planet. Mrs Takata was trying to transmit her whole culture and a totally alien one as far as her students were concerned.

For this reason, Hawayo Takata was forced to modify, simplify and change the Reiki that she had been taught by Chujiro Hayashi, in order for it to be acceptable to the Westerners that she dealt with and the Reiki that she had been taught by Dr Hayashi had already been modified by him after he had been taught by Mikao Usui. Not only did Mrs Takata have to modify the practices of Reiki, but she also felt obliged to put together a story about the history of Reiki to make it more acceptable to a hostile American public. Out went Mikao Usui, Tendai Buddhist and in came Dr Mikao Usui, Christian theologian, who travelled the world on a great quest to discover a healing system that explained the healing miracles that Jesus performed. So stories about Usui being a Christian Doctor, going on a world-wide quest and studying theology at various universities along the way, are not true. Despite this, they are repeated in Reiki books, even ones that have been published recently.

As well as putting together a Reiki 'history', Mrs Takata ended up being referred to as 'Grand Master' of Reiki, to make a distinction between herself and the Masters that she taught. This is an office, position or title that was not envisioned by Mikao Usui. Reiki is not based on the idea of gurus or great masters to whom one has to pay homage. Unfortunately, some people in the Reiki community are greatly wedded to the idea of 'The Office of Grand Master' and what I see as the narrow and dogmatic view of Reiki that is approved by the current incumbent, Mrs Takata's grand-daughter, Phyllis Lei Furumoto.

## Reiki in Japan

Now the story turns full circle and Western style Reiki has returned to its country of birth. At one stage people believed that Reiki had died out in Japan and that the only Reiki that remained in the world was the Western version. But Reiki Masters who moved to Japan in the 1990s discovered that there were Reiki practitioners there who were doing things that were very different from the Reiki that we had become used to in the West. It was also discovered that there was an association called the Usui Reiki Ryoho Gakkai (Usui's Reiki Healing System Association) which to begin with seemed to have been established by Usui. Now we know that this is not the case. The Gakkai was set up as a sort of 'memorial' society by the three Naval Officers. Tatsumi described it as an 'officer's club' and now it has almost the sort of place in Japanese society that Freemasons occupy in the West: most people have heard of the 'Gakkai', but they are not quite sure what they do. You need to be a member if you are going to get on in business or in politics.

As well as the 'Gakkai', there are other Reiki practitioners in Japan who use Reiki to varying degrees following Usui's original form of Reiki.

Now Japan is experiencing a big explosion of Reiki, but it is mostly Western-style Reiki. Over time I am sure that the two forms of Reiki will join and blend, combining the basic traditions of Usui Reiki with the creative experimentation that characterises the Western approach to the system.

(New Awakening honours and has great respect for Dr Usui. Having left no stone unturned in our spiritual system we have re-introduced the Tendai Buddhist spiritual practice embraced by Dr Usui. Reiki healing is perfect in itself but traditionally in the West it has been taught in isolation and not as a fundamental part of a spiritual wisdom philosophy as embraced and practiced by Dr Usui himself. The New Awakening spiritual system embraces both aspects, unconditional love and wisdom. Reiki healing comes from the aspect of unconditional love. The New Awakening system provides you every tool that you will require for your personal transformation of consciousness and spiritual enlightenment. We highly recommend at this stage of your study that you obtain a copy of our book "The Seekers Guide for a New Awakening" which contains the wisdom element).

*We would like to say thank you to Taggart King for his sincere research as shown above on establishing a true picture on the history and origin of Dr Usui Reiki healing.*

## 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 7 cm) 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 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 and healing treatment positions. 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.

**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 giving Reiki to 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.

Help your children with learning and their exams - We have found that Reiki will help with concentration and will prepare the mind to learn in a holistic way using the whole mind, which will assist with long term memory. This is obviously beneficial with learning facts and information.

For exams a Reiki healing session before the exam is useful to help remove nerves and stress, preparing the mind and the person to achieve the best they can. It is also worth mentioning to give yourself a Reiki healing session so you are sending calm feelings to the person you are supporting and not feelings of anxiety which could unsettle them. This section applies to adults as well as to children.

### The Elderly

Getting older – Arthritis, degeneration of organs, loss of memory, pain and discomfort, mobility problems, more frequent admission to hospital and operations are all more common as we get older. Reiki is so effective in helping all these problems and can be used as described previously. You will find that an easing of symptoms occurs and wounds heal more quickly. General mobility can be greatly improved and the person will feel cared for and loved by you. It will also help to develop a better relationship as a result. This could be viewed as a time to give something back to those who have helped you in your early years.

### Happiness

Creating happiness – When you give yourself or others a Reiki healing treatment you will notice that over a period of time your emotional feelings will begin to become calmer and you will be more comfortable and at ease with yourself, thereby gaining a sense of inner contentment.

What is very beautiful is that you will gradually become happy on the inside without the dependence of waiting for external events to occur that bring about a temporary form of rapturous happiness. With Reiki healing you will gain an inner tranquil happiness; an inner peace.

### Beauty

Rejuvenation – With constant Reiki treatments you will start looking and feeling years younger with increased vitality. You will shine with radiance and inner beauty giving you a glowing complexion. Many women have reported the reduction of facial lines and wrinkles.

A little tip - if you use Reiki healing with your imagination, which means to visualise yourself the way you would like to look, the rejuvenation process will accelerate.

### Animals

Your pets – It's likely that those of you who have pets already experience a deep, loving bond with them. Reiki can vastly deepen that bond and you will also know the joy in helping to heal and support them.

When your pet is receiving veterinary treatment, Reiki will assist and speed their recovery. It will also help them in their old age in the same way as it helps elderly people.

When you are giving your animal a Reiki healing treatment don't worry if they just get up and go as they will know when they have had enough for that session. Once they have experienced Reiki they will also tend to come and ask for Reiki healing when they want it.

### Plants and your food

Indoor and outdoor plants – When arranging a bunch of flowers place your hands over the flowers and switch your Reiki on. Send your Reiki to the flowers and watch them smile! Seriously, you will discover that cut flowers last longer when given a Reiki treatment as it improves the vital energy force within them.

Before planting seeds in the garden, hold them in your hand and give them Reiki healing energy. As a general boost to your garden plants go around your garden on a regular basis giving them Reiki energy. You will be rewarded with a wonderful healthy looking plant display.

*(On the Reiki Second Degree course you will learn how to send Reiki to the whole garden at the same time in one session)*

Your Food – Reiki your food before cooking and eating. It really does increase the life force energy within your meal and it harmonises your food with your body. You can Reiki water before drinking and Reiki wine; in fact you can Reiki everything you eat and drink.

Honouring plants – Please take a moment to honour the plant world as it supports our lives in many ways. For example plants give us air to breathe as they are a major source of oxygen. They also breathe in the carbon dioxide we exhale and purify many of the countless pollutants in the air.

Plants give us the food we eat – without them we would starve. Plants are also a major source of beauty that definitely enriches our lives.

Reiki is your gift to yourself. Use your Healing Hands effortlessly, continuously - anywhere, any time, in any situation for example when eating, or travelling on a bus, when at a business meeting – or even when you're sleeping!

## A Definition of all Reiki Healing

There are many types of Reiki, each Master adding their own interpretation. Whatever the type of Reiki the definition is the same:

The process of Attunement to the Spiritual Universal Healing Energy.

A lineage. Starting with the one who first channelled Reiki then listing the family tree of Master Teachers that followed their teaching method.

Reiki does not require the mind of the person to guide the energy. Reiki is a Spiritually Guided Life Force Energy, all knowing from a higher unlimited power; it has an intelligence of its own, although it follows your intention.

Reiki can do no harm.

## How Reiki Supports Physical Health and Emotional Wellbeing

- Reiki heals holistically on all levels; physical, emotional, mind and spirit
- Reiki can be combined with most complementary therapies, such as hypnosis, NLP, Kinesiology, Aromatherapy and Massage.
- Balances the main organs and glands plus their bodily functions
- Eliminates and helps to clear toxins within the body
- Helps and soothes chronic illness
- Releases stress and brings relief to pain
- Treats the symptoms of illnesses
- Changes the consciousness of the causes of illness
- Balances the energies and chakra system in the body
- Strengthens the universal life-force energy within the body
- Strengthens the immune system
- Reduces and relieves stress
- Releases suppressed harmful emotions, trapped negative feelings
- Promotes natural rejuvenation and self-healing
- Will achieve a deeper state of meditation
- Will connect you to your intuition
- Strengthens and deepens your intuition



- Promotes creativity
- Reiki healing will always support the natural healing process

### Strengthening your Life-force

On a physical level, Reiki helps to strengthen and sustain the body's immune system. The body is then able to defend itself against the effects of environmental pollution and contagious diseases. The kidneys, liver and digestive organs are better able to deal with the toxins they encounter and flush them out of the body.

### Caution and guidelines for your safety with Reiki

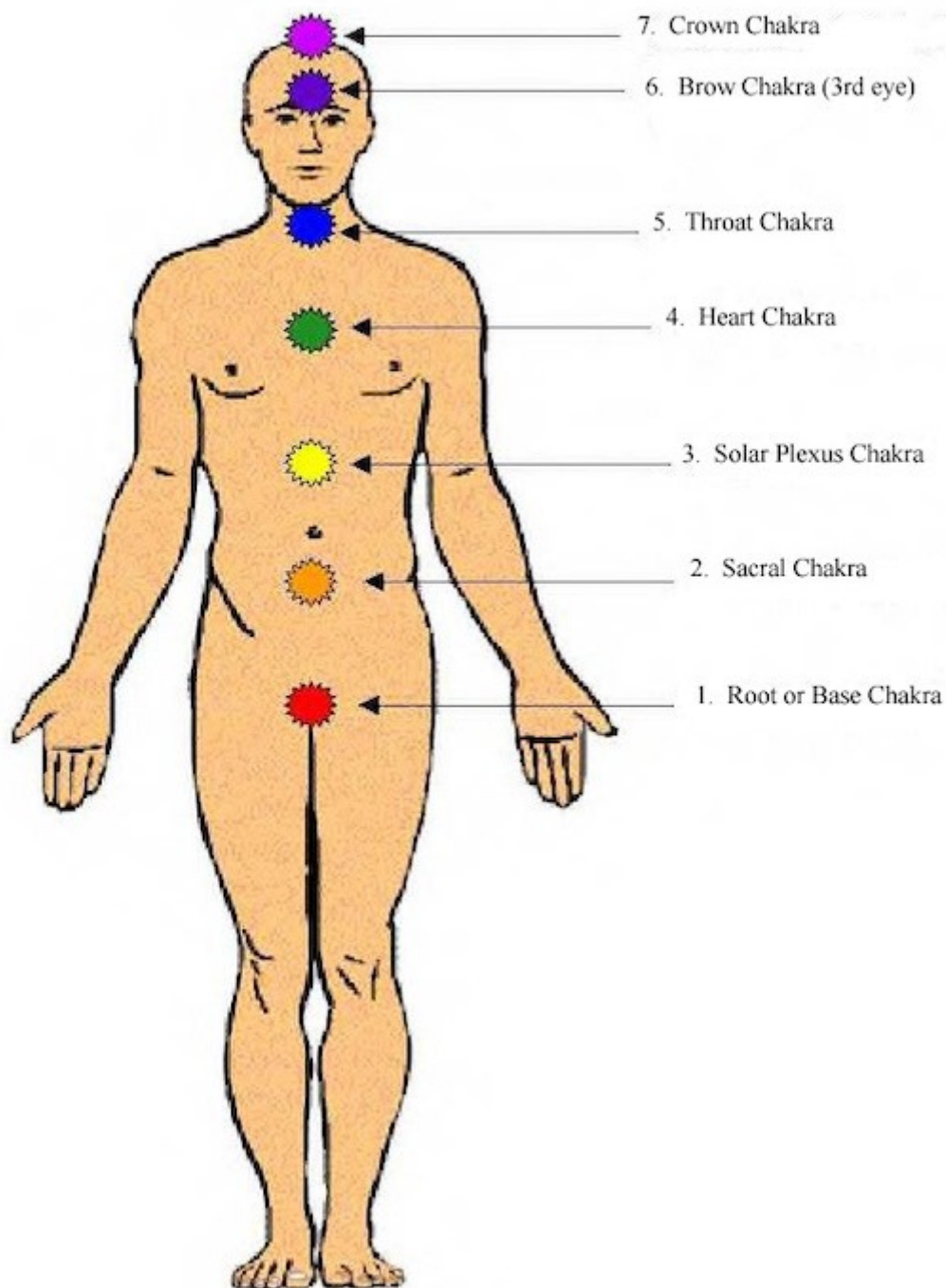
The exercises, hand positions and meditations described in this course manual are intended for the healing and harmonisation of you as a holistic being. The course creator wishes to point out that, in the case of illness, a doctor or healing practitioner should always be consulted. The Reiki positions and meditations described may naturally be applied as an additional form of treatment. Reiki does not take the place of conventional medicine. Always consult your doctor for an acute or infectious condition and any problem of urgent concern.

Reiki is a complementary therapy that works effectively alongside orthodox and alternative health-care solutions.

## About the Seven Chakras

Chakra is a Sanskrit word meaning wheel and the chakras can be seen as coloured, circular energy vortices or put simply, coloured discs. Energy exists in three forms: light, sound and vibration. These three forms are basic to the creation of the universe.

### 7 Primary Chakras



The best way to consider what the chakras are is to think of your body as being a Rainbow body of light. If you look at the chakra colours you will see they are the same colours as a rainbow. When we are born the soul enters this world through the first chakra, the red coloured chakra at the base of the body; this is known as the physical birth. After birth we then have the opportunity to evolve in consciousness, to develop from an animal human into a spiritual human; this awakening of the spiritual dimension is known as the second birth. The third and final stage of your evolution is the completion of the soul's journey; the spiritual birth, obtaining Oneness with the cosmos and all of Divine creation. When this happens it is experienced as pure bliss and is the highest form of consciousness that is possible as a human spiritual being.

The spiritual Divine white golden light comes first and splits into seven different energy vibrations creating the rainbow body of light for your soul to enter. These seven chakras or energy centres then create and sustain the physical body enabling us to live our lives. The physical body is known in spiritual terms as the body of action.

Once we are born the spiritual white golden light is accessed through the crown chakra. When you are attuned to Reiki Healing this energy becomes a comforter for our lives because it acts like a bridge between the spiritual human heart chakra of love and the crown chakra of the white, golden light of the Divine. The Divine is a source of higher consciousness which we can access at will because it exists within us, as it created us. Reiki Healing connects us directly to this inner source of creation to provide us and others Healing and Unconditional Love.

In terms of Reiki healing it is important to understand that the spiritual Divine energy came first in our life as it is the source of our existence; it is this unchanging pure aspect that created our life and is accessed in a Reiki healing session. When you understand that this energy came before the body, you will soon realise that if you are having a problem in the body physically, mentally or emotionally the quick solution is to go to the source that created you. In that way you will bring in its healing balancing energy and it will return you back to perfection once again. This is the quick route to the creation of miracles. When you understand this, the only thing you need to do is to change your consciousness to a higher consciousness than your own. The good news is that this exists within you now as it created you! Your job is to let go and allow it to work for you. Reiki Healing will re-connect you to this inner source.

When you carry out a Reiki Healing treatment you will soon see the connection between the hand positions and the locations of the chakras; you will discover that the most effective treatments are those where you send healing to the chakra locations. This understanding will help you to learn the suggested healing hand positions very quickly. When you give a healing treatment just remember where the chakras are located in the body and then place your hands there.

In Reiki it is not normal to give healing to the crown chakra as this is left open for the Divine energy to flow freely. This is why Reiki is known as channelling spiritually guided healing energy. You act as a channel, connect with Reiki and the Divine higher consciousness knows where the healing is required.

As you develop in spiritual awareness you will discover that you are one with this source of creation. The people who develop the quickest are those who can keep an open mind to new possibilities and to new understandings of life's workings. Those with fixed minds will find it harder to grow in consciousness. Keep your mind open having a child like curiosity and innocence about how existence is.

I would like to introduce you to how the chakras affect us. There is a direct relationship between our physical, mental and emotional health and the main energy centres in the body known as the chakras. The chakras relate to the body through the endocrine system and the nervous system. Everything that happens in your life begins or is created in consciousness. This is transferred into existence through the chakras and then into the body, experienced right down to every cell. This is why if you want to change your life you will need to change your consciousness; the way you think.

Reiki healing creates a change in consciousness, this then creates a change in the energy field through the chakras which creates a change in every cell in the body; this is how Reiki Healing works.

The chakras are a part of our consciousness, or spirit and they are the way in which our higher self is connected to our physical and mental selves and the way in which we experience our lives on Earth. The chakras are constantly changing as they receive and transmit energy and information every moment of our lives. Energy and information is constantly changing and in turn so do our chakras; if you could see these constant changes, some people can, we would look like a light show!

Physical, mental or emotional problems cause the chakras to be out of balance. Sometimes just one chakra will contain these imbalances or it could relate to several chakras. Reiki healing is a perfect way to realign the chakras to perfect harmony and balance. Each chakra relates to a different aspect of our life as explained below.

### Understanding what each Chakra does

The crown chakra is the only chakra that is outside of duality. It is the connection to your higher self, a state of completeness. Through the unconditional love of Divine higher consciousness all things that have been previously separated come together in oneness. It is the source of your eternal self and the centre of spiritual purpose; your connection to spiritual guidance.

When the sixth chakra opens to the Divine self, the world becomes a meditation of golden tranquil light. You experience each moment from a graceful state of Divine wisdom. The sixth chakra transmits and receives information unconsciously from one person to another. This is known as personal intuition.

The throat chakra is the centre of self expression, communication and speaking your truth. It is also the chakra for healing. This chakra is healthy if we are fully able to express our ever changing selves truthfully. This chakra heals by listening to others totally. It also receives audible spiritual information.

The heart chakra is the centre of unconditional love and compassion. When open to the Divine it is the flowering of the Reiki Master; the expression of the angelic realm with compassion for all humanity, animals and nature. The heart chakra is a crossroads between the higher three chakras and the lower three chakras, blending our base animal human nature with our higher human spiritual nature.

The solar plexus chakra is the seat of our personal power and will, the self or ego. Our passion for life, action and mind concentration are all controlled by this chakra. This is the seat of the logical mind and intellect. Emotional control issues are also felt in this chakra.

The sacral chakra is the light centre of creativity. It is the centre of our sexuality. It is all about human emotions and passion. This chakra is very receptive to the emotions and feelings of others and motivates us to express passion and creativity through music, art, poetry and love making.

The base or root chakra is about the physical aspects of our life. It expresses our connectedness to the earth and our basic need for survival; our home, money, our possessions, to eat, defend ourselves and procreate for the survival of the species.

### Understanding the basic relationship between the Chakras

- The top three chakras relate mainly to our human spiritual selves.
- The heart chakra is like a mediator between our physical and spiritual selves.
- The lower three chakras relate mainly to our human physical selves.
- The hand chakras (in the palms of the hands) are used for Reiki healing. These are also connected to the heart chakra and the throat chakra.
- The foot chakras are connected to the base root chakra of our existence and ground us to the earth.

All of the chakras may be expressive and receptive; however the odd numbered chakras tend to be more expressive than receptive. These chakras are more to do with the masculine energy. Men and women each have both masculine and feminine aspects. The masculine energy may be thought of in terms of expressing, giving or a motive force. They go outwards into life and reflect how we express ourselves. The right side of the body is more connected to the masculine energy.

All of the chakras may be expressive and receptive; however the even numbered chakras tend to be more receptive than expressive. These are more to do with the feminine energy. Men and women each have both masculine and feminine energy. The feminine energy may be thought of in terms of receiving and creating. We experience our life inwardly, more emotionally, our inner awareness with inner processing of our life's experiences. The left side of the body is more connected to the feminine energy.

## What are Affirmations?

An affirmation is a self-suggestion to change a negative thought pattern into a positive one. They are self empowering and are created with positive suggestions.

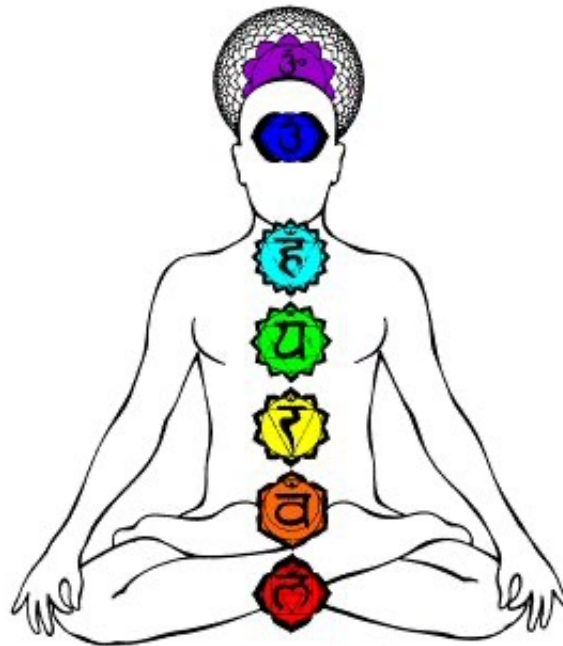
Quantum physics now understands that our thoughts, our consciousness is creating the reality in which we live! The Law of Attraction explains that what we think goes out to the universe acting as a magnet, attracting back to us the very same thing that we thought about.

An affirmation is a positive phrase that is said to yourself or out loud with passionate emotion for the purpose of creating a new experience for your life. When it is said out loud it becomes more powerful because you are using the throat chakra which sends a vibration into the physical realm of existence. You are therefore expressing your intention to the universe.

The more you use a positive affirmation the more effective it will become. The best way to overcome any negative pattern is to use your affirmation when giving yourself Reiki self-healing. Because this is a direct pathway to the Divine core of your being, change will become quickly noticeable.

Use your affirmation for a minimum of 21 days. The more you use it, the stronger the new pattern you wish to achieve will become.

Below are positive affirmations that relate to each chakra. You can use these positive affirmations to assist healing the mind and emotions.



The Seven Chakra Sanskrit Symbols

### All Purpose Affirmation

I am a spiritually enlightened child of the Universe, perfectly created to live in balance and harmony with all that is around me. My life is part of the natural plan and my presence on earth is welcome as I am most wanted. I offer myself as a gift to others as I am part of and essential to the oneness of all existence.

### Seventh Chakra Affirmation

I am a spiritually guided enlightened child of the Universe. I serve the highest good of my personal spirit and that of the creative source of all things. I am fully committed to bringing joy, unconditional love, Divine wisdom and healing to the earth.

### Sixth Chakra Affirmation

I look for the beauty in all things. I am willing to see the truth with acceptance and love. I see into life for its hidden treasures. I see Divine spirit within all of existence.

### Fifth Chakra Affirmation

I speak my truth clearly and without hesitation. I listen with discernment and goodwill for the true communications of others. I am ever open to hearing the voice of my higher-self as I embrace myself as a human spiritual being

### Fourth Chakra Affirmation

My heart is open. I freely give and receive the healing power of unconditional love. I am loved, lovable and loving.

### Third Chakra Affirmation

I am in charge of my life. I decide what is important and meaningful. I set clear boundaries and honour those of others. I surrender my personal will to my higher Divine self.

### Second Chakra Affirmation

I am fully alive. I appreciate and honour all my feelings and fully embrace my creativity and sensual life.

### First Chakra Affirmation

I am grounded and calm. I am rooted to the earth. I am welcome, wanted and completely supported by the Universe.



## 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.

In the New Awakening Process download you will find the Distant Attunement Video which will be the second thing you need to do – Attune yourself to Reiki Healing. Please take time to read the instructions on how to prepare the room and yourself before you use this Video. Remember to watch the Video first to get an understanding for what you are going to do. Once you have done this re-play it. This time it will be for real as it is you who is being attuned. Enjoy the experience. Remember to do the breathing exercise, which you will find in the chapter on Meditation, to prepare yourself before you start the Video for your self-attunement.

Once you have attuned yourself to Reiki Healing, practice the exercise again to feel the energy between your hands. Prove to yourself that your Reiki Healing is flowing and it has made a subtle energy difference.

### Exercise to Feel the Energy between your Hands

Healers can learn to read the aura and gain information about the person's state of health and well being. This ability will be helpful to learn as it will show where the aura is weak and requires strengthening through Reiki Healing.

A person's aura will show imbalances, strengths or weakness in their energy field. What does this mean? First of all the aura is an energy field that can be found all around our body. You could say we live inside a field of energy like being inside a cocoon. This energy field can be found any distance outside of the physical body, from one inch to three feet in distance. Many of the Reiki hand positions are directly related to the chakras, which function as openings for energy to flow in and out of physical, mental and emotional bodies of a person; this energy flow is also reflected in the aura.

This exercise helps you to tune into your own energy field which will in turn help you develop energy sensitivity. You will then become more aware of the aura energy field. As you work with this exercise you will notice certain sensations flowing between the fingers and the palms of your hands. Note: Holding your hands, palms facing each other, about six inches apart is a very good way to test that your Reiki Healing is on before you offer healing to another person.

### Tuning into your own personal energy field

- Sit on a chair or on a cushion on the floor. Close your eyes and then take three deep breaths, relax your shoulders with each out breath. Allow yourself to let go of any thoughts plus any tensions in your body. Become aware of the in breath going into your abdomen, allowing your stomach to rise and fall with each in breath and out breath. This will help your awareness move down from you head to your heart where your ability to feel and sense energy exists.
- Keep your eyes closed, relax and breathe naturally. Now hold your hands in front of your heart, your chest area. Keep your arms bent at the elbows with your muscles relaxed, your palms are slightly cupped and facing each other. Your hands should be about ten to twelve inches apart. Hold them in this position for two to five minutes as you imagine the energy building up between the hands. Now very slowly move your hands towards each other. Become aware of the energy field between your hands as they move closer together.
- Very slowly move your hands closer together and then move them further apart, like playing an accordion. Notice what you feel, if you can't feel anything do not worry, you will in time. Some people say that it feels like they have a balloon between their hands. You might get a feeling of tingling and pressure, increased warmth or a tickling sensation, like static electricity.

### Western Method of Reiki Self Healing

Western-style self-treatments are based on laying your real hands in a series of hand positions on your head and body allowing the Reiki universal life energy to flow into you. You can see the hand positions for giving yourself and others a Reiki treatment below.

Remember that these positions are the ideal and comprehensive method to use when giving a Reiki treatment but they are not set in stone. In practice you will find your own preferred combinations based on what you find to be comfortable and based upon where you need to send the Reiki energy. When you are treating yourself or others you can put your hands wherever it seems appropriate.

The traditional Western hand positions are as shown in the illustrations. A great way to learn this sequence is by following the demonstration on the tutorial Video in the download. They are the same or similar to those you would learn on a practical training course.

You do not have to always complete a full treatment going through every hand position and treating yourself for 30 minutes. You can do an informal self-treatment using just a few hand positions for whatever period of time you have available. For example if you have just bruised your arm, just treat your arm.

While you are relaxing for a few minutes, maybe watching television, you could have one hand on your heart with the other hand on your solar plexus (the stomach). Discover what is comfortable and is effective for you. While it is better to treat yourself in an un-distracted situation because the energy will flow more intensely, any self-treatment is better than no self-treatment at all and can be fitted into the busiest routine if you want it to be.

Most people find it easiest to carry out these Western-style self treatments first thing in the morning upon waking up or last thing at night in bed before falling asleep. If you do not have spare time when you wake up in the morning set your alarm clock half an hour earlier so that you can give yourself a very special start to the day. Many people give themselves a Reiki treatment to enable them to go off to sleep; what better way is there than this?

### How to treat 'difficult to reach' areas of your body

Sometimes there are parts of the body that you would like to treat but you cannot get your hands to them because they are awkward to reach - then there are a few choices available for you:

1. You will learn this in the Japanese self healing method. Imagine that your hands are resting on the part of the body that you cannot quite reach and imagine energy flowing into you from the imaginary hands. You are now using your intention to open and direct the flow of Reiki universal healing energy.
2. Rest your hands on your navel or sacral chakra and imagine that Reiki energy builds up in that area and then flows through your body to where it is required.
3. This can be done anywhere and at any time. Imagine that you are drawing energy down through your crown Chakra, the area above the top of your head and then the energy flows through your body directly to the area that requires healing without using your hands.

### A few disadvantages of the Western self healing system are

1. This self treatment method of placing your hands on different parts of your body is difficult to do in a public place for obvious reasons.
2. Some of the hand positions can feel uncomfortable to hold for any length of time.
3. A lot of people feel very little when doing the hands on self-treatment and can think that nothing is happening.

(The reality is that the Reiki is flowing but you are just not aware of it happening, which can be a little disheartening in the early stages of your practice. Please be assured that this is a common experience, just trust and continue and in time as your sensitivity and channel develops you will realise and experience the Reiki universal life energy as a pure subtle gentle experience. Sometimes I have noticed that it takes about 3 minutes for the Reiki to start flowing. This might be the resistance of the person or the time required to release energy blocks before sensitivity is experienced)

### Combining Japanese and Western Approaches

It is possible to combine the Japanese and Western approaches to an extent. The Japanese approach emphasises to us that you do not have to rest your hands on yourself to do a self-treatment; your intention is enough. If you intend through visualisation that Reiki enters your head from a particular point than it does so.

### Reiki will follow your thoughts and your intention

To combine the two approaches, sit with your hands resting on your heart and solar plexus and visualise imaginary hands going through the standard five hand positions described in the Japanese method.

## Hand Positions for Reiki Self Healing

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 the eyes and turns your consciousness to your 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 harmonises 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.



5. THROAT – Hold your hands in V position above the throat, but do not touch it directly. The throat chakra represents self-expression. When working on this position be very gentle and loving. Can help metabolic disorders, weight problems and low blood pressure.



6. HEART - Lay your hands across the upper chest, just above the bra line. Treats heart, lungs, liver, thymus gland. Increases your capacity for love promoting acceptance and trust because you are sending Reiki energy to the heart chakra.



7. SOLAR PLEXUS AND LOWER MIND - Place your hands across lower ribs just below the bra line. This treats the liver, pancreas, gall bladder, stomach and parts of the intestine. It helps to ease hepatitis, gall stones, digestive and metabolic disorders detoxifying the body. This position balances the solar plexus chakra.





8. Place hands across the navel. Treats eating disorders, digestive complaints, upper and lower colon and the bladder. Reiki is sent to the sacral chakra which is about lower emotions or passion, creativity, sexuality and personal power.



9. Place your hands behind you on your middle back at kidney height, fingers pointing towards the spine. This position treats the adrenal glands plus the nervous system. It relaxes fears and shock, enhances confidence. By releasing fear we let go of the past able to live in the present with joy.

10. Place your hands on your groin area with your hands in a V position. Because you are treating yourself it is good to touch this area. This treats the base chakra which roots us to the physical world. Releases fear and anxiety. It is grounding and centring bringing a sense of personal security.

11. Place your hands on your Knees. The knees are about releasing anxiety and fear about moving into the future, into the unknown. Helps release pride, stubborn ego and inflexibility. The Reiki will assist you by bringing love, compassion and understanding. *(This position is optional. You can sit up or curl up to reach you knees.)*

## Japanese Original Usui Reiki Self-Treatment

The original method of giving a self-treatment is something quite new to Western Reiki and only came to the West in about the year 2001. We give acknowledgment to Taggart King in his search for truth in sharing this method with us.

We have provided two ways to achieve this exercise, explained in step 2 and step 3 below. Please try both ways to discover which way works best for you as an individual. It is as if the Spiritual-You has come out of your body and is directly connected to the source of Reiki Universal Life Energy and is giving the physical you a Reiki healing treatment.

1. Sit comfortably on a chair and close your eyes
2. In your imagination see another you (imagine a copy of you) sitting in front of you with their back towards you. (You will be sending them Reiki healing using your imagination and intention).
3. Alternatively, if you find step 2 difficult to imagine, you could imagine another you standing behind you sending healing to the real you sitting in the chair.
4. In your imagination you are now treating the projected image of yourself by resting your imaginary hands in a series of hand positions on the head. Remember Reiki follows your intention. A Universal Law states 'Whatever you put your attention on energises' and your intention will connect with your higher-self to create the required outcome, in this situation Reiki healing.
5. Hold each hand position, as shown in 1 – 5 below, for about 3-5 minutes.
6. While holding each hand position in your imagination focus yourself channelling Reiki through your hands into the imaginary you that is sitting in front of you or the imaginary you that is behind you sending you Reiki. You are acting as the giver and receiver at the same time.

By fixing your intent so strongly, but visualising and imagining consistently, the energy seems to flow very strongly. If you have a problem with visualisation do not be concerned as all this may mean is that you do not use your internal visual sensory system as much as your feeling or internal auditory hearing sensory system. Your visualisation ability will develop with practice if you want it to. You can simply intend that the energy is passing into you in these various positions and it will do so without you having to visualise clearly.

As you do this self healing treatment you may feel or get the impression that hands are on your head and body. It is also possible to experience more than two hands in different places of your body at the same time. If you experience this be grateful and enjoy the additional help you are receiving; life is mystical.

### Japanese Self Healing Visualisation Sequence

1. This position is over your third eye. Imagine that your hands are in front of your forehead along the headline, with your hands held with fingertips touching each other over your forehead and your palms are facing towards your face.



2. This position affects the whole body. Imagine that your hands are positioned over your temples and are also covering your ears.



## Reiki Healing First Degree

3. Calms Mind and Emotions. This will help release any tension and soothe any headache. Imagine that one hand is cupping the back of your head while the other hand is resting on your forehead.



4. Imagine that both of your hands are at the back of your neck at the base of your skull.



5. Imagine that both of your hands are resting on the crown of your head and that Reiki universal life energy is flowing down from the crown to your base chakra and then flowing up gently through each chakra back to the brow. This position will fill you with Reiki healing energy, joy, vitality and you will feel completely refreshed as a result.



### The Head is the Focus of your Attention for this Japanese Method

One of the big advantages of this Japanese self treatment method is that it is something that you can do unobtrusively when sitting with your eyes closed anywhere: at work, whilst travelling, etc. provided you are not driving.

If you do not have thirty minutes to spare for a Reiki self-treatment, do not worry; just reduce the time given to each of the five imaginary hand positions. It is a good idea though to complete all five imaginary hand positions.

What is exciting about this technique is that it demonstrates that Reiki simply follows your thoughts; it will follow the focus of your attention. You simply use a visualisation to focus your intent in a particular way and Reiki does what you intend!

### Giving Reiki Treatments to Others

General: Once you have been attuned to Reiki, you only have to place your hands on someone and the energy will flow automatically. It is important that in the first few weeks after the attunement you give as much Reiki as possible, both to yourself and to others. This helps the energy to flow smoothly through the recently opened energy centres, the chakras within your spiritual body. This will establish a strong channel with the source of Reiki universal life energy. The Reiki flows automatically to the areas of need. You could say it has its own intelligence of natural balance and knows where to go to a large extent.

If you try to force the process by willing the recipient to get better your ego starts to get in the way and there may be a general lessening of the Reiki energy available. You need to

connect with the source of Reiki universal life energy in a neutral, relaxed and detached way. The more you can relax your mind, your ego, the stronger the Reiki energy flow will become available to you or your recipient.

Remember that you are a channel for the energy and that you are not the source of the healing. This fact explains why treatments do not drain you at all, but actively replenish and invigorate you. It is not your energy that you are dealing with.

Learn to trust in your connection with Reiki: Just trust that Reiki will do the work then allow it go where it needs to. Learn to let go, relax and do nothing except enjoy the experience. How beautiful it is to be supported and loved through letting go in trust and your only action required is to connect with the Reiki universal life energy.

### The Full Reiki Treatment

A full Reiki treatment will normally last between forty-five minutes to an hour. Start with the shoulders for about five minutes to balance your energy with your client/recipient and then spend about three to five minutes in each of the hand positions. If you can feel a lot of energy passing through your hands in a particular position then you can hold that position for longer, if you feel it necessary. You will usually find after a while the intensity of the sensation in your hands would decrease when the area has taken as much Reiki as it can for that session.

The best results are obtained when you are calm and relaxed, being one with the energy. If you are giving a treatment while having an animated conversation with someone you will not produce the best results because the energy will not flow so strongly. This is why calming relaxing music is a good idea and attending a monthly/weekly Reiki share group.

**Working with your Intuition:** When you have had some regular practice treating other people, Reiki may begin to guide you intuitively to place your hands in certain areas of the body that require healing that are out of sequence with the standard hand positions. I think the simple measurement of this becomes apparent in the Reiki flow of energy as it would increase, get stronger when your hands are in a position of need for the receiver. Please don't get caught up with trying to interpret whether this or that should or should not be happening or that you are not doing it correctly.

In my experience there are many intuitive healers who actually misinterpret the situation that is happening and to take this a step further, if you think about it, it does not matter. The reason why it is not important is because we are in a state of constant change moment to moment and the only important quality is to bring love and balance and harmony to the physical emotional and spiritual present moment experience. The Reiki does this by itself so do yourself a favour and allow its energy to love and bring healing to the current situation.

The Reiki energy orchestrates an infinity of events that are beyond our mind's understanding and possible comprehension. This is why a simple approach based on trust is the most powerful opportunity for the greatest effect to occur. It is only the mind that needs to be clever, fearful of losing control, having the tendency to not allow the new to enter as it purports to know everything; in reality of course it is very limited.



Therefore by dropping and relaxing your mind's ego you allow the Reiki universal energy consciousness which is a greater awareness than your own individual energy to bring healing to the situation. You are just starting to learn Reiki and if you can take this principle on board at the beginning of your Reiki training you will produce far greater results than you could ever have dreamed about. The impossible may just now become possible; miracles are made from this understanding.

I would recommend that you use your intuition in the following way. If you have in your mind an impression that your hands ought to be in a particular position then don't think about it, do not analyse it; just do it!

**Do not become attached to results of treatments:** It is important that you do not become too attached to results and trust that your client is receiving what they need. Remember that you cannot mess up the Reiki treatment; you cannot leave a person worse off than they were to begin with and you are not responsible for the results.

The Reiki First Degree works very simply; when we touch, the energy flows and produces a healing effect and when we take our hands away the energy stops flowing into the person. Hands on equals Reiki on - Hands off equals Reiki off.

Approach treatments with a neutral state of mind not trying to force it or enforce your preferred solution onto the situation. Simply let the energy flow, trust that it is going to the right place.

**Create a relaxed atmosphere for your Reiki treatment:** Treatments should usually be conducted in a relaxing area where both practitioner and recipient feel comfortable with minimal outside noise and distractions. Make sure that the room is warm, turn the lights down and have some relaxing music playing. You could light a candle and burn some incense.

If the client wishes to talk with the practitioner the treatment will still work. However it is best if conversation is kept to a minimum because Reiki will flow better if you and your client are calm and not distracted by the conscious mind's energy. The reason for this is simple. When a person is thinking and talking it is very difficult to achieve the alpha state of mind, which is required to receive the maximum healing effect. So I would recommend that you ask your client to close their eyes, relax, take a few deep breaths and for this time now just to let go and enjoy the experience; the special time for them. You will discover that usually the Reiki energy relaxes the client so well that this ceases to be an issue after the treatment has begun.

Given the spiritual nature of the healing it is possible for some practitioners to access intuitive information about the client when they are giving the treatment. This happens because the client has relaxed their normal protective conscious mind's energy barrier. You are in a privileged position of great trust and my advice is to respect the privacy of your client and not to mention any of your perceptions. The Reiki energy will heal without the need to discuss any of your client's private personal life's information. If after the healing session the client talks and releases any issue of need for their well-being and healing, this is a different situation because it is client led. If you consider that you have a



need to share your intuitive awareness with your client you may need to look at your own issue of personal power and heal your solar plexus third chakra!

Love does not sit in judgement as it is pure acceptance and Reiki is an expression of unconditional love in compassionate action; to bring balance, harmony and healing to every living being exactly as they are. Reiki always works for the greater good in all situations therefore you need say nothing because your client will do all of the work. If they need to talk they will talk. You have to learn to trust — that is all.

**Practical aspects of treating someone:** Reiki treatments are generally carried out with the client lying down on a treatment couch. This method is probably the most satisfactory for practitioner and client; the client can relax totally and drift in and out of consciousness, without falling out of a chair for example and the practitioner can get themselves comfortable either standing or in the seated position.

If you do not have a treatment table then you can improvise by using a bed or a settee but it is not likely to be very comfortable for you. If you do not have a treatment table it is probably best to use a chair. You could try treating someone on a reclining garden chair with yourself seated on a stool. Whilst you are still practising at the Reiki First Degree level it is not as important as you are not charging a fee for your Reiki treatments. Please make sure you are comfortable when you give Reiki.

A professional couch is a consideration if you want to progress to the Reiki Second Degree practitioner level. When you do this, if you choose, you can then charge a fee for your services. You can of course treat people in the sitting position with the client sitting on a dining chair and this is the way that most conventional spiritual healers do their work. When you do this you can stand in order to reach the head positions and could kneel on a cushion to reach the torso and the legs. It is still comfortable for the recipient but they will not be able to relax as much as if they were lying on a treatment table. It is really important to pay the same amount of importance to your own comfort as well as your client's. In all things balance is required between yourself and others equally, no self-sacrificing please.

**Treating the front and back of a client:** Most treatments will only be carried out on the front of a person with them lying on their back. I personally do not believe you need to turn a client over to 'do their backs' routinely. In this situation you will have to use your wisdom and decide what works best for you and your client. Turning a client over half way through a treatment can be disruptive to the client as they have to bring themselves back to full awareness to turn over during the treatment. It is best for the client to go deeper into their inner state because the Reiki universal life energy is then being received more effectively; which after all is the intention of the healing session. Remember Reiki will go naturally to where it is required.

**Short Reiki Treatments:** Although we usually talk in terms of carrying out a full treatment for people over a course of four to six treatment sessions you can give people short treatments by just putting your hands where it is hurting them. For example an athlete with a sports injury can benefit just by you putting your hands directly on the affected part of the injury if you only have a short period of time to provide a treatment. The energy will not

have an opportunity to deal with the client's entire energy system that heals on all of the levels but it should deal with the immediate problem and that maybe is all that is wanted.

### Detailed Instructions for Giving a Reiki Healing Session

**Tune yourself in:** Turn on your Reiki and tune yourself into your client's energy. Imagine the closeness between yourself and the person that you are about to treat. Feel your energy field and that of your client beginning to merge. Become one with the recipient; a good way to do this is by starting the treatment with your hands on your client's shoulders.

**Dedicate the treatment to the highest good of the client:** Dedicate the treatment to the highest good or the highest healing good of your client or to the highest good of all concerned. By doing this you are focusing your intention to open and reveal the Reiki universal life energy to flow into the client to restore balance, health and harmony within their life, without your personal mind's interpretation of what is good for them. This allows you to act in unconditional love by not judging the outcome, or about your client's life; you are acting with professional detachment in a position of unconditional love. It is at this point that you can introduce prayer if you so choose. Again the whole process is to focus your intention on the healing process without attachment to outcome.

**Connect with the Reiki Universal Life Energy:** Connect to Reiki in the way that you learned by using your intention to turn the Reiki on. Alternatively you can hold your hands with the palms facing each other until you can feel a flow of Reiki or else you can just put your hands on your clients shoulders, relax and intend Reiki and allow the process to begin. I know a lot of people who stand with the hands still in the prayer position and remind themselves of this strong connection to Reiki through their crown and feel the energy flowing down through their crown to their Dantean, the solar plexus and their hands filling with energy. You can introduce your own spiritual prayer or ask for help from enlightened beings to assist you with the healing session. There is no correct way so please use whatever works for you.

**The treatment itself:** Start with your hands on your client's shoulders for about five minutes to stabilise their energy with your own and start the flow of Reiki energy. To complete the treatment it is a good idea to treat the knees and the feet as learnt on the VIDEO.

You can use a combination of traditional hand positions with aura scanning to establish if any area of the client is in greater need of the Reiki energy. Refer to the page on aura scanning.

**Smoothing down the aura to finish:** Make a number of sweeps over the recipient's body from their crown to their feet with your hands about four inches above the body to smooth down the client's aura to settle their energy down to complete their treatment. Make a final sweep from the feet back up the body to the top of the head. This makes sure the energy is flowing up the meridians in the correct way.

**Disconnect from the Reiki energy to finish the treatment:** You can shake your hands and then rub your hands together and say to yourself, "Reiki off". At this point some people like to offer a quiet thank you for the Reiki healing energy that they and their client have received. By doing this you are showing respect and gratitude.

## Some Useful Treatment Guidelines

Before starting the treatment check your own body hygiene.

Wash your hands before and after giving a Reiki treatment if you can.

Suggest that your client takes off their shoes, jewellery, glasses, watch and loosens their clothes if needed.

Both of your legs and your client's legs should be uncrossed. It is understood that crossing the legs inhibits the proper flow of energy through the body's meridian system.

Make sure your client is warm and comfortable on the treatment table. You might consider keeping a blanket handy and you can place a pillow under the person's knees to support the lower back and a pillow to support the head.

Place your hands on the client slowly and gently and remove them in the same way. Keep your hands still when holding each position otherwise it would be distracting to your client.

Keep your fingers together as much as you can but do not make your hands ache in the process.

When your hands are over the client's face be careful not press on their eyelids or against their nostrils.

When working on the client's head be careful not to breathe on their face.

When working on the client's neck take care not to let the weight of your hands rest on their throat.

When working over any sexual area of your client do not make physical contact. Let Reiki flow from a hands off position of about three inches above the body.

Do not lean on your client or apply undue pressure. This is Reiki not massage!

Do not try to force the outcome, just allow the energy flow; avoid giving your own personal energy by making sure your Reiki is flowing before starting any treatment with another.

## The Full Reiki Treatment

### Starting on a chair – Calming and settling your client

Note: These two starting positions on a chair only need to be included for the first treatment a person receives. Once a person has experienced Reiki you can by-pass this section and start directly face down on the couch.

1. Both hands on client's shoulders sending Reiki down their body into their Heart Chakra. This position settles the client while opening the Aura to receive the Reiki Healing treatment.



2. One hand is cupping the back of the client's head while the other hand is resting on their forehead over their third eye. This position calms the client's mind and emotions. This will help release any tension or fear and soothe any headache.



### The treatment continues on the couch client face-down

In this position the client tends to feel more protected and secure able to let go more easily of tensions, thoughts and feelings. This prepares them to receive the final stage of the Reiki healing treatment to take place at a deeper level when they turn over onto their back.

1. Place hands in the T position over the neck and down the spine. This position balances the spinal column working on nerves to arms, neck and shoulders increasing relaxation. Helpful in easing stress, this is a tension spot for computer workers. Brings blocked emotions into your consciousness. Strengthens the throat chakra promoting self-mastery, self confidence and self expression.



2. Lay hands across the shoulder blades (just above the bra line). Treats the shoulders, upper back, heart and lungs. This position is over the heart chakra and helps open the emotional body to unconditional love.



## Reiki Healing First Degree

3. Lay hands across the mid back (just below the bra line). Treats kidneys, adrenal glands and the nervous system. Good position to help detoxify the body, treat allergies, hypoglycaemia and emotional shock. Helps with letting go of the past and releases fear. Treats the solar plexus chakra.



4. Lay hands across lower back at hip level. Relieves sciatica, lower back pain and eases hip problems. Strengthens the nerves and lymph system. This sends energy to the sacral chakra supporting creativity and sexuality.



5. Place hands in the T position. Balances sacral and coccyx problems. Sends energy through the length of spine stimulating the spinal cord and nerves, helps to realign vertebrae. This position is sending energy to the base chakra and helps with personal security; problems with existence. It is grounding and centring bringing a sense of security which is the perfect feeling to assist trust in the allowance of the Reiki energy when the client turns over onto their back.



### The Treatment continues on the couch with the client face-up

Treating the front of the body deepens the whole healing process in the treatment. The client will have been totally relaxed through previously treating their back; this enables the Reiki energy to be received instantly you put your hands on their face.

1. EYES - Lay your hands lightly 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. Promotes relaxation.





2. **TEMPLES** - Lay hands over temples, with your palms following the shape of the head, so that your fingertips touch the outside edges of the cheekbones. This position balances the left and right side of the mind and body. It helps to ease stress, slows down racing thoughts and worries and assists with learning and concentration. Good for colds.



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.



## Reiki Healing First Degree

4. THROAT – Hold hands in V position above the throat, but do not touch it directly. The throat chakra represents self-expression. When working on this position be very gentle and loving. Can help metabolic disorders, weight problems and low blood pressure.



5. HEART - Lay hands across the upper chest just above the bra line. Treats heart, lungs, liver, thymus gland. Increases capacity for love, promoting acceptance and trust because you are sending Reiki energy to the heart chakra.



6. STOMACH/MIND - Place your hands across lower ribs just below the bra line. This treats the liver, pancreas, gall bladder, stomach and parts of the intestine. It helps to ease hepatitis, gall stones, digestive and metabolic disorders detoxifying the body. Balances the solar plexus chakra.



7. REPRODUCTION/EMOTIONS - Place hands across the navel. Treats eating disorders, digestive complaints, upper and lower colon and the bladder. Reiki is sent to the sacral chakra which is about lower emotions or passion, creativity, sexuality and personal power.



8. The magic triangle. Remember to hover modestly with hands in V position. Treats the base chakra which roots us to the physical world. Releases fear and anxiety. It is grounding and centring bringing a sense of personal security.



The legs and feet carry the whole weight of the body and problems with the legs, knees and feet can be symptomatic of a hesitation and fear of moving forward in life. Emotions are also stored in the upper and lower legs. Treatment of the legs can release blocked energy.

9. Place hands on both knees. The knees are about releasing anxiety and fear about moving into the future, into the unknown. Helps release pride, stubborn ego and inflexibility. The Reiki energy will bring compassion and understanding to assist the individual.



## Reiki Healing First Degree

10a. Cup hands around one foot at a time. Helps problems with the feet and ankles. Helps to ground the client. One of the key energy points which helps to bring about a deep relaxation to the whole body.



10b. Place both hands under the soles of the feet at the same time. You are sending Reiki energy back up the body to balance the full treatment. This has the effect of re-energising and grounding helping the client to come back to full awareness.



## Full Reiki Treatment on a Chair

To prepare the client smooth down the aura from the back of the client. Open the heart and the aura at the back of the client with a large Cho-Ku-Rei as taught in the 2nd degree.

1. Place both hands on client's shoulders sending Reiki down their body into their Heart Chakra. This position settles the client while opening the Aura to receive the Reiki Healing treatment.

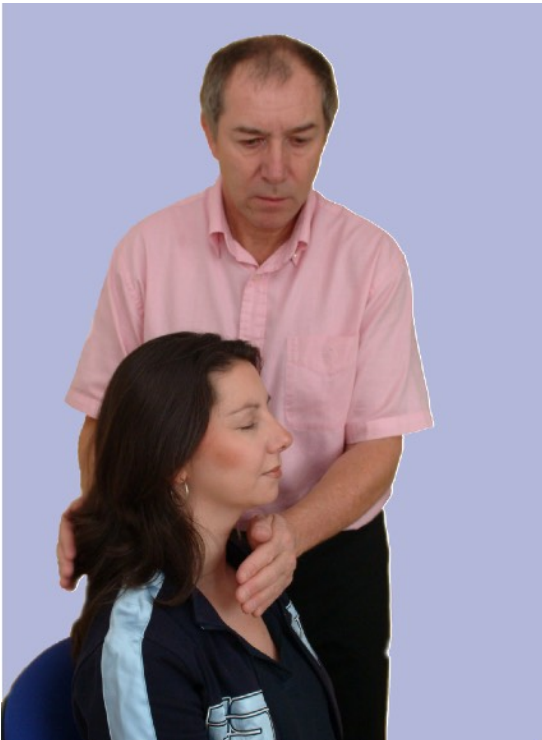


2. One hand is cupping the back of the client's head while the other hand is resting on their forehead over their Third Eye Chakra. This position calms the client's mind and emotions. This will help release any tension and soothe any headache.



## Reiki Healing First Degree

3. One hand is held in front of the throat with the other hand being held at the back of the neck without touching the body. This position treats the Throat Chakra. The effects and benefits are the same as described in the full Reiki Healing positions 1 face down and 4 face-up.



4. Place both hands on the body above the bra line. One on the upper chest and one at shoulder level. This position treats the Heart Chakra. The effects and benefits are the same as described in the full Reiki Healing positions 2 face down and 5 face-up.





## Reiki Healing First Degree

5. Place both hands on the body below the bra line. One on the lower ribs and one level with the mid back. This position treats the Solar Plexus Chakra. The effects and benefits are the same as described in the full Reiki Healing positions 3 face down and 6 face-up.



6a. Place both hands on the body in line with the navel. One on the lower back and one level with the navel. This position treats the Sacral Chakra. The effects and benefits are the same as described in the full Reiki Healing positions 4 face down and 7 face-up.



## Reiki Healing First Degree

6b. Place one hand at base of spine, fingers pointing down and the other hand on the knee closest to you. Then do the same again treating the other knee (changing sides if you prefer) as shown on our Video. This position treats the Base Chakra. The effects and benefits are the same as described in the full Reiki Healing positions 5 face down and 8-9 face-up.



7. Place both hands on the top of the feet at the same time. You are sending Reiki energy back up the body to balance the full treatment. This has the effect of re-energising and grounding the client.



## Reiki Exercise to Promote Well-Being

Whenever you feel stressed, unable to cope, overloaded, tense, tired, or worried it is worth taking the time to relax and make connection with yourself. Reiki healing energy can help you to relax your mind and body and to let go of tension more easily.

This exercise will balance you physically, emotionally and mentally. You can also use this exercise to treat other people.

Start this Reiki self treatment either sitting on a chair or lying down. Remain in each hand position for about three to five minutes. The total time to allow for this self treatment is about twenty-five minutes.

1. Lie down comfortably or sit in a chair. Using your preferred method relax your breathing. Close your eyes and place your cupped hands over them as you rest your palms on your cheeks. This position balances the pituitary and pineal glands, which regulate hormones in the body that affect our emotional well-being. This promotes relaxation as it turns your awareness and energy back inside you.



## Reiki Healing First Degree

2. Now place your hands on both sides of the top of your head, above your ears, touching the temples. This position harmonises both sides of the brain and has a relaxing and calming effect on the conscious mind. This improves clarity of thoughts, memory, eases depression promoting the enjoyment of life.



3. Now cup the back of your head with your hands, level with your ears and your fingers pointing upwards. This position affects the unconscious mind and calms powerful emotions such as fear, worry, anxiety and shock. This will provide a feeling of security, helping to calm and clarify thinking.



## Reiki Healing First Degree

4. Lay your hands on the left and right side of your upper chest, fingers touching just below the collarbone, just above the bra line. This position sends Reiki to the heart chakra. When you feel depressed or emotionally low this position increases your capacity for love and openness to the enjoyment of life.



5. Place your hands behind you on your middle back at kidney height, fingers pointing towards the spine. This position treats the adrenal glands plus the nervous system. It relaxes fears and shock, enhances confidence. By releasing fear we let go of the past, able to live in the present with joy.



## Aura Scanning

This method is demonstrated on the free Healing Tutorial Video found in your download.

When you receive your attunement to Reiki healing the energy centres in your hands are awakened and become very sensitive. With practice you will soon become aware of different energy sensations experienced when passing your hands over the aura of your client. You may experience tingling, a prickly feeling, warmth, coolness, pressure, a pulling or pushing energy feeling, pulsation or distortion of the energy field. These different sensations will show you where the focus of your Reiki healing needs to be and by scanning the whole aura you will gain a good idea of the areas which need to be worked on.

As you work within the client's aura you may intuitively detect information about your client or what is happening in their lives. I feel it is best not to share this information with the client as it can sometimes do more harm than good. What you say may have unexpected or harmful consequences; your interpretation could be incorrect. It is the ego's way of subtle superiority; 'I am the healer and know more than you'. Some people can be put off or become scared by the so called 'psychic stuff' that a therapist may have told them during a treatment. It is not necessarily for us to judge whether a client is in a position to hear certain information from us. Just trust that the Reiki energy will benefit them in the best way possible and for their highest good. You will discover that the client will often spontaneously talk about an issue that needs to be released, or be brought into their conscious awareness after the healing has occurred. In this situation the client has initiated the sharing and it is quite acceptable for you to share the impressions you received, if they are the same. In this way you validate your client's healing realisation. Always remember to respect the client and the process at all times as this is very special work.

First prepare yourself by asking to be shown which areas are most in need of treatment. To start the aura scanning, begin by placing your receptive hand about a foot above the crown of the person. Gradually move your hand to about three inches above the body and at this height slowly move your hand down the body over the face, torso and legs to the feet, noticing any energy changes previously mentioned. These changes may only be small but trust in what you are feeling and make a mental note of the areas that need special treatment. You may want to re-scan the aura at a different height above the body where you may notice different changes. Move your hand up and down slowly until you find the height which gives the most energy sensation, anywhere from several feet above the body to actually touching the body. Often the optimum height is three to four inches above the body.

When you find the place where the energy change can be felt most strongly stop and channel Reiki to that place with both hands, knowing that the Reiki energy will heal that place on a physical and emotional level. Keep treating the area until you feel the Reiki energy subside or you feel the area is complete and then rescan to check. Once you feel a change in the energy move on to the next place of energy imbalance, possibly making a mental note to return to the original place later. With practice you will be able to sense



more easily the areas which need healing and in time you might find that you can sense just using your eyes. Continue like this until you have covered the whole body.

This process can take some time or it can be done more quickly at the beginning of a treatment or at the end to complete the session. It can also be the focus of the whole treatment if agreed with the client at the outset. You may agree to scan for a certain length of time and then continue with the treatment as usual.

Know that it is very good for the client to have their aura scanned in this way as health imbalances usually start in the aura and can be cleared before they have a chance to actually appear in the physical body. Also aura scanning can help the client to draw more Reiki energy into the areas of the body where it is needed, so scanning at the beginning of the treatment can be more beneficial. Please do not feel that it is absolutely necessary to follow this pattern. The full Reiki treatment is complete in itself anyway.

### Scanning Your Aura

When treating yourself with Reiki you will find it very useful to use the same aura scanning technique as outlined above, moving your hands through your aura to detect any energy changes. You may find you need healing in new areas you didn't expect and aspects of yourself that you were not aware of may be brought into your consciousness. When you meet an area of imbalance ask yourself kindly what happened to cause it and what you might do in addition to Reiki to help heal it. As the Reiki flows allow different feelings to be experienced freely and give them space to be healed without judgement. Allow yourself to love yourself. This process can make us more sensitive to our own needs, those of others and to the world we live in and it increases our sensitivity and so aids our own spiritual growth.

This can become an additional dimension for you in receiving the intimate process of Reiki healing for yourself. This process can make you aware of your deeper needs; it increases your sensitivity to yourself and others. You discover a greater connection with the world around you and notice that this deeper self-healing facilitates personal growth.



## How to use the Reiki First Degree Distant Attunement Video

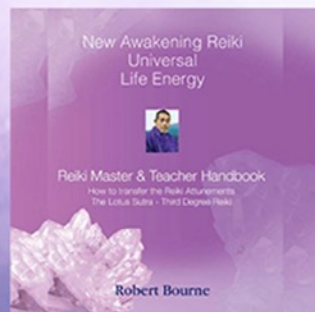
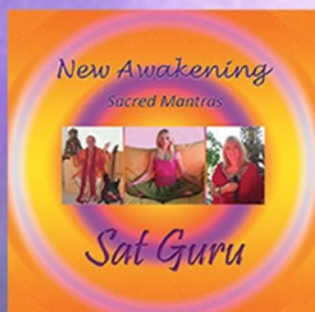
1. Watch the VIDEO all the way through on your own, in a place where you won't be interrupted, to get the gist of what is going to happen. Unplug the phone etc.
2. To feel a deeper experience continue by relaxing your state of mind by doing the Breathing Meditation listed in this manual. This will prepare you to attune yourself more effectively. *(This is where the teaching in one module supports another)*
3. Then replay the Video again from the beginning, this time taking 3 deep breaths, centre your awareness in your sacral chakra, moving your energy down from your mind. Relax and close your eyes. Now imagine that it is you sitting in the chair receiving the attunement.
4. When instructions are given, this is when I will now be talking to you and guiding you through the attunement. Following the sequence you can either do the instructed actions physically or see yourself doing them in your imagination.

## Congratulations

This completes one of the three courses for your personal development. Now study Creating Abundance for Achieving Your Full Potential, Breathing Meditation and Love and Relationships. Remember reading alone will not make a change in your life. You need to do the exercises to fully experience what is being shared.



# Soul Evolution



Robert Bourne

# The Seven Types of Chakra Couple Relationships

## Which one are You?

According to the Vedas there are 7 types of relationships that we can experience in our lives. These 7 categories of relationships achieve a certain type of harmony between two people that correspond to our 7 chakra centres: your root centre, sacral chakra, solar plexus, heart centre, throat chakra, brow chakra (third eye centre), and crown chakra.

Your chakras are the energetic centres of your light-body, your spiritual body. Each chakra controls different areas of your life, and when you can balance and cleanse your chakras, you begin to balance and cleanse your life simultaneously. The state of your chakras can influence many aspects of your life, including marriages and romantic relationships.

According to the Vedas, the chakra that is most active in your relationship determines your ambitions and goals within your relationship. For example if your relationship is based from your root chakra, your understanding of family happiness in your marriage will be under the influence of the powers governed by your root chakra.

The lower three chakras (Root, sacral and solar plexus) tend to bring more opportunities for unhappiness, whereas the higher four centres (Heart, throat, brow and crown) yield more opportunities for happiness. When we can activate higher centres, the lower ones open beautifully and by themselves.

It is important to note that True-Self awakening happens when the mind returns to the oneness heart chakra which is different from the individual's heart chakra. What is being presented in this section relates to the personal interaction within a relationship. Remember that when you take responsibility for your life you realise that the other is reflecting something within you. If it is unpleasant then you need to change something within you to prevent attracting unhappy relationships. The purpose of this guide is to help you identify what chakra you are attracting your relationships from.

These chakra relationships dynamics have guided and illuminated my various relationships bringing transformation and understanding to my own life. Enjoy this guide but be aware there are different interpretations about what each chakra represents. For example the root base chakra and the second chakra are very interrelated as you will have read in the introduction to chakras in the Reiki First Degree Module.

I would like to give thanks to Malavika Suresh on her various blogs and Yogesh Sharma with his knowledge of the Yogic system of Sanatan Chakras. Their knowledge has helped put this Vedic teaching together.

**Note:** The Gentle Touch Practice is the best solution if you want to live beyond the control of the personal chakras. Sat Guru Sacred Mantras will open the heart chakra and Reiki Healing Second Degree will help balance any chakra causing you problems in your life. You also need to change your life's understanding, otherwise you will only get temporary relief from unhappiness and then recreate the old problem once again.



## The Seven Chakras Within Your Spiritual Body



## Chakra Relationships

### The Root Chakra Couple



The base or root chakra is about the physical aspects of our life. It expresses our connectedness to the earth and our basic need for survival; our home, money, our possessions, to eat, defend ourselves and procreate for the survival of the species.

#### First Root Chakra - Muladhara

Muladhara, means, 'root support'. This is located at the base of the spine. It is often illustrated as a red four-petal lotus and it is connected to the earth element. Muladhara creates and governs the four main urges: food, sleep, sex, and self-preservation. This chakra is the baseline of functional and worldly relationships and desires. It creates a feeling of safety.

Root Chakra Statement: "I am attached to the earth. I am sturdy and firm."

The first chakra meeting means being cared for and loved. Meeting someone in this chakra means caring for someone's needs. Its vigorous function helps us sustain a sense of realism and inner strength.

The root chakra is connected to our primal instincts. It is greatly influenced by our sexual energy from the second chakra. I call it our 'survival instinct chakra' because its sexual energy motivates us to have children and continue our lineage and because it motivates us to stay alive, and can keep us away from physical danger. The root chakra is also connected with selfishness. Two factors that are of utmost important to those who are motivated to survive. We use our selfishness to protect our needs, and we use our ego (third chakra) to protect our emotions (second chakra).

### The Goal of the Root Chakra Couple

The root chakra couple are motivated by their enjoyment of each other.

### Where does the Root Chakra Couple Meet?

They usually meet in night clubs, bars, parties, or other places of entertainment. Of course there are relationships under the influence of higher chakras that may also meet at these locations, merely by happenstance, but the key differentiation here is that couples tend to go to these places IN ORDER TO FIND their future husband/wife or partner. The women are usually attracted to how attractive or cool the man looks.

### An Overview of their Relationship:

Root chakra couples are ruled by the planet Mars, and tend to have an intense honeymoon period, and aspects of this can feel a lot like love to them. Of course with time, the honeymoon period gradually fades, and then they are usually left with bitterness and disappointment. Aspects of the honeymoon period can feel a lot like love to them. The relationship tends to be very up and down, never quite finding the right balance. They experience dizzying highs and deep lows. Their relationship becomes riddled with contradictions like "I love you, I don't love you anymore," "Do this for me, and I will love you," "I love you but I will also cheat on you," "I love you, but might leave you," "I am leaving you and you must come after me." They become trapped within themselves. They either want to rush into marriage very quickly, or delay it completely and indefinitely. If they do get married, it's usually because of a very strong emotional dependence on each other, and not love. They just want to be together believing this will bring life's survival security.

### First Possibility

In the first option the couple meets in a place of entertainment and primal pleasures. They enter an intense honeymoon period and this motivates them until it begins to fade away. When it does, they start to realise that they don't actually have that much to say to each other, that they don't share many common interests, beliefs or values. Their interests are simply quite different and spending their free time together becomes increasingly different. As much as they try, it's hard to talk to each other, and it's harder still to understand each other. Over time, they begin to get tired of each other and that's when the fighting begins. They will fight even when one of them tries to change the situation.



They have brief periods of reconciliation, where they try to throw themselves into each other to get as much passion and happiness as they can from each other, while this period lasts. However, naturally, over time, their mutual sexual attraction in each other also begins to wane and they will be left with the feeling that the only stimulus they have to keep their family together is disappearing fast. The problems usually begin to arise after 6 months of living together, and by 2-3 years it would magnify into a stressful emotional crisis. They tend to be unfaithful to each other, physically or mentally. This is usually when the love ends, and the couple separates.

### Second Possibility

In the second variation, a woman who is motivated by her root chakra, will find a man that is interested in her, and in order to avoid being alone, she will pretend to fall in love with him. Fear of loneliness motivates her, in this case. The more relationships we have in our lives, our reservoirs for romantic love begin to wane. The entire process begins to exhaust her physical and emotional resources and she finds it difficult to love a man as fully and completely as she would like to, or perhaps as she once did and so she decides to pretend, to convince both her new man, and herself, that she has fallen in love with him. She does what it takes to make it look as convincing as possible, because she doesn't want to be alone anymore, and she understands that her chances of happiness will increase within a family setting because this is where the woman's greatest karma lies. After a while, the man will realise what really happened, that she never really loved him, but simply made him fall in love with her.

This variant can be even more bitter than the first, because the initial chemistry that was present in the first option, was not there. So the couple gradually tend to grow apart.

### Third Possibility

In this option, both the man and the woman have a long history of past relationships and emotional baggage, and so mutually decide to bring their lives together and live with each other. Neither of them have much loving energy or fighting energy left so there isn't much love or hate within in the relationship. They quite simply realise that this is probably the best opportunity for them to create some kind of harmony together, and so they do. They are tired of meaningless relationships, and they are tired of being alone. They live together, and look for satisfaction in other places, such as their job, or friendships, or drinking, but they feel sad that they didn't marry for love. They should realise that the type of love that will suit them love is a love that must grow, it is a love that they must create through hard work and dedication.

### The Root Chakra Couple Needs to

The negative aspect of the root chakra couple is that this kind of cheap love tends to degrade your good character traits and bring out your negative ones. When this happens, each day begins to get harder and harder. The couple tend to get a point where they feel there is no way out and so take a back seat in their life. They feel an overwhelming sense of disappointment and cannot understand where it is coming from.

## Chakra Relationships

Remember that we can absolutely climb up our chakra levels and change the fate of our relationships. The way to move up from a root chakra relationship is through self development, by gradually working on eliminating your bad characteristics (selfishness, ego, greed, pride, anger, etc.) and developing your benevolent ones (honesty, integrity, kindness, caring, optimism, etc.).

### Root Chakra Affirmation

I am grounded and calm

I am rooted to the earth

I am welcome, wanted and completely supported by the Universe

## The Sacral Chakra Couple



### The Sacral Chakra Couple Overview

The sacral chakra is the light centre of creativity. It is the centre of our sexuality. It is all about human emotions and passion. This chakra is very receptive to the emotions and feelings of others and motivates us to express passion and creativity through music, art, poetry and love making.

### Second Sacral Chakra - Svadhishthana

Svadhishthana (literally means, 'her own abode') is placed at the pelvis. It is regularly illustrated as an orange lotus with six petals, and it's related to the water element, fluidity, emotions, creativity, adaptability, sexual power, and the unconscious state of mind. The

second chakra's active function is to facilitate us to control our desires and emotions, so as not to be obsessed with them.

Sacral chakra assertion: "I am a creative being with unlimited potential."

The second chakra is related to the sexuality of human beings and our emotions. The Sacral chakra is the spiritual energy centre connected to happiness, confidence and resourcefulness. It is also linked to the negative shades of greed, fear and self preservation. A couple that makes a connection through their sacral chakra, create a love that is based on a mutual desire for comfort and wealth. This chakra is influenced by the planet Venus. When this couple come together they first harmonise on the sacral level, and over time the root chakra may open up as well. This will result in the pleasures and also challenges of the Root Chakra couple also coming to play in the dynamic of their relationship. The Sacral couple's mutual desire for wealth and comfort appears to be more stable than the Root Chakra couple, but the Sacral chakra is still considered one of the lower energy centres, and so it will continue to bring more opportunities for unhappiness than it does for happiness.

Of course, it is not wrong to desire a comfortable life, or to want to have a beautiful and cozy home. The troubles arise when the couples make attaining this material success the main goal of their relationship and that's what the sacral couple tend to do.

### The Goal of the Sacral Chakra Couple

To have a comfortable life. To own a cozy house, beautiful furniture, flashy cars, etc. To create their own cozy, comfortable and wealthy home together.

### Where does the Sacral Chakra Couple Meet?

Expensive restaurants, beautiful resorts, elite dinner parties, work events.

### First Possibility

A young woman desires financial stability and so finds a wealthy man with good social connections, and she finds that she feels secure around him. She believes that this is the man for her, however she has not taken the time to pay attention to any of his character, his behaviour, his tendencies, his personality, and other aspects, regarding who he is as a person. He simply needs to demonstrate that he has money, a good car, a nice house, and even if he does not have it now, he must demonstrate that he has the potential to provide it in the near future and she will be satisfied with him.

In order to find this, she will try to socialise with the elite communities within her society. She will go to expensive restaurants, beautiful resorts, elegant dinner parties and other such places. She will wear stylish clothes and hold a high opinion of herself. She knows how to behave in upper class societies. She often meets her man in university or at work.

The man, on the other hand, has a similar desire for prosperity and a comfortable life. He is very attracted by bright girls from wealthy families. They will meet and fall in love.

The relationship between the sacral couple will grow at a slower rate than the root chakra couple because they first need to assess how rich and cool their partner is, before they agree to be with them.

### Second Possibility

Two people meet who do not have much financial stability yet, but both recognise that all they want in their life is to gain material success. This is what family happiness will be to them. They will work hard so they can buy the latest model television, etc. All their efforts and energies go towards making their home cosier. They will make sure their home is just as they like it, before they think about creating a family together.

### Third Possibility

A poor man marries a rich girl. He thinks he is very lucky and believes that having her in his life will lead him to become more prosperous.

Or it could be that a rich man marries a poor girl. The girl, at first, believes she is very lucky to have found such a wealthy husband, and the man, at first, feels happy and comfortable to have a housewife. At first, they don't have time to argue with each other, since their primary goal is to bring comfort to their home. During this period the couple are very enthusiastic and motivated to work hard. They buy a lot of new beautiful things for their life together. They live for the dream that they will have a beautiful home and soon, will not have to work so much anymore. But they don't realise that it will never be enough for them, and their list of things that they need, and need to work for to pay off, will keep increasing and increasing. They need a new car. They need to pay for their children's good education at a prestigious institute etc. While they work diligently to create this, they are constantly wishing for a more peaceful and comfortable life.

### Challenges of the Sacral Couple

The main challenge in this relationship is realising that they will never have enough. They will never be completely satisfied with what they have. Material things get old, and before long, they will be working hard to renew the things they already have to upgrade, to buy newer and flashier versions of the same thing. Whenever they get extra money they will spend it on a relaxing vacation or on gifts for their family members.

They follow the ideal that if they work hard now and make enough money, they can relax in the future and have a peaceful life together. But by the way things go, the majority of their life will be in hard labour. Even after they have gained some kind of financial stability, they will feel that they still can't get away from their busy lifestyles. At some point they will feel mental and physical exhaustion, and maybe get sick more often because of it.

If some kind of family emergency or crisis occurs within the family, and the couple becomes briefly distracted from their regular day-to-day routine, they will find that they find it hard to discuss anything with their partners other than finances. This causes dissatisfaction and depression, because they feel like all their hard work is simply not understood or appreciated by the other family members. This is where the conflicts begin.

### The Fate of the Sacral Chakra Couple

Relationships based on the sacral centre are generally more stable, and have the capacity to last a lifetime together. However, because the couple are unable to cultivate true understanding towards each other, they will find it hard to find true happiness within the relationship too.

Often, if the couple faces a financial crisis, they both quickly lose sight of their main motive of their family life and happiness. They blame each other for spoiling their life, and divorce.

Sometimes one of the couple meets someone else in society who they deem is more successful and respectable and leaves their relationship under the pretence that, "We do not have anything in common."

Sometimes the children who grow up within this family dynamic can bring their parents suffering too. They will need to work on themselves, and try to get rid of the selfishness in themselves.

In order to change their fate, the sacral couple need to start fulfilling their own duties within their family, without worrying about if their partner is doing the same. All it takes is just one person. They also need to take the time to teach their children to be unselfish.

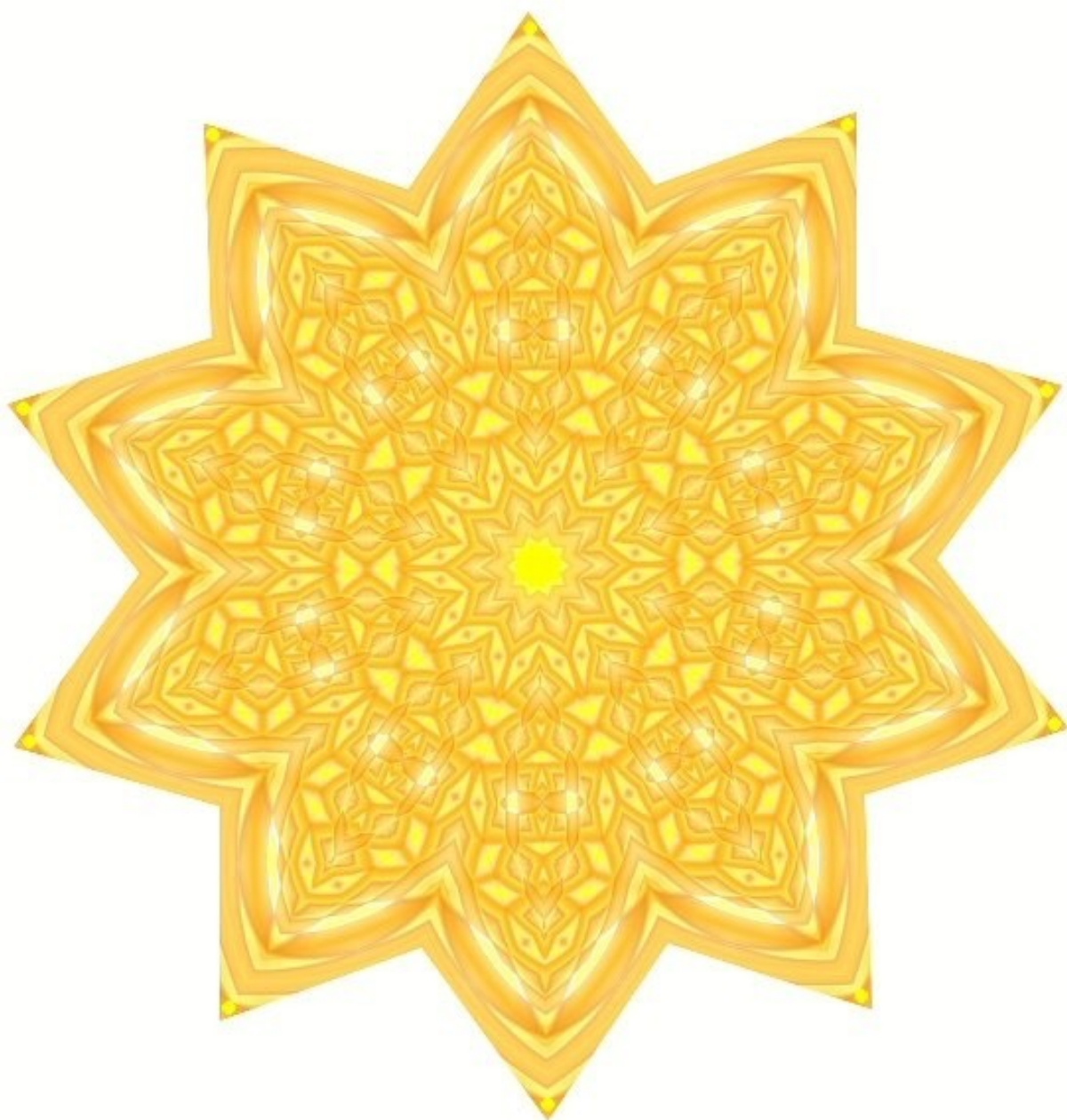
### Second Chakra Affirmation

I am fully alive

I appreciate and honour all my feelings and fully embrace my creativity and sensual life



## The Solar Plexus Couple



### The Solar Plexus Chakra Couple Overview

The solar plexus chakra is the seat of our personal power and will, the self or ego. Our passion for life, action and mind concentration are all controlled by this chakra. This is the seat of the logical mind and intellect. Emotional control issues are also felt in this chakra.



### Third Navel Chakra - Manipura

Manipura (literally means, 'city of jewels') is situated at the centre of the navel. It is usually portrayed as a downward or upward-facing red triangle, and it's connected with the fire element. Having a tough and strong inner fire (Agni), it can help us digest not only our food but also our life experiences. Manipura's role is to maximise our energy so that we can drive or move our lives with force and determination. Manipura gives us the self-confidence we need to practice and eliminate what is not useful to us and does not serve us, and to let it go out.

When we meet in the third chakra, we meet each other's energies without competition or jealousy. We respect each other's preferences in life and support each other to help and stand in our power.

The solar plexus is the power centre of our energy chakras located in our light body. The solar plexus is connected to our ambitions and goals. Material pleasures in life can be further divided into two forms: the heavy and the subtle. The heavy worldly material pleasures are things like beautiful things, houses, cars, objects. This is what the Sacral Chakra Couple aspires too. One step higher than this is the subtle form of wordily material pleasures which is the search for fame, prestige, and power. This is what the Solar Plexus Couple aspires to. They want to get married for power and prestige. Many famous people have relationships based on the solar plexus centre. This centre is influenced by the sun, which has a masculine nature and encourages people under its influence to find their place in society.

In order to achieve harmony on this level, the couple has to work very hard on themselves in order to overcome their high expectations of the future. They must cultivate unselfishness and submissiveness in order to access the ability of changing their character. Without that, they will never be able to change who they are. When a person meets another with a similar desire, they create a family together. They work very hard together to attain their goals. If they remain focused, then eventually they will achieve the power and fame that they wished for. When they achieve this 'honour' and prestige, the conflicts within their personal life will begin. The husband begins to feel more and more proud of what he has achieved in life. The wife, on the other hand, begins to feel more and more that without her, none of this would have even been possible in the first place. This begins to cause underlying resentment in the family.

### The Goal of the Solar Plexus Chakra Couple

Power, prestige and fame. To be respected in society.

### Where does the Sacral Chakra Couple Meet?

Special invitation parties, elite societies and meetings, sports clubs, political events, etc.

### The Motivation of the Solar Plexus

People who want to create a family in order to achieve fame and prestige, usually exercise and practice their self control from a young age. They have a competitive nature.

They may participate in sports or study how to concentrate better. They do what they can to be better than the ones around them. It comes very naturally to them. They naturally want to be leaders of their friends. They are interested in things like management, but they usually tend to be a little bit arrogant by nature and quickly categorise the people they meet in relation to them.

As you can see, people under the influence of the solar plexus do engage in self-development, but they focus on the darker aspect of it. In their search for fame and prestige, they lose the ability to cultivate humility. While they work on themselves to become superior to those around them, they simply learn how to control others and increase their pride. When a person becomes more and more powerful, their pride, intolerance, and anger also grow. So while they are engaging in some sort of self-development through self control, they use it for lower level motivations.

### First Possibility

When a woman is under the influence of her solar plexus energy centre, she wants to be with a man who is respectable and influential in society. Because of this aspiration, these people tend to engage in a lifestyle that makes them “worth it”. For example, dieting, sports, learning foreign languages, educating themselves, studying how to behave in society, dressing well. They are very ambitious people. This type of relationship takes longer to develop, which is a good thing. The couple can be completely committed to doing sports together, or studying together or working together. They value each other’s ability to keep their word.

Once the couple gets married they do their best to maintain their reputation. They are respectful to other people. While on their quest for power, without having yet achieved it, they behave very well, and are sure to stay away from bad habits. However, as soon as they attain fame, their relationships begin to spoil, and bad habits and bad personality qualities quickly find a home in their consciousness.

This couple speaks very well. They are interested in politics, world-problems and their social life. They like novels and films that portray characters that become winners in any situation, because it reflects their ambitious qualities.

Their family life will be more or less stable. They tend to hold high positions in whatever field of work they are in. They value family traditions and treat each other politely. Their biggest challenge within their relationship is to achieve trust. They know how to appear trusting, but they do not know how to truly trust, or be truly trustworthy. They also lack the ability to solve emotional problems and they don’t know how to undergo personal-development WITH other family members, they only know how to do it themselves.

### Second Possibility

In this variation, the couple have similar interests in areas such as; business, sports, tourism, traveling, science, but all for the sake of fame and prestige. As before, their relationship will remain stable until they have achieved the fame that they were searching for. Once they have the sense of self-honour, their egos will grow very quickly. From that point onwards, the couple will always argue about their views about life, how to raise their

children, their lifestyles, how to develop themselves, etc. When they are in public, they will agree with each other, but as soon as they are in the privacy of their own home and direct their focus on each other, their ambitions will clash and multiple conflicts and contradictions will begin to emerge. Their pride will not let them change themselves in the ways they really have to. They won't be able to resolve family problems because of that.

### The Fate of the Solar Plexus Chakra Couple

The best thing for them to do as a couple would be to stop interfering in each other's lives and instead focus on making themselves better people, but their ambitions and drive for success and perfection won't let them do that. They look to their partners to help them achieve their fame and success, and when it doesn't happen as seamlessly as they want, they turn their attention onto changing their partner. However, they won't be able to do that either, and they will start getting frustrated. They can't change people by simply preaching to someone all the time. They can't change their partner by yelling at them. Nothing changes. So as time goes by, they begin to feel like they are just living with strangers. They start getting disappointed by everything. Only their mutual interest in maintaining outward appearances and their outward social status holds their relationship together.

The best way for the solar plexus couple to change their fate is by changing their beliefs about life, to understand that there are more important things to wish for than fame.

They must set their sights on spiritual goals rather than material goals, otherwise they will find that they will always be disappointed in their life.

### Third Chakra Affirmation

I am in charge of my life  
I decide what is important and meaningful  
I set clear boundaries and honour those of others  
I surrender my personal will to my higher Divine self

## The Heart Centred Couple



### An Overview

The heart chakra is the centre of unconditional love and compassion. When open to the Divine it is the flowering of the Reiki Master; the expression of the angelic realm with compassion for all humanity, animals and nature. The heart chakra is a crossroads between the higher three chakras and the lower three chakras, blending our base animal human nature with our higher human spiritual nature.

### Fourth Heart Chakra - Anahata

Anahata (literally means “un-struck”) is situated at the centre of the heart. Anahata chakra is classically described as a green star with six-points and surrounded by 12 lotus petals. On a spiritual and holy level, it’s believed to be the home of the higher/infinite, “un-struck”

or imperishable self. Anahata is linked with the air element, and with emotional qualities of a person such as love, peace and openness. Energetically, Anahata chakra helps us capture into unconditional love.

Heart chakra assertion: "Give love to receive love, and be love."

When we rally in the fourth chakra, we assemble in the heart. This is no 'ordinary' love, but unconditional higher love. Love that does not expect with any expectations and that does not wish for anything in return.

The Heart Centred Couple is the first chakra under the higher level energy centres and therefore, is the first chakra to yield a 'favourable relationship'. Thus, this couple will have more opportunities for happiness than opportunities for unhappiness. They usually have lasting marriages. These favourable relationships give both people the chance to cleanse their consciousness, to work through their karma, and to fulfil their dharma.

This type of couple are very interested in working on their character and self development. They wish happiness to those around them. They tend to be involved in charity, volunteering and in somehow assisting their community. They respect their elders and listen to their advice. They generally do not go through problems regarding understanding one another in their married life. Their problems generally arise through fate, and the obstacles that life brings their way. But they understand each other well and have a desire to make their partner happy. These marriages tend to be very stable, and the couple are blessed with lots of friends, and wealth comes easily and naturally to them, although they never feel the need to depend on that either. If they have given wealth, they use it for universal goodness and happiness. And if they are not given wealth, they do not curse the universe for it either.

### The Goal of the Heart Chakra Couple

Following moral principles together and upholding values in their family that provide peace and happiness.

This is a love that is based on the desire to bring happiness and peace to others, including their partners.

### Where does the Heart Chakra Couple Meet?

Places where they are around people pursuing similar interests, for example yoga classes, meditation centres, etc. They tend to meet at communities that are striving for happiness.

### The Motivation of the Heart Chakra

People guided by their heart centre feel inclined to fill their hearts with optimism and joy. They wish wellbeing and goodness to those around them, and are naturally involved in helping people of the community through community service. They feel a duty to volunteer. They are raised to be generous people. They understand the importance of honesty and are usually respected and liked by people.



They are interested in choosing a good partner for themselves, and take the time to learn about relationships and prepare themselves for their commitments. The heart chakra centre is under the influence of the Moon, which brings peace. They do not want to bring harm to others, including to their partners. They want to make sure everything around them is in harmony and balance.

They are hard working and responsible, and spend their free time on activities that enhance their character and make them into better people. Heart centred women are calm women. They dress modestly and have respect for all people around them, specially their elders.

The heart chakra couple tend to ask people for advice when choosing their husband/wife.

The children of heart-centred parents listen to them. They tend to ask their parents for advice about life. They are also willing to listen to them. This is not found easily on the lower centres, because the lower centres do not allow the parents to cultivate humility. Without cultivating humility a parent cannot make the child listen to them, or to be completely open and trusting to their suggestions and advices.

This is not to say that children will never listen to parents from lower chakra centre relationships. However, these children are more likely to follow their parents behaviours and learn from them and do as they do. They won't care much to listen to what their parents have to say about it. However, if you want to be able to influence your children with your words, then you must have harmony on a higher chakra level.

### The Challenges of the Heart Chakra Couple

The heart centred couple does not usually encounter big problems in understanding each other, because they both hold the principle belief that they should bring joy to their partner, and not pain. So they try to avoid causing hurt to each other. By doing this, they naturally focus on understanding each other better too. Their marriage is usually stable and strong and have many good friends. Friends of the family wish them well and wish them happiness.

Of course, they are not immune to challenges and will face problems in areas of life as most people do, but the key thing about the heart centred couple is that overcoming these struggles strengthens their relationships, deepens their love and thickens their respect for one another.

Their main challenge will come in simply deepening their understanding of life and spiritual practice and cultivating an even more serious attitude towards perfecting themselves.

Another key challenge for the heart centred couple is that by behaving the way they do, they tend to naturally attract material wealth quickly, which encourages them to relax. There is the danger of arrogance and the increased desire to spend more money, which of course, leads to problems both inside and outside the relationship. They also begin to attract lots of friends and people who like to spend time with the couple. These friends spend a lot of time in the couples home because they have such a great energy there.

## Chakra Relationships

The problem with this is that it encourages the couple to engage in idle talk, to discuss unimportant, unfavourable and unnecessary things all the time.

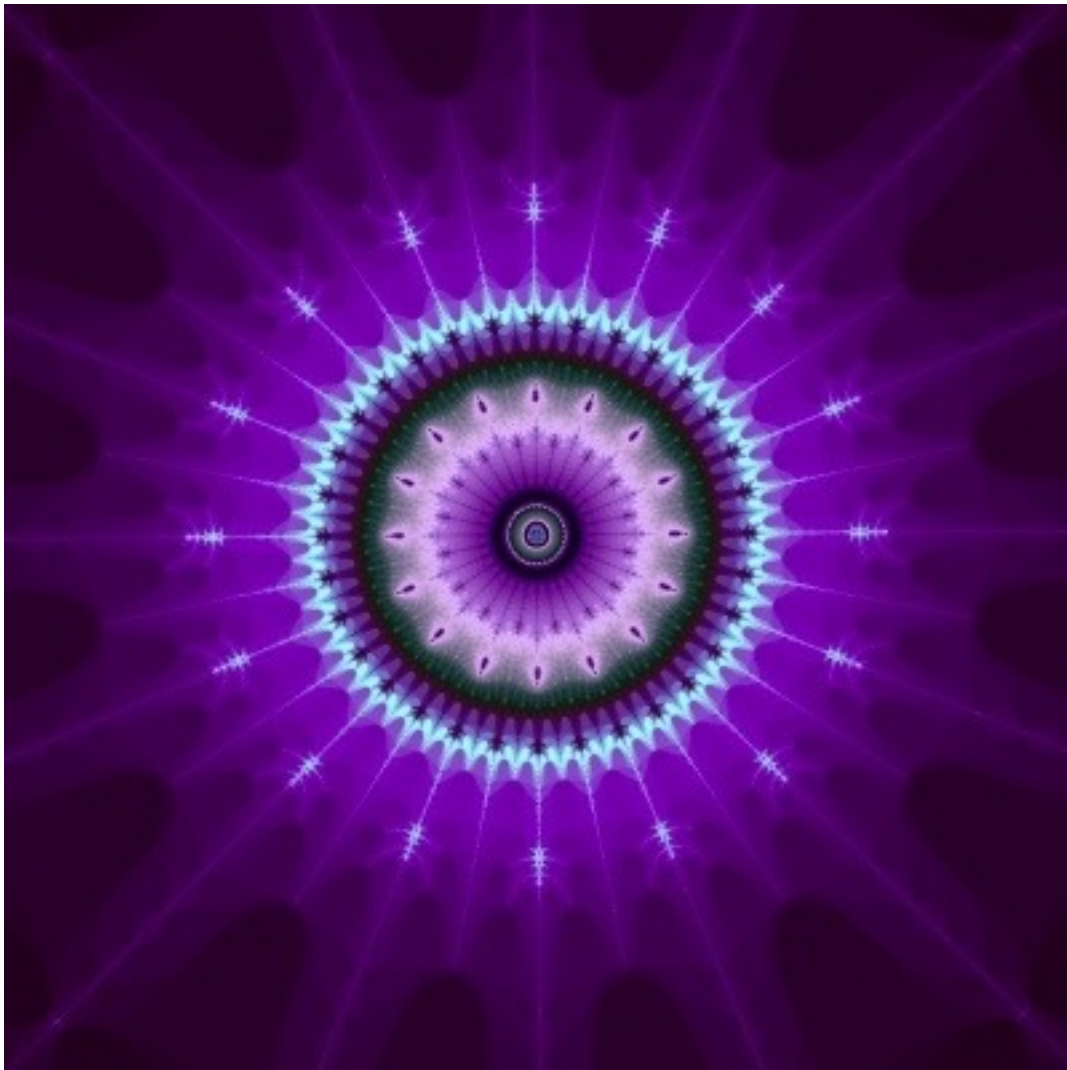
However, as time passes, as fate would have it, heart centred people generally tire of material wealth, get bored of it and naturally retreat away from it.

### Fourth Chakra Affirmation

My heart is open  
I freely give and receive the healing power of unconditional love  
I am loved, lovable and loving



## The Throat Chakra Couple



### An Overview

The throat chakra is the centre of self expression, communication and speaking your truth. It is also the chakra for healing. This chakra is healthy if we are fully able to express our ever-changing selves truthfully. This chakra heals by listening to others totally. It also receives audible spiritual information.

### Fifth Throat Chakra - Vishuddha

Vishuddha (literally means, “to purify”) is situated close to the bottom of the throat. It is mostly described as a blue downward-facing triangle within a lotus amid 16 purple petals. Vishuddha is connected with the ingredient ether, or ‘space’ (akasha), and with speaking one’s truth. Its energetic role is to help us find genuine self-expression.

Throat chakra statement: "I speak my truth. I live the truth."

When we get together in our fifth chakra, the throat, we tell our truth and drastic honesty to each other.

### The Goal of the Throat Chakra Couple

Those motivated by the throat chakra (the ruling planet – Mercury) are inclined to perfect their senses. They want to tune their senses into the ethereal world. They practice meditation to have a higher level of senses so that they can hear, feel, see, know and understand their messages from the universe. They wish happiness to everyone they think about.

It is also important for throat centred couples to cultivate self control and honesty. They do not let their earthly emotions control their experience of life, instead they act from a higher place. By controlling their emotions and not acting on every egotistic and emotional impulse, they train themselves to access a greater and more profound understanding and connection with the truth. They act from here. They are very good at controlling their ego and their emotions. They do not waste time in unfavourable conversations, and they do not engage in self flattery or showing off. They are very humble people. They are determined in achieving their goal of refining their senses and controlling their emotions and ego. They like to spend time amongst highly spiritual thinkers and leaders. It is only at the throat level that a person can become a successful spiritual guru or leader to others. This is because it is only at this level that a person has successfully purified their consciousness to an extent that they would not be passing on their own bad karma to their students. At this level, they would be practicing what they preach all the time. At this level they would begin to experience true psychic knowledge.

The throat chakra couple are a rare couple to come across. They tend to be very talented people. They tend to 'feel' the world with their senses rather than live through it. Because of this deeply intuitive approach to the world, they live in deep harmony with their world. They tend to be naturally poetic with their words. They understand the power of sound and the power of words, so they choose them carefully and beautifully. Because they develop their senses so much, and try to tune it into the subtle nature of the universe and it's energetic voice, they also simultaneously develop their taste in the arts. They have a well refined musical, artistic and poetic taste. They are able to perceive beauty and delicacy in everyday things. They know what matters is that perceived by their senses is good for their soul. These people tend to have a very mystical and magical marriage together. They understand each other deeply and completely. They can always relate to each other and feel deep empathy towards one another. They feel each other, even from far away distances. They communicate with their thoughts and feelings rather than words; if one thinks of something, the other one has a sense of it already. Their marriage will last many lives, and they have certainly been together in previous lives too. They both have very good karma that they will work through together. Often their connection is so strong that they will always find each other in whichever life they are in. Sometimes they can even find each other at very big distances apart. Sometimes a man will move to another country just to pick up his soulmate. They know from the first glance of each other that they were meant to be together and to find happiness together.

## Chakra Relationships

The throat centred couple are able to give birth to very talented children. Their children will also practice self realisation, self development and self perfection.

### Fifth Chakra Affirmation

I speak my truth clearly and without hesitation  
I listen with discernment and goodwill for the true communications of others  
I am ever open to hearing the voice of my higher-self as  
I embrace myself as a human spiritual being

## The Third-Eye Chakra Couple



### An Overview

When the sixth chakra opens to the Divine self, the world becomes a meditation of golden tranquil light. You experience each moment from a graceful state of Divine wisdom. The sixth chakra transmits and receives information unconsciously from one person to another. This is known as personal intuition.

### Sixth Third-Eye Brow Chakra - Ajna

Ajna (literally means “control centre”) is situated between the eyebrows. A see-through lotus with two white petals represents it. It is considered to be the centre of the mind for conscious and unconscious awareness. It is not linked with any element, as this chakra is considered ‘beyond’ the bodily elements. It is held to be the centre of intuition, vision,

## Chakra Relationships

prophecy, imagination, inner knowing, and self-assurance. The active purpose of Ajna chakra is to help us learn to know ourselves: emotionally, mentally, and spiritually.

Third-eye chakra assertions: "I am open, intuitive, and self-assured."

When we meet in the sixth chakra, the third eye, our lives become the supernatural. Our communication becomes telepathic. We meet God in the dreams and from there we can make all our dreams come true, effortlessly!

### The Goal of the Third Eye Chakra Couple

Those under the influence of their third-eye or brow chakra, are ruled by the planet Saturn. These are people who have been practicing self-realisation for many lives. The couple come together to practice self-perfection together. They have a very deep psychic harmony that allows them to completely give their lives to each other. They are committed to studying the highest truth of the universe. They want to experience God. This relationship is very rare. These people are usually spiritual teachers. They live simply for other people and not for themselves. When a couple has harmony on this level they only want to make other people happy. Sometimes this couple abstain from sexual relations with each other. They simply live together to help each other on their spiritual path.

### Sixth Chakra Affirmation

I look for the beauty in all things  
I am willing to see the truth with acceptance and love  
I see into life for its hidden treasures  
I see Divine spirit within all of existence



## The Crown Chakra Couple



### An Overview

The crown chakra is the only chakra that is outside of duality. It is the connection to your higher self, a state of completeness. Through the unconditional love of Divine higher consciousness all things that have been previously separated come together in oneness. It is the source of your eternal self and the centre of spiritual purpose; your connection to spiritual guidance.

### Seventh Crown Chakra - Sahasrara

Sahasrara (literally means “thousand-petaled lotus”) is situated just above the crown of the head. It is believed to be the entrance into pure consciousness, it is generally described as a thousand-petaled lotus with a pinkish aura, and it is not connected with a bodily element (as it too is believed to be beyond the elements). Sahasrara serves as a way of linking to celestial energy and is connected with our highest self. Sahasrara helps us work in a more enlightened way, nurture self-mastery, and find an intellect of relation with all.

Crown chakra assertions: “I surrender to the wisdom of pure consciousness.”

When we meet in the seventh chakra, in the crown, we see God, the Universe or the Divine in each other. Through our association, we dissolve into the source of existence.

### The Goal of the Crown Chakra Couple

Those activated at the crown chakra, ruled by the planet Jupiter, create an unearthly and mystical love. They abstain completely from sex. The woman thinks of her husband as her teacher, her Guru, and she trusts him completely. She is always loyal to him. Her husband behaves as a saint would. After they die, they go into the spiritual world, where they can be together forever. They have completed their work.

This is a very high level type of love.

### Awakening the Crown Chakra is not True-Self Awakening

Sri Ramana's answer regarding the awakening of the crown chakra states that it is not True-Self Awakening that many believe. All the seven chakras are the spiritual workings bringing contrast within the duality of the individual, from base consciousness to the spiritual bliss of the crown chakra. The chakras are the dynamic karmic relationship workings of the physical body, of the spiritual mind/soul/entity and the natural world.

**Question:** Tantric Yogic paths teach the gradual uncoiling of the Kundalini or spiritual current in the person. As it uncoils and rises upwards, it enfranchises a series of chakras or spiritual centres in the body, each bestowing its own powers and perceptions until it culminates in the Sahasrara or thousand-petalled lotus in the brain or the crown of the head. Is this samadhi enlightenment?

**Sri Ramana Maharshi:** The Yoga Sastras say that the Sahasrara or brain is the seat of the Self. The Purusha Sukta declares that the Heart is its seat. To enable the spiritual seeker to steer clear of any possible doubt, I say take up the thread or the clue of 'I'-ness and follow it to its source. Because, firstly it is impossible for anybody to entertain any doubt about this 'I' notion; secondly, whatever be the means adopted, the final goal is Realisation of the source of I-am-ness, which is what you begin from in your experience.

If you, therefore, practise Self-enquiry (Gentle Touch Practice), you will reach the Heart which is the Self.

The Self does not come from anywhere nor does it enter the body through the crown of the head. It is as it is, ever shining, ever steady, unmoving and unchanging. The changes which are noticed are not inherent in the Self, for the Self abides in the heart and is self-luminous like the sun.

The individual confines himself to the limits of the changeable body or of the mind which derives its existence from the unchanging Self. All that is necessary is to give up this mistaken identity and, that done, the ever shining Self will be seen to be the single, non-dual Reality.







# *New Awakening*

## *Sacred Mantras*



# *Sat Guru*

## Sat Guru Sacred Mantra Bhakti Practice

If you enjoy sacred mantra chanting and are not drawn to Reiki you can take the alternative pathway; the 'Sat Guru Sacred Mantra Practice'. This practice is for those who enjoy chanting sacred mantras to express loving devotion to their Divine. This is an alternative route to the New Awakening Reiki option. You can of course practice Reiki and chant Sacred Mantras. Both routes will prepare you for the Gentle Touch Practice and both options contain the two elements of Practice and Study.

This practice will create a focused mind bringing more light to your aura thus creating more value on this planet earth. To create a chakra awakening experience the sacred mantras have been carefully selected from direct feedback of many Satsang circles. The mantras only contain the original root Sanskrit words; all additional wording has been removed. For your study element in preparing the mind with the spiritual laws of existence and for your personal fulfilment this practice also contains the three courses in the 'Seekers Guide'.

If you are attracted to this pathway the four modules to practice and study in your download are Sat Guru Sacred Mantra Practice, Meditation, Creating Abundance and the Excellent You, Love and Relationships plus the Spiritual Laws in the Gateway to Enlightenment. These modules are all contained in stages one and two of the Process of your download.

**Both of these options prepare you for the  
Gentle Touch True-Self Awakening Practice**

The mantras in this practice are to be sung along with, only then will you have a direct transformational experience! To create an awakening experience the sacred mantras have been carefully selected from direct feedback of many Satsang Sacred Mantra Groups I have held. The mantras only contain the original root Sanskrit words; all additional wording has been removed.

This practice is the path of Bhakti Yoga, one of loving devotion, surrender and worship. This is a transformational experience to achieve 'Freedom from the Conditioned Personality'. You use this practice in conjunction with the three courses in the Seekers Guide. A word of warning after chanting this practice you may experience an extreme state of loving bliss!!! *(It is best if you can stay in silence after the practice)*

**Part One of the Practice: Mantras 1-5** The journey begins with Ong Namoh inviting the inner Guru, the Divine Mind into the heart through the surrender of the ego (limited conditioned personal mind). In mantras 2-5 a going home experience happens by moving down from the head to the heart chakra.

**Part Two of the Practice: Mantras 6-9** The journey in Part 2 starts with Sita Ram inviting God, the Divine into the heart. The heart has now been prepared for the dissolving of soul illusions through embracing Shiva in mantra 7. The final step is to awaken Bliss of the inner Sat Guru ~ Mantras 8-9.



## About Kirtan and Bhajans

### The music is to serve the devotional opening

What can you expect at a Sacred Mantra Kirtan experience if you have never been before?

Kirtan is not a performance, you are not being sung to. You are being sung with and everyone around you will be responding to the Mantra. I will sing a line and then everyone will respond singing in reply. You will be surrounded by people who have done this practice before and they understand it is a give and take, a back and forth experience; kirtan is a sharing.

You can be pleasantly surprised as some of your inhibitions about singing publicly in a group of people will disappear. As the evening goes on you will find you will relax into the flow of the music in a way you might not have before.

On a spiritual level you will find you will start to unconsciously let go of your day and who you usually are in your daily life. As the evening goes on you will start to relax a bit more into the energy of your heart. A merging occurs whereby there is no-one who is leading the singing; there is just singing in an experience of no boundaries, a oneness occurs.

### What are Bhajans?

Some of the sacred mantras are sung in the form of what is known as Bhajans. This simply means we all sing the mantra together at the same time, there is no call and response as in the Kirtan style. Bhajans are the Indian love songs to God. Satsang takes this a step further to say you are God at your essential nature.

## Kirtan: How Chants Can Heal the Heart

We give thanks to Ragani for sharing her explanation. Meditation doesn't come easy for many people. And that's where Kirtan, an ancient participatory music experience, offers another method. Without the work of mentally quieting the mind, Kirtan can carry us effortlessly to a place of quiet, to stillness. One of the oldest sacred music traditions of the world, the Kirtan call-and-response chanting genre comes to us from India. Using ancient Sanskrit mantras, the Kirtan calls upon sacred energies which serve to quiet the mind, remove obstacles, and bring us back to the centre of our being.

By repeating simple mantras over and over, faster and faster, the Kirtan is an easy way for people to experience some freedom from the daily chatter of the mind. And while it is true that we can sing these chants in the solitude of our own home, there is nothing like the magic of chanting live with musicians and hundreds of participants, from kids to seniors, all adding their energy to the chant. People often say they feel 'buzzed' for days following such a chanting experience.

## Absorb the Vibrations, Ignite the Spirits

So what gives us that buzz? Something about the Kirtan experience goes beyond the music itself, goes to a deeper experience of vibration. We all resonate at different frequencies, and these frequencies change according to what we are doing and thinking. So when we are all doing the same thing, chanting, breathing, and moving to the same rhythms our vibrations begin to synchronise and the resulting experience is very powerful. The laws of vibration help us out here, because vibrations align themselves to stronger vibrations, so even if you're having a truly rotten day, it may be difficult to hold onto those feelings during the chant experience. If you were only to sit in the room without participating, the idea is that you could still feel the shift. Something happens, the energy begins to activate the spirit that exists within us all.

### It's the Heart, not the Art!

Although the Kirtan involves music, the underlying art of Kirtan chanting is not actually about musical ability or training, it is about the heart. Everyone can participate, regardless of age or cultural background. The purpose of this music is to get us out of our heads and into our hearts. Typically, the songs can last for 20-30 minutes each with a few moments of silence in between each song so you can soak it all up. The longer songs allow for deeper experience of the effects, and with the simple, repetitive lyrics (it's a chant, after all!) We really don't have to think much about the words.

### Chants Heal

In fact, because the ancient Sanskrit lyrics are not familiar to many of us Westerners, these words take us away from the mind's constant chatter a little easier. The powerful healing and transformational energies of these ancient chants can help to reconnect us to the Ever-Present and Eternal Being that lies within us all. All the mantras, melodies, and instruments of Kirtan are designed to lead us toward this meditative state.

### The Beauty of Relaxation!

We provide floor seating in the traditional style of Kirtan events in India (and yes, we also provide chairs for those who prefer chairs), and this living-room style music experience allows people to sink into themselves, to relax and ground themselves during the chants. Most of us spend the day in our heads, running here and there, and thinking about where we have to be and what we have to do next. The Kirtan gives us a time to come back to our centre. And when this happens, beautiful things begin to unfold. Feelings of inspiration, peace, and a sense of connectedness are common experiences.

### Experience Peace, First Hand!

"The first time I came to a Kirtan, I felt so peaceful, so relaxed," comments Amy, who now regularly participates in the Kirtan experience. "Something happens during the Kirtan, and I get this deep sense of inner peace and connectedness." Amy is not the only one with these experiences; a few hundred people attend the monthly Kirtan event, and they often return with their friends the next month. "It's like you go into a space, the music takes you

there, and when you emerge at the end, you feel different, more energised and inspired," says Jeff, another Kirtan buff.

### Quiet Your Mind, Feel Your Self!

Kirtan helps the mind become quiet, and when the mind quiets, we can begin to perceive the mystical things, the sacred experiences, that are around us always. In the silence between the songs, when the song stops, you can feel something. And that something is You, the Divine Presence of Love. There is no greater experience than the experience of one's True-Self. And that vibration is always within you, that vibration is you. That's the beauty of any chant experience, with little or no effort we can experience and enjoy the vibrations of peace, energy, healing and inspiration that are always within us.



## How Robert got involved in Sacred Mantras

It all started when I attended a Deva Premal and Miten workshop in May 2009. The desire spontaneously arose within my heart when I realised that as a musician and spiritual guide I could facilitate a Mantra Yoga Satsang circle. You can imagine my surprise when later that day Deva announced her and Miten's vision was for others to become part of a community holding Satsang circles; yes we were in harmony from within the silence.

It is nearly twenty years since I first sat in Satsang when I shared with others the Divine presence that manifested through my body, although back then I did not know that the experience was known as Satsang. I also still thought that the 'I' was separate from the Divine experience. I now give thanks to Deva Premal, Osho and Mooji and of course my inner Sat Guru, who has helped me realise the truth of my being.

I also found to my surprise that when I shared the energy experience of the Pure-True-Self of Unconditional Love (Presence) that it was too overwhelming for most individuals to experience. I was then guided by the inner guru to share the divine connection in a gentler way by introducing Love and Healing from the angelic realm, attuning the individual's energy system to assist in the opening of the heart chakra. This process prepares someone for True-Self awakening.

This led to the creation of a series of books which make up the New Awakening process, containing New Awakening Reiki Healing, Sat Guru Sacred Mantra Practice with the Seekers Guide for a New Awakening. The final piece of the jigsaw puzzle arrived in the completion of The Awakening Process with the launch of Gentle Touch practice for awakening oneness love in February 2015. This new practice is what I was trying to share some 20 odd years ago. Life really is a miracle when I look back and see the unfoldment of my incarnation.

## About Holding a Sacred Mantra Group

The objective of the evening is to have fun, transform and expand your consciousness. Although we provide the musical arrangements on the CD we are just the facilitator of your event, which belongs to everyone equally.

This is not a concert or a performance in the traditional sense, hence you are not the audience therefore no clapping is required at the end of a mantra, just a silence to be able to appreciate the inner quality of presence and beauty that arises.

Just let the mantras play in the order they are presented to you on the CD as there is great significance to the order of the Sat Guru practice. You will find that there is a 'Moola Mantra' track at the end of the practice which allows you to rest in silence to experience an integration and transformation to the soul body to occur.

There is a difference between ordinary words or sentences or groups of phrases and a mantra. A mantra is the result of a vision of a seer and it is the concrete manifestation of the deity through the world of language. When you chant a mantra there is immediately set up a vibration in the nervous system in such a manner that a harmony is established in the whole world. Different mantras produce different vibrations and they invoke different deities which awaken and manifest inside of you; within your chakra system. No previous singing experience is required.

The whole purpose of the group event is to chant the mantra to manifest the Divine aspect inside of you. When this occurs your aura will radiate a higher energy than in your normal day to day life experience; leading to experiences of Bliss through Divine Consciousness Awakening. You are moving down from the mind to the heart.

The chanting of the mantra is all that is required to manifest the Divine experience; no transfer of energy via the laying on of hands is required, as the group will support each other automatically via the chakra system.

Chanting will refresh your life! Chanting quiets the mind and removes obstacles. The mantras will bring you back to inner-peace and love. You will return to the Heart centre of your being; your true home.

# Welcome to Satsang Sat Guru Mooji



Satsang is a meeting in Truth, Love and Freedom

## Join us in Satsang – CD Sat Guru

Recorded by New Awakening



### Sacred Mantras - Definitions and Information

Many people are interested in Satsang but are unable to attend for various reasons. To solve this problem you are now able to use my specially created CD called 'Sat Guru' which has been dedicated to Sri Mooji. This is found in the New Awakening Download. Mooji is one of the Sat Gurus living on the earth at this time. Chanting with the CD will help you transform your consciousness to be able to receive Mooji's pointings of the Truth as shared in the Gentle Touch True-Self awakening Practice.

Listed below there are the key Mantras which we chant in Satsang Sacred Mantra Groups. It is these mantras that are on our CD 'Sat Guru'. This album can be used to hold your own Satsang Sacred Mantra Singing/Chanting either for personal awakening on your own or with a small group of friends.

Chanting will refresh your life! Chanting quiets the mind and removes obstacles. The mantras will bring you back to inner-peace and love. You will return to the Heart centre of your being; your true home.

We hope you enjoy your experience

Om Shanti (Peace)

Namaste

## Two words that are part of most mantras



OM – This sound is usually chanted at the beginning of every mantra. It is known as a ‘seed sound’. A seed sound is extremely potent and expresses a particular energy. A translation will always fall short and is actually impossible.

Om is the sound of the sixth chakra, also known as The Third Eye. Here is where the masculine and feminine energies meet. It is called the Soundless Sound, or the Sound of the Universal (God/Divine) essence.

The King of mantras of a single syllable is 'Om'. It is the sound of infinity and immortality, containing within it all the scriptures of the world. 'Om' is often used at the beginning of meditation to focus the mind, or as a prefix to other mantras.

NAMAHA – A common ending to many mantras, means “I offer my self”

NAM or NAMO - Used at the beginning of a mantra to state ‘I embrace my life, to open and reveal the highest Divine nature’. Nammo means ‘I bow’ (to surrender the ego) taken from Namaste – ‘The Divine in me greets the Divine in you’.

## Mantra 1. Ong Namō, Guru Dev Namō

Translation: Ong Namō: To the un-manifested Creator - I bow to the subtle Divine Wisdom.

Guru Dev Namō: To the inner teacher of Wisdom, I subject myself in all respect.

More Information: This mantra is designed to get you prepared for kundalini practice. It cleans your mind of personal desire and aligns you with your higher Self. By using this mantra before using the following mantras, which are more direct Kundalini Shakti mantras, you prepare your lower human mind-body system by being humble and asking for the grace of Divine Wisdom.



## Mantra 2. Govinda Govinda Hare Hare

Translation: Govinda another name for Krishna which means the reservoir of all pleasure  
Hare another name for Krishna which means He who takes away all suffering

God, the Sustainer and Support of All, God, the Fresh, Beautiful,

God, the Potent Healing Energy that inherently exists within each of us





### Mantra 3. Homage to Krishna

Hare Krishna, Krishna, Krishna, Jai Jai  
Hare Rama, Rama, Rama, Jai Jai  
Jai Jai Ram Om, Krishna Hare

A.C Bhaktivedanta Swami describes the chanting of this mantra as follows: Krishna consciousness is not an artificial imposition on the mind; this consciousness is the original energy of the living entity. When we hear the transcendental vibration, this consciousness is revived. This chanting of 'Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare / Hare Rama, Hare Rama, Rama Rama, Hare Hare' is directly enacted from the spiritual platform, and thus this sound vibration surpasses all lower strata of consciousness – namely sensual, mental and intellectual. As such anyone can take part in the chanting without any previous spiritual experience.



This is the Hare Krishna mantra, or Maha-mantra, the great mantra for deliverance. Composed of three of the holy names of God from the Sanskrit scriptures of ancient India, it is transcendental sound vibration.

The three holy names in the Maha-mantra are Hare, Krishna, and Rama.

Hare means the energy of God. The Sanskrit word for energy is shakti. Shakti has a personal, specifically feminine, dimension to its meaning. So here, energy means the feminine aspect of God.

Krishna means the All-Attractive Supreme Personality of Godhead.

There are many attractive qualities to be found in the world, and many people have some degree of one or more of these qualities, but the one who has all of these qualities in full and unlimited measure can only be God. He is the source of all qualities, and in fact of all things in existence.

Rama means the reservoir of all pleasure. If we try to find pleasure independently we will only find brief snippets and it will be mixed with misery. But if we tap into the reservoir of all pleasure, the Supreme Personality of Godhead Himself, by devotional service, we will be connected to the unlimited reservoir of all pleasure.

## Mantra 4. Gayatri Mantra

The Gayatri Mantra is the supreme Mantra of the Vedas and is one of the most known and beneficial of the ancient Sanskrit mantras. It is the one Mantra that can be commonly prescribed for all, for Gayatri is the Mother of the universe, Shakti herself, and there is nothing she cannot do. Her Mantra purifies the mind inspiring wisdom; destroys pain, gross consciousness, illusion and ignorance, brings liberation and bestows health, beauty, strength, vitality, power, intelligence and a magnetic aura. Gayatri is a mantra of physical, emotional, and mental healing, purifying the subtle karmas, protection from the onslaught of obstacles and of spiritual awakening or Self-realisation.

### Origin, Benefits and Chanting of the Gayatri Mantra

The Vedas are widely considered to be the source of all true knowledge, the word 'Veda' itself meaning 'Knowledge'. Gayatri Devi also gave to mankind the 'Gayatri Mantra', also known as the 'Guru Mantra' or the 'Savitri Mantra'. It is one of the oldest mantras, and generally thought of as being amongst the highest and most powerful mantras of all. This mantra is therefore often referred to as 'the Mother of the Vedas'. In the Bhagavad-Gita, Lord Krishna had proclaimed to Arjuna – 'Among all the mantras, I am the Gayatri'.

Rishis selected the words of the Gayatri Mantra and arranged them so that they not only convey meaning but also create specific power of righteous wisdom through their utterance. The ideal times for chanting the mantra are three times a day - at dawn, mid-day, and at dusk. These times are known as the three sandhyas - morning, mid-day and evening. The syllables of the mantra are said to positively affect all the chakras or energy centres in the human body setting in motion the highest vibrations, which connect the consciousness of the self with the supreme and cosmic consciousness of the Divine.

Chanting of the Gayatri Mantra removes all obstacles in our path to increased wisdom and spiritual growth and development. The teachings and powers incorporated in the Gayatri Mantra fulfil this purpose. Righteous wisdom starts emerging soon after Jap (recitation) of the Gayatri Mantra is performed. Sathya Sai Baba teaches that the Gayatri Mantra "Will protect you from harm wherever you are, make your intellect shine, improve your power of speech, and dispel the darkness of ignorance (Dhiyoyonah prachodayat)".

Its meaning is 'May the Almighty God illuminate our intellect to lead us along the righteous path'. The mantra is also a prayer to the 'giver of light and life' - the Divine (savitur).

On the absolute reality and its planes, on that finest spiritual light, we meditate, as remover of obstacles, that it may inspire and enlighten us. Note: The mind should be focused upon 'I Am' Sat Chit Ananda (God within) when chanting this mantra.

### Sai Baba's definition of the Gayatri Mantra

We contemplate the glory of Light illuminating the three worlds: gross, subtle, and causal.

I am that vivifying power, love, radiant illumination, and Divine grace of universal intelligence. We pray for the Divine light to illumine our minds.

## Meaning of the Gayatri Mantra

Part of a Sanskrit scripture, the Rig-Veda

- Aum/Om: Absolute reality. The primeval sound That which encompasses the three states of waking, dreaming, deep sleep, represented by AUM, the three levels of gross, subtle, causal, the three levels of conscious, unconscious, subconscious, and the three universal processes of coming, being, and going. Absolute silence beyond the three levels is the silence after AUM.
- Bhur: The physical world, physical realm or plane; earth.
- Bhuvah: The mental world, destroyer of sufferings, the subtle or astral plane.
- Suvah: The higher celestial plane or spiritual world.
- Thath: That; God; transcendental Paramatma, the essential essence.
- Savithur: Brighter than the sun's light, creator, preserver, embodiment of happiness, luminous inner power of spiritual light; this brings one to self-realisation.
- Varenyam: We make the centre of our attention 'The Divine'
- Bhargo: Destroyer of obstacles to enable the transformation of our consciousness (the state that follows is perfect satisfaction and unbroken bliss)
- Devasya: Resplendent, shining Divine, Supreme Lord

These first nine words describe the glory of God or as any other name known

- Dheemahi: We meditate upon the Absolute (the source of Sat Chit Ananda)
- Dhiyo: Who, the intellect, understanding our being of intelligence,
- Yo: May this light
- Nah: Our, who, which
- Prachodayath: Direct and Enlighten, guide, inspire

'Dhiyo yo na prachodayat' is a prayer to your own concept of God



## Gayatri Mantra Sanskrit

ॐ भूर्भुवः स्वः  
तत्सवितुर्वरेण्यं  
भर्गो देवस्य धीमहि  
धियो योनः प्रचोदयात् ।

O Thou Who givest sustenance  
to the universe,  
From Whom all things proceed,

To Whom all things return,  
Unveil to us the face of true

Spiritual Sun,  
Hidden by a disc of golden Light

That we may know the Truth,  
And do our whole duty

As we journey to Thy sacred feet.

## Gayatri Mantra Lyrics

Om Bhur Bhuvaha Svaha  
Tat savitur varenyam  
Bhargo devasya dhimahi  
Dhiyo yonah prachodayat

## English Pronunciation

Om Bhoor Boo-va-ha Swa-ha  
Tat sa-vee-to var-e-eee-ne-um  
Bar-go day-vas-yarr-dee-mar-he  
De-yor-yor-na pracho-o dy-arr

## Mantra 6. Sita-Ram (Sri Ram, Jai Ram, Jai Jai Ram)

Sri Ram Jai Ram  
Jai Jai Ram

Sita Ram Sita Ram  
Sita Ram Sita Ram



### Definition:

Sita Rama is the Name of the ultimate reality. That which descends in Human form too as Lord; is all capable. The name of Lord is best suited in present day for Meditation as when you say 'car' immediately a car comes to your mind; this is the law of attraction. The form of anything is easily reached by its name. When you repeat the Name of Lord it cleanses your heart. As a detergent cleanses a dirty utensil full of oil and when clean the ultimate reality shines forth in your pure Mind. Our common truth is that everyone desires happiness but we have got lost in our search to know what true happiness is.

This happiness can be reached by embracing and celebrating the Name of God. Chanting the name of God is practiced in every religion. Christians chant Ave Maria; Muslims chant La ilaha and Hindus chant Sita-Ram.

Sita and Rama are the queen and king of the universe, the earth and the sky, the individual reflection of the One and the One itself, the dual aspects of our one Spirit.

Sita (devotion) is the principal female character in the epic Ramayana. She is the consort of the Hindu God Rama and is an avatar of Lakshmi, goddess of wealth and wife of Vishnu. She is esteemed as a standard-setter for wifely and womanly virtues for all Hindu women. Sita is known for her dedication, self-sacrifice, courage and purity.

Ram (spiritual knowledge) is an incarnation of Vishnu, hero of the Ramayana. Sita, his queen, is also an avataric incarnation (in Hinduism, God incarnates as divine couples, Ram and Sita, Shiva and Parvati, Krishna and Radha, etc...). Sri Krishna incarnates as Lord Ramachandra and plays the part of the perfect ruler, the record of which forms the epic Ramayana.

Sri Ram is the invocation to divinely beautiful Ram who is a manifestation of God – the Divine – the impersonal creator. Simply put 'I invite God into my life'

Jai Ram means praise hail, victory, all glories or hallelujah to God – the Divine – the impersonal creator. Jai Jai Ram has the same meaning as 'namaha' it signifies surrender of the ego.



## Mantra 7. Om Namah Shivaya

**Om Namah Shivaya**

**Om Namah Shivaya**

Phonetically: Om Naa- Mah She Vai- Ya.

It starts with the auspicious sound 'OM' or 'Aum' and Namah means to bow, so the mantra means 'I bow to Shiva' embrace the mantra to awaken to 'I am Shiva or the highest consciousness'. It is used in Shiva worship throughout the world.

The sound 'Om' or 'Aum' is the sound of creation the yogi hears just before he dissolves his consciousness into the infinite current, or the 'absolute'.

To Shaivites, Shiva is the absolute unmoving male principle of the absolute God, and Parvati, or Shakti, is the moving feminine absolute principle. When they join together there is oneness of the relative and absolute.

The practitioner or yogi, who experiences this union of Shiva and Shakti, experiences bliss consciousness, which is the intention of the mantra.

Om Namah Shivaya

ॐ नमः शिवाय

Om Namah Shivaya (Panchakshara Mantra, five syllables) is a most potent and popular mantra, which is at the heart of the Vedas and Tantra, and is widely used in this and other variations in the Himalayan tradition, as well as by others. While there are other descriptions of the mantra, the following focuses on meanings for mantra meditation leading to Self-Realisation.

OM/AUM: The three parts of Om (A-U-M) encompass the three states of waking, dreaming, deep sleep, the three levels of gross, subtle, causal, and the three levels of conscious, unconscious, subconscious, as well as the three universal processes of coming, being, and going. Absolute silence beyond the three levels is the silence after AUM. It also refers to Tripura, the one who lives in the 'three cities' as in Mahamrityunjaya Mantra, as well as the light referred to in Gayatri Mantra.

Namah/Namaha: Adoration, homage, respect. Nothing is mine (as an individual person); everything is thine (as the Absolute Reality). The three levels of Om, the three worlds of gross, subtle, and causal, along with the three states of waking, dreaming, and deep sleep states of consciousness, as well as the three levels of conscious, unconscious, and subconscious themselves are 'not mine' as the true properties of who I really am. Truly, 'nothing is mine.' Rather, everything, all of these triads is 'thine' or the 'other' as the Absolute Reality.

Shivaya/Shiva: That Absolute Reality that is the ground out of which the others emerge. It is that 'ink,' so to speak, that is not separate from the many forms which may appear to manifest or be created from that ink. In the Realisation of this, one comes to see that he or she is one and the same with the Absolute Reality. The Mahavakyas, the great utterances, are seen to be true. Shiva (the static or ground) and Shakti (the active or creative) are seen to be one and the same. She (Shakti), while one with Shiva is realised in direct experience as the one in the three worlds (Tripura) outlined in Om.

The Five Sacred Syllables: The Om Namah Shivaya mantra has five syllables: na-mah-shi-va-ya (sometimes called six syllable mantra by including Om). Thus, Om Namah Shivaya mantra is called five-syllable mantra, or Panchakshara Mantra (panch means five). Among other things, these five represent the five elements of earth, water, fire, air, and space. Thus, the Om Namah Shivaya mantra leads awareness in the reverse order from manifestation back to the source from which manifestation arose.

Shiva is the lord of ascetics and recluses. He is part of the Hindu Trinity. Brahma and Vishnu, the other two parts, are associated with creation and preservation, respectively. Shiva, the Cosmic Dancer, presides over the destructive energies, which break up the universe at the end of each age. This is the process of the old making way for the new. In a more personal sense, it is Shiva's energy by which one's lower nature is destroyed, making way for positive growth.

Lord Shiva is the pure, changeless, attribute-less, all pervading transcendental consciousness.





## Mantra 8. Ek Ong Kar Sat Nam, Siri Whahe Guru

Ek Ong Kar, Sat Nam, Siri Whahe Guru  
Ek Ong Kar, Sat Nam, Siri Whahe Guru  
Ek Ong Kar, Sat Nam, Siri Whahe Guru

Hare Hare Whahe Guru  
Hare Hare Whahe Guru  
Hare Hare Whahe Guru



### Translation:

There is only one Creator, the creator of this creation, Truth is His Name, Great and blissful is His Ultimate Wisdom.

More Information: This mantra is a very powerful one if your purpose is to awaken the Kundalini Shakti energy that lies asleep in your Muladhara Chakra. It fills the mind with ecstasy and bliss and awakens powerful vibrations within body and mind.

This is the Adi Shakti Mantra, and it is very powerful for awakening Kundalini and suspending the mind in bliss. The Creator and the Creation are One. This is our True Identity. The ecstasy of the experience of this wisdom is beyond all words and brings indescribable bliss.

**Ek:** One, the essence of all  
**Ong:** This is the primal vibration from which all creativity flows  
**Kar:** Creation  
**Sat:** Truth  
**Nam:** Means to call upon, the name or identify with  
**Siri:** Great  
**Wha:** Ecstasy  
**Guru:** Wisdom

Taken together it means, "There is one Creator whose name is Truth. Great is the ecstasy of that Supreme Wisdom"!

Sat means the Truth; Nam means to call upon, name or identify with.

Sat Nam means Truth is my identity and I call upon the eternal Truth that resides in all of us. Chanting this mantra awakens the Soul, and more simply means "really".

## Mantra 9. Brahma Nandam

### THE SECRET MANTRA FROM GURU GITA

Faith is very essential to express Divinity. Where there is Faith, there is Love. Where there is Love there is Peace. Where there is Peace there is Truth. Where there is Truth there is Divinity. In the final verse of the Guru Gita Lord Shiva says to Parvati that he will tell her a Secret Mantra. Parvati becomes very alert and wonders which Mantra she will learn. With this Mantra one can cross the ocean, the world and get liberated. This Mantra quickly gives success in life.

What is this Mantra? It is GURU. This word is a Mantra. This beautiful Mantra is given in the concluding verse of GURU GITA. It emphasises that Guru is God.

#### Word by word meaning:

1. Brahmanandam: (He who is the source of) the eternal bliss. Brahma is derived from the -
2. Parama sukhadam: (The source of) supreme happiness
3. kevalam jnana murtim: Total personification of wisdom (Advaita darshanam jnanam means experience of non-duality is true wisdom.
4. dvandvateetam: (Who is) beyond the dualities of this material world such as happiness and sorrow, good and bad, merit and demerit etc.)
5. gagana sadrusham: (Who is) as infinite as sky (formless)
6. tatvamasyadi lakshyam: Whose attention is always on the Divine (who is the sole aspiration and goal of life)
7. ekam: Guru is one (who is unique)
8. nityam: Eternal
9. vimalam: Pure
10. achalam: Stead
11. sarva dheer saakshi bhuutam: Witness (saakshi) in consciousness (dhee) in all beings (sarva bhuutam) (Who sees with the eyes of wisdom)
12. bhaavaateetam: Who is beyond emotions and thoughts
13. triguna rahitam: Beyond the three gunas (binding aspects of our nature) sattva, rajas and tamo guna.
14. sadgurum tam namaami: I salute (namaami) to that (tam) Sadguru (Great Master)

"I salute to that Sat-Guru who is the source of eternal bliss and Supreme happiness,  
Who has true wisdom  
Who is beyond the dualities  
Who is infinite  
Eternal, pure, steady and who sees with the eyes of wisdom  
Who is beyond thoughts and beyond three gunas".

### Another Translation

Salutations to the inner Guru,  
The inner guiding light,  
Who is the embodiment of pure delight,  
Who is the giver of supreme happiness,  
Who is beyond the dualities of this material world;  
Who is as infinite as the sky.  
Who is the sole aspiration and goal of life;  
Who is unique, eternal, pure, unwavering,  
Who sees with the eyes of wisdom;  
Who is beyond emotions and beyond the three gunas  
(binding aspects of our nature):  
Sattva (bliss), Rajas (animal instinct) and Tamas (lethargy).  
  
I bow to that inner Guru.

## Track 10. Long Time Sun

Complete Blessing:

*May the Long Time Sun Shine Upon You,  
All Love Surround You,  
And the Pure Light Within You,  
Guide Your Way On*

More Information: This song is an old Irish blessing that was popularised in the United States in the sixties by the Incredible String Band. When Yogi Bhanan first heard this song he felt inspired to have people sing it at the end of each of his Kundalini Yoga classes.

Now there are thousands of teachers worldwide who teach this sacred science as given by Yogi Bhanan and at the end of each class this song is sung, along with three repetitions of Sat Nam. This blessing is dedicated to all those who remember the power of prayer and to all those who may find hope in hopelessness.

### SAT NAM is sung at the end 3 times

This is the Seed Mantra and it is the most widely used in the practice of Kundalini Yoga. Sat means the Truth; Nam means to call upon, name or identify with.

Sat Nam means Truth is my identity and I call upon the eternal Truth that resides in all of us. Chanting this mantra awakens the Soul, and more simply means "really".

### Sat Nam Definition

Sat Nam is a mantra commonly used in Kundalini Yoga and amongst its practitioners. It is frequently repeated three times at the end of a yoga session. But what is the importance of Sat Nam, what does it mean?

The following interpretations for Sat Nam via Kundalini Yoga instructors:

- Truth is my identity
- My identity is Truth
- My True Self
- Truth is our identity

It has been called the process of naming one's self Truth. It can be used similarly to Namaste, (the Divine in me acknowledges and pays tribute to the Divine in you). Where there is "Truth" there is the Divine.

Being one who likes to get to “Source” info, I decided to do some further research into the nature of Sat Nam. I made an assumption that Sanskrit is a rather root dialect and “Sat Nam” in Sanskrit would provide supplemental information on the nature of Sat Nam.

I found this Sanskrit Dictionary, and looked up the words, Sat and Nam.

Sat:

1. being
2. real
3. that which really exists
4. the real existent truth

I’ve seen it written that Sat means Be, or more appropriately Be-ness. Which would be the essence of being. (HPB’s Secret Doctrine) I suspect some careful analysis would find an interesting correlation between Be-ness and emptiness. (For those of Buddhist faith)

Nam:

1. To bow
2. To submit or subject oneself

And so one is bowing to Truth, to Be-ness the essence of being.

And the active interpretation of Sat Nam emerges.

## Sacred Mantra Experiences

### What happened at a Sacred Mantra Group Event

"Thank you for a wonderfully uplifting evening Robert. We all very much enjoyed the vibrant energy activated by the Satsang. Looking forward to the next event." *Aloha - Lin Lovel - Spiritual Teacher Plymouth*

"Thankyou Thankyou Thankyou.....it was a lovely time and a pleasure to finally meet you at Lin's tonight" - *Gina*

### How to Feel Blissed Out without taking Drugs or Drinking Alcohol!!!

"The feeling after singing two mantras is just like when you have had a few drinks and feel lovely and light headed - wow this is great feeling high without feeling drunk and its FREE!!!" *Jane and Donna Plymouth*

### Freedom from the Conditioned Self - from the Egoic Personality

"My mind feels like an empty space - there is no thinking there - this is really great to feel so much freedom." *Max*

### What happens in an individual one-to-one Sacred Mantra Session

"Hi Robert. I just want to thank you for the wonderful day. I now feel really really good! I am sorry if I talked too much but I ended up really enjoying the Satsang mantras and your help in getting me there. For the first time I let my guard down that I have been keeping up for a long time. The feeling I experienced was like a beautiful nothingness but knowing that there is something there. Thank you for that. But enough talk as it is just good to feel the peace." *Ana Portugal*

### Returning to your True Self

"Wow it is amazing it feels just like going home! I can't believe where the last two hours have gone!" *Sally Yoga Teacher*





# New Awakening Reiki Universal Life Energy



## Reiki Healing Second Degree

Physical/Emotional/Mind & Distant Healing

**Robert Bourne**

## Reiki Healing Second Degree

### Reiki Second Degree will Expand Your Consciousness

The major teaching in the Reiki Second Degree is healing. Simply put, it means you act as the generator to send Reiki healing anywhere in the universe, simply by your intention to do so. With the Reiki Second Degree initiation contact with other realities begins. The healer learns to access the universal consciousness of this world and other worlds for information and help in healing. The Reiki Second Degree healer moves beyond the limits of his or her body. If the Reiki First Degree changes your life then the Reiki Second Degree changes who the healer is in relation to the world. Everyone is stretched by Reiki Second Degree and everyone grows.

Everything in the universe is composed of energy. When you receive your attunements it is like plugging directly into the universal current. The source within you is in direct contact with the universal source that has no limits. This is how you can access your timeline, perform healing sessions and give and receive attunements.

There are no barriers to what this energy can do because it is the emotional expression of Divine Unconditional Love. We are the ones to put barriers on the energy by our thoughts. I compare this to a light switch. When you turn on the switch the (Reiki) light turns on. When you turn off the switch the (Reiki) light goes off. Although Reiki is always there you have just closed the window to it. Just because the switch is off doesn't mean that there is no electricity there. It is not being used at that time but it is always ready at the flick of a switch. It is the same with Reiki energy. You can think 'Reiki on' and it is there every time and when you wish it off it stops flowing. Try it!

### The New Awakening Spiritual Process contains Spiritual Attunements

The Awakening Process has been designed and created from Divine spiritual guidance. I understand that if the student has not opened themselves spiritually at the foundation awakening energy stages of their development, they will be unable to progress to the next awakening stage. This is true even if they have previously undertaken the assumed required training. The truth is that you are one with the Divine, although you may be blocked off from this direct connection by the illusionary beliefs you hold within your soul-mind body. This process gently guides you to unlock this beautiful birthright connection to enable your life to flourish into the amazing person you really are. It is for this reason I have released the formula to unlock this mystical Divine connection directly for you. Through following the attunement initiation you will receive, you will discover how to reconnect yourself to that which is hidden within you. Yes, you do it to yourself; I am just your guide. Beware of anyone who tells you that this is not possible. The very idea is charged with illusion, power and control.

Through releasing the secret to the attunement process I have gone against the need to have another perform the ceremony for you. I have broken the tradition which has been passed down over many years. The reason for doing this is two fold. Over several years the True-Self awareness has guided me to release this method of self spiritual attunement to anyone who wishes to experience it. The other reason is that the time is now right for

as many people as possible to awaken their spiritual bodies. For many lifetimes I have taught these teachings in the traditional way; now is the culmination of my soul's mission to share this directly with you in a new direct way to assist in mankind's collective awakening.

All the teachings and stages of development that make up this process have been proven by many students who have verified the tremendous depth of beauty and simplicity of the whole process. You are now in a privileged position to enjoy what others have taken many years to experience by having a direct sharing of the Master's secrets.

### Professionally Approved Core Therapy Courses

Each of the three Reiki courses have been approved and accredited by Embody and the Complimentary Therapist Association as core therapy qualifying courses. The three additional courses Love and Relationships, The Excellent You (Creating Abundance) and The Gateway to Enlightenment have been accredited as personal development courses. Each of the six courses all qualify for continuous professional development (CPD). You will receive a CPD letter of training with each course module in the multimedia download.

Also in the download you will find audio teachings for all modules. When the CDs are listened to repeatedly, they have a transformative effect upon the consciousness of the listener. The 'Ah Ha' moments just keep coming over and over again. What could not be understood through reading alone becomes an enlightenment experience as the change in consciousness occurs at the soul level of awareness within you.

When a spiritual foundation and pathway has been established in the energy chakra system and soul of the student the next doorway can then open; this awakening automatically happens with the New Awakening training. All life experiences will then be met at the soul level with healing, transforming into love and balance. To achieve the beautiful experience of personal enlightenment we have discovered that the following foundation spiritual gates, when opened within you, provide a gentle soul transition for this beautiful experience to occur.

### First Spiritual Opening

This is the attunement to Reiki Universal Life Healing Energy as experienced in Reiki First Degree. This opens the heart chakra and the individual begins their spiritual journey; they are on the pathway to direct enlightenment. It is advisable to study the Reiki course manual and follow the exercises contained on the Tutorial CDs. The home study of the New Awakening companion courses; The Excellent You, Meditation for Mindfulness, Creating Abundance and Love and Relationships are now introduced to you to assist your spiritual learning experience.

### Second and Third Spiritual Openings

This is the attunement and awakening to the energy of the present, the power symbol Cho-Ku-Rei for physical healing with its complementary emotional symbol of Love, Sei-Hei-Ki. The second and third spiritual openings are experienced within part one of this Reiki Second Degree course together with the free video for the Reiki Second Degree self-

attunements. These two symbols form the base two parts of a triangle and when opened allow the soul to soul connection to occur in a more powerful way through the crown chakra as described in stage three. The base chakra is grounded with the power symbol Cho-Ku-Rei as it brings Divinity into 'the present' the material expression of daily life. The heart chakra, the cross-roads of the lower and higher self, is directly connected to Unconditional Love through the emotional symbol Sei-Hei-Ki, providing greater love and compassion to be experienced.

### Fourth Spiritual Opening

This is the attunement to the distant healing symbol Hon-Sha-Ze-Sho-Nen. This happens through the brow chakra directly through the Divine Heart chakra. 'The divinity in me meets the divinity in you'. This enables the Divine spiritual healing experience directly from soul to soul to occur. This explains the awareness of white light with the out of body experience reported by many of our students. This fourth spiritual opening is experienced within the Reiki Second Degree course manual and through following the guidance contained on the tutorial CDs. The Gateway to Enlightenment is now studied to bring understanding about the spiritual Laws of existence.

### Fifth Opening

When the spiritual openings one to four have been established the heart chakra of the student can now fully open, radiating Unconditional Love for all of mankind. This self attunement completes the journey of the soul by ascending to the crown chakra. The heart chakra compassionately radiates the Reiki Master Energy, the soul transcends to the crown for transformation with the higher self moving down from the crown to reside in the third eye. Healing and Wisdom now combine, being expressed as the Unconditional Love of the Source of creation. This is the stage of mysticism, of becoming. Life becomes the experience of bliss, wisdom and oneness with all existence. The individual moves beyond religion, race, national prejudice, written teachings or dogma. It is at this stage that the Reiki Master Teacher is born and the Gateway to Enlightenment module is fully understood through direct experience. After completing this process you will find True-Self Awakening as taught in the Gentle Touch Practice very easy to achieve.

### Training Method for the New Awakening Reiki Courses

The Universal Life Healing Energy 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 orally in the West. 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 training method has addressed this problem by providing the student with fully comprehensive multimedia learning material, thereby negating the necessity to take notes. This enables the Reiki student to fully enter into the energy

## Reiki Healing Second Degree

experiences contained within the manuals and follow the tutorial guides experienced on the interactive CDs in a relaxed confident state.

New Awakening teaches the same three stages; Reiki First Degree, Reiki Second Degree, Reiki Master/Reiki Master Teacher, but with each degree consisting of two parts, the first part is the professional home study multimedia course learning material which consists of this manual and tutorial CDs. The second part is the Self Attunement.



## Home Study Plan of Action

### How to Study this Multimedia Course Material

#### Preparation

Read this manual all the way through quickly to get the idea of what you are going to learn. Listen to the tutorial CDs (*Optional*). Prepare your 21 day journal. Continue in your Reiki First Degree journal. Start day one of your journal when you receive your attunement to Reiki Second Degree healing; when you use the Attunement VIDEO.

#### Practice – Remember to record everything in your journal

1. Attune yourself to Reiki Second Degree Healing using the Video, found in the multimedia download
2. Practice drawing the symbol for physical healing until you know it by heart. Awaken the Physical healing energy of Cho-Ku-Rei using the chanting method.
3. Allow three days to pass before learning the Emotional Symbol.
4. Practice drawing the symbol for emotional healing until you know it by heart. Awaken the Emotional healing energy of Sei-Hei-Ki using the chanting method.
5. Allow three days to pass before learning The Distant Symbol.
6. Practice drawing the symbol for Distant healing until you know it by heart. Awaken the Distant healing energy of Hon-Sha-Ze-Sho-Nen using the chanting method.
7. Allow three days to pass before learning advanced healing techniques.
8. Practice Chakra Balancing.
9. Practice Beaming.
10. Practice Distant Healing exercise.

#### My gift to you is a spiritual resource for the world

I have provided part two of your course in your multimedia download which is the Attunement. In your download I have also supplied three tutorial Videos which show you how to give Reiki Healing treatments on a couch, on a chair and how to scan the aura.

## How to use the Reiki Second Degree Distant Attunement Video

1. Watch the VIDEO all the way through on your own, in a place where you won't be interrupted, to get the gist of what is going to happen. Unplug the phone, etc.
2. To feel a deeper experience continue by relaxing your state of mind by doing the Breathing Meditation. This will prepare you to attune yourself more effectively.
3. Start your Reiki Healing and then start chanting Dai-Ko-Myo to invoke the Master's energy, as it is this energy that is used to transfer the spiritual attunements.
4. Then replay the Video again from the beginning, this time taking 3 deep breaths, centring your awareness in your sacral chakra, moving your energy down from your mind. Relax and close your eyes. Now imagine that it is you sitting in the chair receiving the attunement.
5. When instructions are given, this is when I will now be talking to you and guiding you through the attunement. Following the sequence you can either do the instructed actions physically or see yourself doing them in your imagination.

*"Reading this book together with listening to the sound of my voice on the CD sets will enable a Divine inner shift of consciousness to occur within you. I wish you tremendous happiness in every area of your life. May the mystic law help you create the life of your dreams as you become a blessing to mankind." Robert Bourne*



## The Second Degree Fundamentals

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.

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 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 reconnect 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 is a transformational device; 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 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. 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.

## Two Professional Reiki Precepts

### The First Precept: Request for permission before giving healing

The first precept in Reiki must be that the client asks in some way for the healing to take place. What they are actually doing is putting out to the universe that they wish to change their present state of existence and in this way they are making a conscious decision for their life to be healed in some way. Healing must begin with the desire to be healed.

Sometimes a relative or friend can ask you to send healing to someone they care about. In this situation ask them: "Has your friend requested their desire for healing?" If the individual can reassure you that they have had permission from their loved one to receive Reiki healing, go ahead and direct Reiki through your hands or via distant healing. The exception to this precept would be if the client or receiver was in such a state where they were unable to ask for help i.e. in a coma or having an illness that makes it impossible for them to communicate. You are now using unconditional compassion and the Reiki will either be received or will go to whoever needs it for the highest good, probably the person who asked you in the first place. The point is that you are not the one running around making judgements about who needs healing because of your need to be 'a healer'.

In all cases it is always appropriate and respectful to ask permission before starting a healing session. I would like to give a real example that illustrates the importance of respecting another's free will to choose.

My daughter-in-law suffered with severe back problems and in my over anxious passion for her wellness I consciously and unconsciously repeatedly offered her a healing session. She kept avoiding a direct response and our relationship became strained and difficult. After about one year when I was having lunch with her I had realised that I hadn't respected her choice in this situation and profoundly apologised to her for trying to help her without her request. She replied "Thank you for saying that to me because although I know that you can help I have to walk my own path". After I had apologised and she had acknowledged that I was 'getting out of her life's choice making private space' our relationship returned to its happy exchange.

The deepest spiritual message to this real-life situation is that we are unable to judge from the surface of a person's life what the correct action to take is. In this example a spiritual learning was being experienced by my daughter-in-law through having her persistent back pain.

In reality it would have not been compassionate of me to send Reiki healing, even if a physical cure could be achieved, because her illness was serving as a spiritual teaching for her soul and most importantly her evolution. Please remember every person is a unique individual.

### The Second Precept: Balance requires an exchange of energy

It is accepted that there must be some kind of energy exchange for the services of the Reiki Practitioner. He or she has spent time and resources on their training which is to be

valued. However, Reiki healing energy belongs to no-one and is free to all, so it is acceptable if this is in the form of an exchange of services or money. It may be helpful to think of it as payment for the Practitioner's time not for the Reiki itself.

Both individuals benefit from the universal law of 'receiving is giving and giving is receiving'; the circle of life. In the oneness of life, giving and receiving are the same energy therefore if you wish to receive you will have to start by giving. (You will learn more about this subject in the Divine Wisdom course 'The Gateway to Enlightenment').

It is also extremely important for you to respect your own life. Ask yourself this question: 'How much am I worth?' If you had a professional job how much would you be paid annually? The universe wants to support your life but if you deny and block this you end up suffering, unable to support your life financially and then you become of little value to others, which was your intention in the first place when you became a Reiki healer.

Reiki practitioners who offer healing services on a professional basis do establish a fee. The fee sets a value for the service. Health and wholeness is of great value and when a person gives something, or does something in exchange for receiving a healing treatment, they express their commitment to wellness. Value yourself first!!!

**Second Degree Reiki as originally taught by Dr. Usui. The Second Degree Reiki's objective is twofold:**

1. To strengthen your ability as a channel; this reinforces your connection to the Source, allowing you to grow spiritually.
2. Developing your intuition through awareness of the Reiki's three different distinctive healing energy qualities: the physical, the emotional and the level of mind. The mind consists of past, future and present stored experience and all time space existences. At this level of development Dr. Usui would have introduced spiritual teachings, specifically meditations upon the Lotus Sutra given that he was a Tendai Buddhist monk.

I soon discovered, when receiving my Master's training, that these spiritual teachings have not been taught in the Western Reiki methodology. Having a deep knowledge of Buddhism I was fortunate to understand what was missing in the Reiki curriculum and consequently have written an additional course of study called 'The Gateway to Enlightenment' which teaches a wisdom philosophy that includes Dr. Usui's understanding of the Lotus Sutra. The course teachings also include a scientific explanation of this quantum mechanical universe which draws a parallel with the ancient mystical teaching of the Lotus Sutra.

I regard this course as a must to create a foundation for personal Enlightenment as it cultivates Reiki Master's Divine Wisdom as taught by New Awakening. I have discovered that the combination of the Lotus Sutra's practice and the beautiful compassionate energy of Reiki accelerate an individual's personal growth and spiritual development. Studying this will help you develop a deeper understanding of the three spiritual bodies as taught on this Second Degree Reiki healing course.

When you fully experience the three Reiki energies in relation to the three spiritual bodies you will prepare your heart chakra to fully open when you receive your Reiki Master Attunement. Many people attend their Reiki Master's course without ever experiencing the opening of the heart chakra fully; this is because they have not received a solid spiritual foundation for their personal development. I congratulate you on choosing this course of study and I promise you that you will be provided with a solid spiritual foundation that will serve you well in all areas of your life.

Dr. Usui would have taught his students the three different energies one by one over a period of time. The student would meditate and chant the mantra of the energy until they became one with it before moving on to experience another energy; they did this until they had completely mastered all three energies.

The New Awakening method will give you a direct experience of all three different energies taught at Reiki Second Degree level. On this home study course three days are allocated to each one of the three Reiki energies. This allows sufficient time for you to fully experience and become one with each energy; you will have a direct spiritual experience of the energy, as intended by Dr. Usui.

When you experience something directly for yourself it becomes part of your soul memory. Having had this experience it acts as a resource within your soul. When you need to use the specific healing energy again for the benefit of yourself and others it will automatically become available. What we have noticed is that the energy pathways have been spiritually connected within our students and that when someone has a specific need, the healing energy is automatically released without conscious thought about having a formal healing session. There is a direct soul to soul connection between two people with the heart chakra compassionately connecting you through Divine spirit for the highest good of all who you meet.

You will discover that you will experience a direct knowing as to what energy the client will need in a Reiki healing treatment session. This will allow you to enjoy the healing session as you now experience a stronger Divine connection which will provide you with greater confidence as you will be more competent in your healing ability; you will truly become a professional healer.

I would like to introduce to you the three Reiki energies with their symbols, mantras, and their names, which you will chant to activate and evoke the spiritual energies. There is a separate chapter on each of the three energies; the physical, the emotional and the level of mind. The mind consists of past, future and present stored experience, containing all time space experiences and life existences.

### Memorise the Symbols

You should memorise the symbols, which may take some time. I suggest that you draw them on paper to fix in your mind what they look like and then practice drawing them in the air. There are many different versions of the way the symbols are drawn so I do not put too much emphasis on copying them exactly as I have presented them, with the exception of the Reiki Master's symbol.

## Reiki Healing Second Degree

It is the purity of your intention and the invocation of their consciousness that actually activates the universe to open and manifest their presence. So if it is your intention to use any of the symbols and you suddenly go blank, do not panic. Just state your intention and the name of the symbol, if you remember it. If not, state what the symbol does and the Source will take care of the rest.

Remember that you and the Source, the Divine are always working together, so if you forget something, trust, stand aside and allow the Divine to take over.



## Summary of the Three Reiki Symbols

Please have a look at this overview first before going into greater detail about the three different energies contained in the following three chapters.

### Cho-Ku-Rei



- Power and strength, Physical body healing, Focuses the energy in one place
- The Light Switch the Reiki opener and the Reiki closer
- Put the Power of the Universe in this one place
- Direction of Spirit – like a laser beam

### Sei-Hei-Ki



- Emotional and subconscious healing
- Opens and brings Love into the heart chakra
- Cleansing and purifying
- Links the Conscious to the Unconscious
- The energy flows through the Channel with Spirit and Peace
- The Divine (Unconditional Love) and Humanity become One

Hon-Sha-Ze-Sho-Nen



- No Past, No Future, No Present - Timeless
- Past-future mind memory consciousness
- Transmits Reiki across Time and Space into the past and the future
- The Light finds the right path in Time and Space
- 'The Buddha in me reaches out to the Buddha in you to promote Enlightenment and Peace'

## A Background to the 'New Awakening Reiki System'

The traditional recommended meditations and energy exercises for learning how to use the Reiki symbols are very complicated and difficult to understand. In fact as the traditional spiritual teachings had been omitted from the Western teaching method of Reiki, when they were transferred in 1938 from the naval doctor Hayashi to Mrs Takata, it could be fair to say that whatever spiritual interpretation is now being presented is just a good guess; something to fill the spiritual void. This situation accounts for the many different teaching deviations to Reiki that are now available in the West.

Anyone who has looked at what is said to be the traditional Japanese methods of learning the three Reiki symbols, soon discovers that they require a long time to establish an understanding and learning of the three different Reiki energies.

After completing my Second Degree Reiki training with a very thoughtful, considerate and compassionate Reiki Master, Veronica Friend, I quickly realised that when I used the different symbols the Reiki energy just followed my intention and the symbol did not appear to make much difference to the Reiki quality.

What I thought I wanted in the healing situation brought about a healing result; it worked every time. This is because the part is contained within the whole like a hologram; Reiki is complete in itself. However the Second Degree healing was now more powerful and targeted than just using Reiki on its own without intention as taught at the Reiki First Degree level. Something still appeared to be missing? Using the Second Degree symbols I was now also able to send Reiki healing long distance using the advanced techniques that I had been taught.

Since my Second Degree training I have spoken to many other Reiki healers who have also agreed that there appears to be something missing in the way the symbols are being explained and the way in which they are being used. Everyone agreed that the symbols worked, although many Reiki healers were not bothering to use them very often unless they were sending healing long distances.

Having learnt what I am about to teach you I can only conclude that the Reiki worked using its different mantras because of the attunement to the Reiki energy plus the main additional ingredient of the Reiki practitioner now using their intention. This also confirms that Reiki will follow your intention.

My reason for studying Reiki was very different from most people and this reason is important to explain to provide you with a background of my relationship to Reiki healing. I had been guided to study Reiki Healing as the method to provide a spiritual connection that is available for everyone to enable them to awaken to their inner divinity, irrespective of their spiritual or religious background, if any. Reiki is the aspect of Unconditional Love that is Angelic in nature, a link between the full power of the Divine and the heart of all humanity.

Once the Reiki attunement has been given, the individual has the ability to comfort and heal themselves as they evolve on their spiritual journey of awakening. I am sure you will agree that once you have received your attunement to Reiki you very soon start

experiencing personal growth. A change in awareness starts taking place on the inner self as you experience personal growth. As Reiki does not change your mind you begin to experience the pain of your illusions stored within your soul body. The experience of daily life with all its relationships starts to take on new meaning. Having now learnt how to heal yourself your Reiki has new meaning in relation to your spiritual journey; it comforts and heals your pain.

I apologise to my Reiki Master Teachers as I was an unorthodox Reiki student who already had the ability to heal, connect with Divine wisdom and open the doorway by lifting the veil to Unconditional Love. It is this inner universal creative source that guided me and inspired me to re-establish the simple truth of what these three energies are in relation to healing and spiritual development.

I took each energy and chanted its mantra for hours at a time until I literally became one with the energy; it manifested in my body as I had a full experience of how it felt. I stayed with the same energy for several months until I could manifest its healing quality at will. It is through the spiritual awakening of each energy within me that has created a pathway in consciousness that now acts as a resource. This allows you to also experience the same awakening as myself. I have some very good news for you. I have found a simple but very effective way for you to achieve the same result in a very short period of time!

## Key Exercise to Awaken the Three Reiki Energies

Take one energy at a time starting with Cho-Ku-Rei. Draw the symbol three times and chant the mantra for as long as you require, enabling you to feel the powerful Reiki energy manifesting in your whole being; until you become one with the energy. You can stop chanting as soon as you can feel the energy in your body - this could be for a period of ten minutes up to one-hour duration. As soon as you are completely happy you are one with the energy, stop chanting, close your eyes and enjoy the experience. Go into it; merge yourself with the feelings and sensations of being one with Cho-Ku-Rei. It is good to deepen your experience with Cho-Ku-Rei by repeating this exercise everyday for at least three days.

The key teaching point to making this experience permanent is by allowing a minimum period of three days before you start working with Sei-Hei-Ki and allow another three days before chanting Hon-Sha-Ze-Sho-Nen. The reason for this is probably obvious but it is important to deepen your relationship with Cho-Ku-Rei before attempting to become one with Sei-Hei-Ki; not to mix the energies. Three days are an important period of time because this will enable your whole being to process the experience making it a learnt permanent memory within your life.

Repeat the above exercise with Sei-Hei-Ki and then with Hon-Sha-Ze-Sho-Nen.

## Physical Healing

CHO-KU-REI (pronounced show-coo-ray) The Power Symbol



**CHO:** Like a sabre, to cut through illusion and self imposed blocks

**KU:** To create wholeness

**REI:** Transcendental energy, spirit, or force, universal energy

Its meaning includes:

- Direction of Spirit: Power, Strength, Physical Energy
- Heaven coming down to earth
- Yang/Male energy expresses - manifesting into the physical realm
- A respectful command: "Put the power of the universe here!"
- The Diamond: The Universal Deities promise to protect those who use the energy of the Healing Reiki vibration no matter where they are.

This is the Power symbol; it is what I call the light switch or opener. It is the first Reiki symbol to learn and use. This symbol is used first and often last in treatments as its function opens and seals in. It works as an invocation to the benevolent forces of the Universe. It is the activator. It increases our ability to access Reiki energy. It focuses Reiki energy in one place. Many Reiki practitioners draw Cho-Ku-Rei symbols in their palms, hand chakras, before starting a healing session to turn on the energy. In actuality, their

intent to use Reiki turns on the energy and the drawing or chanting of the symbol's name is but a physical and mental action to reinforce that intention.

**Remember this Key learning fact: INTENTION IS ALL!!!**

Cho-Ku-Rei increases the energy level to any work you are doing. By visualising, by repeatedly chanting Cho-Ku-Rei, your ability to access Reiki energy is increased many times. The power symbol brings in energy, knowledge, spiritual help and rewards from the perfect core of all existence.

### Some Uses of Cho-Ku-Rei

- Cho-Ku-Rei increases the flow of Reiki energy when you do a healing treatment.
- At the end of a healing treatment, you can use Cho-Ku-Rei over the solar plexus of the person, to seal and complete. It is said to create a golden energy around a person, to help the Reiki stay with them prolonging the benefits of the treatment.
- You can draw Cho-Ku-Rei just in front of your body, for empowerment and protection if needed. Cho-Ku-Rei will increase your physical strength and stamina.
- Use Cho-Ku-Rei to protect your loved ones, your friends, your car and anything you value.
- Use Cho-Ku-Rei in dangerous situations (driving in fog, etc.) and against abuse.
- Use Cho-Ku-Rei to charge food. Draw the symbol and then put your hands over the food for a few moments. It blesses, purifies and charges the food with Reiki energy.
- For water, visualise Cho-Ku-Rei as you hold the glass of water.
- Cho-Ku-Rei drawn on each chakra will clear them, energise and empower them.
- Draw Cho-Ku-Rei on the soles of the feet to be more grounded and connected to the earth. This is known as the bubbling spring.
- Use Cho-Ku-Rei to give a blessing to people when you shake their hand or when you give them a hug. At the same time you could also say to yourself "I deeply respect your life" followed by "Namaste". 'The God in me recognises and honours the God in you'.
- Use Cho-Ku-Rei to give a blessing to a house, to food, etc.
- Use Cho-Ku-Rei to bless and protect a room. You can go around each wall, drawing the symbol and saying its name three times. Some people use this formula: "Bless this room with Reiki light" or "I protect this room with Reiki light". This can be done before any meeting is to be held. It transforms any previously impregnated energy of a less positive nature that is residing and resonating from and within the environmental situation, i.e. within the walls of the building, within the land, etc. You are transforming



## Reiki Healing Second Degree

with Divine assistance the negative energy vibration into a new positive energy vibration.

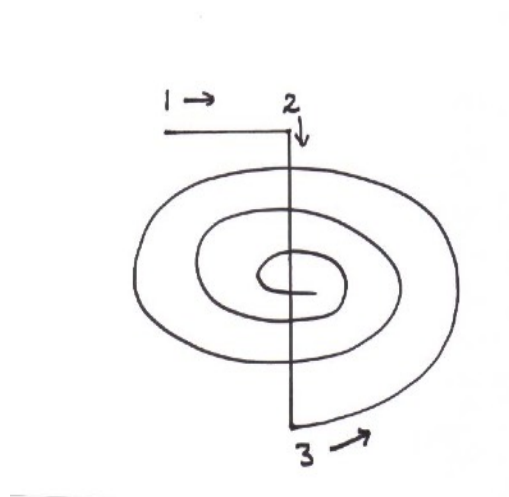
- You can use Cho-Ku-Rei to charge car batteries, computers and other electrical appliances. It often works! Or course when something is worn out it is best to replace it, but it can be helpful in emergencies.

### Chanting CHO-KU-REI (show-coo-ray)

To activate Reiki healing. To open or switch on your Reiki healing just chant Cho-Ku-Rei or place your hands on yourself and ask for Reiki healing.

Please be patient, if you do not notice anything straight away stay with it and within five minutes you will notice a difference; that it is flowing into you. This is because it is a very pure energy and the mind takes time to relax which has been blocking your divine connection.

Cho-Ku-Rei is Reiki manifesting into the now of the physical realm. Place your hands directly on the body for physical healing when you use this symbol.



The whole essence of Reiki is that you can do no harm. More Reiki is better than less. A little Reiki is better than none at all. Reiki does not replace medical treatment, it is complementary. Reiki does not diagnose. It has its own Universal wisdom to re-balance and heal dis-ease in all areas of life.

## Emotional Healing

SEI HEI KI (pronounced say-hay-key) The Emotional Symbol



**SEI:** Embryo state, concealed, hidden, sacred

**HEI KI:** To equalise, to balance whatever needs attention, or has fallen out of emotional balance. Introduce calm energy, peace, spirit.

**MEANING:** The Beloved Universal Consciousness and humanity become one. It symbolises the merging of the Divine emotion of Unconditional Love together with all human emotions. This symbol is the opener for the heart chakra.

Sei-Hei-Ki is the second Reiki symbol and is generally used to heal the emotional body. Whereas Cho-Ku-Rei is strong yang, this energy is soft yin. It is receptive and female in nature; it is a compassionate energy from the source of Unconditional Love. There is a warm rose pink heart chakra soothing quality to how it is experienced. When you chant the mantra to evoke this energy you are calling upon the Unconditional Love from the source of creation.

All physical dis-ease has an emotional counterpart which must be addressed during the healing session. This is where the symbol Sei-Hei-Ki is used. As humans, when we attach feelings to a thought, this creates an emotion. When the emotion is very powerful it overwhelms the conscious mind and can be positive or negative. Since human thoughts

are energy information at various levels of awareness and the Divine Source is a pure energy in an enlightened form, Sei-Hei-Ki has a transformational effect upon the human awareness balancing the two energies together.

The emotions we keep close to us that are buried deep at an unconscious level are usually painful past experienced emotions. Did you ever notice that when you experience joy you live it and when you experience fear you bury it? When you bury, rather than deal with these emotions they fester and grow out of proportion to the hurt that originally caused the pain.

They are being ignored, repressed but are still there; they express themselves seeking release in the body as physical symptoms which we label disease.

For example, say your boss is constantly shouting at you about things you have or have not done. You're afraid to tell your boss what you are really thinking for fear of being unemployed. So you swallow and repress your unspoken response, accepting the abuse that the boss is handing out. It is no wonder that many years later you develop cancer of the throat, ulcers, or any of the other illnesses associated with swallowing and the digestive tract? Your body has become out of balance and is trying to tell you by developing symptoms associated with the events that caused the imbalance.

How often have you been annoyed with yourself when you did not respond to a situation as you thought that you should have? This internal anger miraculously changes to guilt within our psyche. Guilt is poison!

Anger dissipates but guilt can last for ever. If we are guilty we must be punished. What is the most popular way of punishing ourselves? You've got it 'physical disease'! The Sei-Hei-Ki energy will short-circuit this guilt process by bringing forward the emotions connected to the disease process and allowing you to deal with and release them.

### Some Uses of Sei-Hei-Ki (pronounced say-hay-key) Balance, Emotional Protection and Mental Cleansing

- Sei-Hei-Ki heals on the emotional and mental levels of the energy field. (Often the original cause of disorders). It helps to release negative thoughts, attitudes and emotions. It can help in bringing those to the surface; it can then dissolve and transmute them. Sei-Hei-Ki is more powerful with the hands about six inches off the body, directly over the chakras, when giving others emotional healing.
- Sei-Hei-Ki balances and brings into harmony the right and left sides of the brain. To centre yourself into a balanced condition put your hands on each side of your head and chant and or visualise the symbol Sei-Hei-Ki. Do the same for someone else by placing your hands on each side of their head.
- Offer Sei-Hei-Ki on the inner planes when someone is angry, confused etc... Use this on yourself for the same states. Headaches respond especially well when the cause is mental/emotional stress; which is a result of the heart chakra closing.

- Sei-Hei-Ki can be used for emotional protection especially when someone is projecting emotions like anger, etc. onto you. The intention is not to form a barrier but to transform and transmute the negative emotion. Do this with compassion for the person who is projecting negative emotion towards you rather than making a judgement about them.
- Use Sei-Hei-Ki when giving a treatment and you find that there is an emotional issue.
- Emotional protection also works well if you have to speak to a group of people and feel vulnerable. Both Sei-Hei-Ki and Cho-Ku-Rei (which is the symbol for increasing energy) can be used. Draw the symbols all around you. You can also visualise an egg shape made of light all around you. Imagine that you see a spiral of Sei-Hei-Ki surrounding you. Remember that you can create your own way to call up this symbol and its energy that suits your own personality. Charge the invocation with your personal emotional meaning.
- Use Sei-Hei-Ki to improve your memory. For example if you lose your keys you can place your hands on your head and think Sei-Hei-Ki affirming that you will remember where you put them within one minute, then relax your mind, let go of your concern. It is the letting go of your conscious mind, of the emotional anguish that you have created, that enables a greater force, your higher self, to work for you.
- It is good for learning and taking tests etc. To learn well naturally place your hands on yourself during a class or when reading and listening to tapes etc... think and visualise Sei-Hei-Ki frequently when you are doing this. When you are teaching, the same approach can be used with the intention of bringing clarity and understanding for the benefit of your students.
- Relationships: Sei-Hei-Ki is very healing and supporting for all types of relationships; whether personal, friendships business etc...
- The relationship itself is an entity composed of the energy between the two of you. You can send Reiki and Sei-Hei-Ki to that relationship. Reiki cannot be used to manipulate people in any way or form. It can however generate beauty from within your own life which will make you naturally very attractive to other people.
- During an argument or difficult discussion or for emotional mental difficulties imagine Sei-Hei-Ki between you and the other person. The symbol will activate the Divine energy of Unconditional Love bringing that quality of consciousness, charging and transforming the energy flowing between the two of you into a harmonious state of balance.
- You can do the same for two people you know who are having difficulties or for a situation between two countries. Let go of any preconceived ideas about what the outcome should be. Simply offer the symbol and let go and trust in the higher Divine energy. When you use the symbol for situations that are not in the same room start the healing with the long distance symbol of Hon-Sha-Ze-Sho-Nen and then add the Unconditional Love emotional symbol of Sei-Hei-Ki.

- When a relationship does not work what is needed for the highest good of both might in fact be separation. Reiki will always work to bring the most positive outcome to any relationship. In that situation Sei-Hei-Ki will help to do this in a healthy and respectful way. The symbol will help in bringing understanding, healing and of letting go.
- If people have difficulties but are meant to be together Sei-Hei-Ki can bring healing towards them in the way of harmony and personal growth. This creates new understanding creating an even deeper healing. Please understand that you cannot change another person. Two people locked into the same painful negative emotion are usually unable to resolve their conflict because of the very powerful illusionary negative binding energy. Reiki's use of Sei-Hei-Ki is like the sun shining upon ice; a melting occurs, a release is experienced and healing occurs.
- Sei-Hei-Ki can be used to empower affirmations (or new positive ways for considering the world). Write your affirmation on paper and draw Sei-Hei-Ki above the paper. This little ritual can be repeated a few times a day.
- Sei-Hei-Ki can be used over food for purification. Also use it over medicines and supplements to help with purification to reduce any possible drug side effects.
- Sei-Hei-Ki can also be used to help cleanse crystals.
- Another use of Sei-Hei-Ki is to help release an earthbound Spirit (Ghost) stuck on the earth plane because it is possible to send Sei-Hei-Ki to that entity. Also ask Spirit Guides, Angels, Enlightened Spiritual beings or benevolent forces to take the spirit to its spiritual home. In reality the entity is trapped within its negative life condition and becomes earth bound. You are introducing The Beloved Divine Universal Consciousness of Unconditional Love, transforming the entity's life condition. Sending energy long distance through time and space is achieved by using the Reiki long distant symbol Hon-Sha-Ze-Sho-Nen.
- Use Sei-Hei-Ki to clear any negative energy that you feel in a place (a geographical location) that has a bad feeling to it, (then charge the area with Cho-Ku-Rei).
- If someone has had an operation you can use Sei-Hei-Ki to help repair tears in the aura from anaesthetics, pain or fear, also for the possible feeling of being invaded as a result of the operation.
- During a Reiki treatment if the receiver starts to release emotions use Sei-Hei-Ki to support their experience. Visualise it and draw it over the person's body, etc. Invoking the energy of Sei-Hei-Ki focuses the Reiki energy upon the emotional body as this intensifies the healing effect. It helps a person to bring any repressed damaging emotions to the surface and to release them quickly and easily.
- Sei-Hei-Ki can be used to help in changing negative habits and releasing addictions. When there is a craving for food or for a cigarette visualise Sei-Hei-Ki. It might not always disperse the craving but it will help with understanding and their/your emotional nourishment. The pure energy of Reiki will support your efforts towards health and wholeness.

- When you are working on an emotional issue yourself, feel where the emotion is in the body and then visualise Sei-Hei-Ki, projecting it to that place. You might get a release or some insights or an image; a transmutation/transformation usually occurs. Be open and trust the energy. After there is an emotional release, put your hands on the area and visualise Sei-Hei-Ki. Use Cho-Ku-Rei to complete the healing session. It is important to fill the area with light when there has been an emotional release.

### Reiki energy Sei-Hei-Ki is the solution to 'Consciousness Healing'

Reiki is the solution to 'consciousness healing' that so many people have overlooked. Invoking Sei-Hei-Ki focuses the Reiki energy within the emotional body and intensifies its effects. It awakens the Divine within, re-patterns your thought processes, changes the vibration within your energy field and heals the mind/body connection through your subconscious by opening the heart chakra to the energy of Unconditional Love. The symbol also cleanses negative energies, releases any emotional blockages you may have, releases cravings and in turn brings awareness to your behavioural patterns.

Using Sei-Hei-Ki in a healing session often releases these buried emotions bringing them to the surface, allowing you to deal with them by removing the emotional cause of your disease. Once you reconnect with the pain of an old emotion and release it, it evaporates leaving the way clear for the physical body to heal.

Remember you often manifest disease to handle emotions you cannot deal with or have forgotten you had to deal with. Once you have dealt with the negative emotions healing follows. Because you are addressing the emotional body, which is affected by your mental attitudes and your unconscious conditioned belief systems, Sei-Hei-Ki is regarded as the consciousness healing symbol. This is because it works on your unconscious or subconscious body. It is said to hold the essence of enlightenment because the energy of Unconditional Love is the bliss body of the Divine.

The Bliss Unconditional Love energy is channelled automatically from the crown chakra through the heart chakra as Sei-Hei-Ki in a healing session.

The Source, Divine complete energy of Unconditional Love is manifesting into existence as three different energies; Divine Wisdom, Love and Reiki Healing.

When the heart closes the soul energy returns to the mind and solar plexus; you have fallen in consciousness and have become trapped within your lower human self. When this happens you experience pain and suffering with all the negative emotions and negative fearful thoughts that accompany this experience of life. There is a very simple solution, introduce love through your heart chakra using Sei-Hei-Ki. Self healing is very powerful when you use Sei-Hei-Ki to open your heart chakra to feel and experience love once again; feeling peacefully at ease.

It is also very useful for mental disorders, stress and emotional balancing. It assists in letting go of tension and outdated mental/emotional patterns that have become damaging to your life.

Sei-Hei-Ki helps with addictions. It purifies releases and cleanses. Try this for headaches. It helps in bringing harmony by breaking down protective emotional and mental barriers. It brings out the potential for love and harmony between people.

It is good for emotional protection. Negative feelings can cause hurt to you and to others. On the other hand repressing such feelings creates problems for you because a stressful biochemistry affects the internal organs and systems right down to the cellular level.

If both expressing and holding back negative feelings can be harmful what should you do when the emotions boil up in you? The moment the emotion comes up look into it, embrace it and then introduce Sei-Hei-Ki.

Let's suppose it is a feeling of anger. Take a long deep breath, let yourself feel the anger and exhale. This will help. You can then draw the emotional symbol over your solar plexus chakra and place one hand over it with the other hand placed over your heart chakra; this will have the effect of bringing love to your heart chakra and bring harmony back to your ego felt in the solar plexus. This energy is felt more powerfully if the hands are held about three inches off the body.

You will experience a release as the heart chakra opens and your mind will become calm once again. If you felt the anger as a result of a relationship conflict it will dissolve and transform and the other person will also calm down.

You allow the feeling to be what it is, giving it total freedom to express itself. You have to be aware of the external energy information input, for example what your partner or friend is saying, as well as at the same time bringing awareness to what is happening inside of you. When awareness goes both ways, inner and outer, understanding is then totally experienced. The emotion now becomes expressed and realised, being lived in the present moment and not repressed. It is repression that creates disease.

**Spiritual Growth is a first-hand experience. The heart feels - the intellect calculates**

Even the most time-honoured truths do not have to be accepted until they become your truths, until you have experienced self realisation; then and only then will spiritual truths become alive and meaningful. When you look at emotions from the highest perspective, as all the Saints and sages have experienced through self mastery, all emotions are ultimately the same and they are the love of the Divine felt personally in the heart of man.

A pure heart mirrors that unbounded love in every heartbeat, for every emotion expressed says to itself "I am everything; I am the universe". This is the most evolved, the most fulfilled state of all human emotions. This state of love may sound unreachable but it is not. In fact everyone needs this condition because all activity, all relationships, even the state of being healthy depends upon your level of feeling. As you feel, so you are. Sei-Hei-Ki is your secret weapon, the doorway to Love.

Each emotion is like a drop being released from a reservoir of emotions. Even though your sense of being sad or happy, fearful or secure, depressed or elated comes at a specific moment, behind that moment lays the wholeness of your emotions. To be in contact with wholeness allows any kind of emotion to flow and yet these drops of emotion



will come out of the same sense of contentment, peace and fulfilment. When you are awakened to the presence of that wholeness you are actually awakened to the presence of your spirit, you are in your present moment awareness. It is to be awakened to your innocence, your trust, to your Love, your eternal being.

This is in contrast to what can be considered as time bound awareness, that fear based awareness where you choose your expression in anticipation of other people's responses. There is a loss of freedom, there is a beginning of bondage, suffocation and literally it is very confining and imprisoning. On the other hand, when you open up to your higher-self what really happens is you open up to your spontaneous nature, understanding that you are no longer afraid of the future and you are not regretful of the past, saying to yourself 'the right response to every situation is within my nature because my life is supremely concentrated in the present moment'. You become spontaneous; you reveal your beauty, your trust, your Love because this occurs when you are opening yourself to your higher spirit.

You are just being yourself stripped of your self image, of your social persona, from your protective barriers. The spontaneous expression of emotion is so very much more important than that calculating aspect of your nature; your intellect. The heart feels, the mind and intellect calculate.

### The Emotional Body

Instead of considering emotions as individual incidents let us group them into a structure which we will call the emotional body.

The emotional body is not visible and yet we all aware of feeling fear in the pit of the stomach and love in the region of the heart. From this you can see that your different emotions are felt in different parts of the body. If you are forced to pay a compliment that you don't really mean, for example, then the words can tend to stick in your throat. In moments of terror your knees quiver with fright! Every emotion is keyed into some bodily location and taken altogether they form the emotional body because the emotions are thoughts and sensations both experienced at the same time. The thoughts are in the mind the emotional sensations are in the body.

Your emotional body maintains its structure over time storing your past pains and pleasures into the appropriate drawers and referring back to them whenever a new feeling comes back. Someone who is afraid of spiders has stored fear in his emotional body and of course the next time a spider appears his reaction is not neutral. The old emotion immediately surges up and dominates his response. These old impressions are stored emotional charges, held impressions.

The stored emotional charges are very useful to us because they give us our bearings - they provide a convenient reference point of how to feel. It helps to know your friends from your enemies, your likes from your dislikes. On the other hand the emotional body can also be a tremendous hindrance to genuine personal growth. A mind that already knows how it feels about things is not free, 'only when old words die on the tongue can new melodies spring from the heart.'

The mind has to become free in order to grow. It is very important to realise that your emotions are not random, just as a physical body wants food in order to grow; the emotional body needs to feel in order to grow. So where is this emotional body growing towards? Towards its own completeness. In ordinary life we have very little idea that this basic drive is at work, rather we are unaware of ever shifting emotions, some pleasant some painful, drifting through us with no apparent pattern other than the locked in patterns of our past.

The ancient masters taught that all emotions are just the heart's way of feeling the love of the Divine. If this is the case then there is a pattern to everything we feel - the pattern of searching. The search for complete fulfilment carries everyone forward on the emotional plane. Some sense of emptiness or lack undercuts each moment of happiness or joy indicating that they are not enough by themselves.

The reason you can feel emotions in the first place is to get you somewhere beyond individual moments of happiness. All emotions in your body are signals to you that you are searching for happiness, joy and fulfilment. Whatever you do in life, whether you are having a relationship with someone or wanting to succeed in your career, or wanting to make a lot of money, all of these goals have as their goal 'happiness'. You do these things in order to make you feel happy, content and fulfilled.

### All Goals have as their Goal Happiness. The Goal of all Goals is Fulfilment

Material goal, non material goal, spiritual goal, ultimately the goal of all goals is happiness. Our emotions are like road signs on the journey towards that goal of happiness; they send the signals of comfort and discomfort that allow us to spontaneously make the choices that will lead us in that direction; that ultimate direction which is inner and outer fulfilment. When you consider your emotions in this light your life takes on new meaning and purpose.

Every drop of emotion wants to be a drop of pure joy, of pure bliss. The closer you come to feeling blissful, being nourished, your emotional body will feel it. Your energy field, the aura, will expand and become stronger. You will sense that you are becoming yourself again acquiring your true status as part owner of the universe.

Because all of us have experienced some pain and some pleasure, our emotional bodies contain mixed signals. We feel true love and true hate towards other people, even those most intimate to us, leaving little hope that we can untangle those inflicted emotions. If your father and mother who serve you the most powerful models of love also arouse distrust, anger and betrayal, those feelings will surface along with love fused together, creating a conflicting emotion.

### Feeling emotionally conflicted is the normal experience in society!

As the years pass people in society grow more emotionally conflicted, more confused because their emotional bodies are storing more and more mixed signals until by middle age it is common to wake up and say, "I don't know who I am?" "I don't even know what I want any more!" This can be quite a panicky realisation, although the reason for the

individual to lose themselves is as a result of those conflicting emotional experiences which have been building up since early childhood.

The root of emotional confusion is as a result of experiencing emotions in conflict and that have been undecided, neither love nor hate but containing both emotions at the same time. Every situation comes down to making a choice and yet you feel inadequate to choose; the happiest moments are clouded by doubt, the highest expectations are tinged with disappointment and the most cherished gifts are open to rejection.

Doubt, disappointment and rejection are things we have all experienced. This does not prove that we are inadequate because those feelings are derived from the very fact that choices have to be made. In any given situation both sides of a decision have some merit; the woman you do not marry; the car you do not buy; the job you do not take all have their attractions. Inevitably the choices you do make will carry some sense of doubt and disappointment. The rejection imposed upon you can create lingering dissatisfaction.

The whole problem would be insurmountable in fact if wholeness did not exist. Taken one by one emotions are never completely perfect - they have to occur against the background of perfection. What is this perfection? It is the transformational effect of all your emotions into the radiance of The Universal Beloved Divine Consciousness - your Divine spirit.

What is imperfection? All emotions experienced within the emotional body in isolation and separation. This does not mean that all emotions are negative; it just means that an emotion in isolation will be experienced personally as unfulfilling, serving only as an inner drive for personal happiness and completion.

### How is personal happiness and satisfaction achieved?

Personal happiness and satisfaction are experienced when the emotion is lived in a condition of wholeness and balance; the emotion becomes fused with the spiritual body of unconditional love. The Reiki symbol Sei-Hei-Ki is perfect for achieving this goal. You will then experience harmony and balance. What is important to remember is that there already exists a background of perfection, of contentment and fulfilment within you and all you have to do is reconnect with it! Your emotional body realises this but it is harder for your mind to come to terms with it.

If you mistake your good times for happiness, your bad times for misery, then both experiences are passing incidents taking place in separation against something you have overlooked; The Beloved Universal Divine Consciousness.

### Every choice you make is an unconscious desire for wholeness

Every choice reflects this hidden journey. When you buy a cream cake instead of a rice cake you are taking a tiny step in the direction of bliss. The pleasure you get from eating a cream cake is certainly physical and may not be in the interests of your health but at that moment something deeper is also going on. The sweet taste registering on your tongue is affecting your emotional body, reminding it of bliss yet untasted. So every sense experience, ultimately every pleasurable experience is again returning to that search for inner contentment, for inner peace, for bliss.

There are many ways to explore the connections between the physical and emotional body and many fine therapists offer services such as massage, aromatherapy, psycho-emotional therapy and of course what I believe the most powerful and effective method to create wholeness is through using Reiki. Reiki will connect your emotional body with Unconditional Love, the pure unchanging emotion of the Beloved Divine Universal Consciousness. The Reiki symbol Sei-Hei-Ki is perfect for achieving this.

### Exercise for Creating Balance between the Emotional and Physical

Activate your Reiki energy using Cho-Ku-Rei. Then place the Sei-Hei-Ki symbol over the following three chakras: the brow or third eye sixth chakra, the heart fourth chakra and the sacral second chakra.

The reason these three chakras have been selected is because they tend to be more receptive than expressive as their function is to connect the emotional body with the physical body and the Divine spiritual body. Any emotional blockages at a level of unconscious awareness will be released and balanced creating healing.

As you have learnt, Reiki comes from Unconditional Love connecting and balancing the emotional body and will result in every cell in your physical body expressing wellness and health. With repeated healing sessions emotions will start becoming heart felt.

When you experience a heart felt emotion your emotional body has become connected to your spirit enabling you to live your life with joy in each moment of your experience, your subtle senses have touched a specific area within your spiritual body. This subtle sense of touch actually does feel at a level beyond the physical sensation.

Nature has given us these three inner chakras, these extensions of touch, to enable us to feel how another person feels at an unconscious level, connecting our emotional bodies with theirs. At a more subtle level you will learn to feel the finer aspects of emotion where every day feelings get purified into love, devotion and compassion. At the very threshold of pure awareness where all emotions dissolve into bliss you can contact every aspect of refined emotion where you actually experience the slightest impulse of love as complete fulfilment.

### Exercise to feel the emotional condition of your heart chakra

By purifying and healing your heart chakra every day, emotions get accelerated in their hidden journey towards lasting peace and satisfaction; the fusion of self and the Divine, your higher self.

Just close your eyes, take three long slow deep breaths into your abdomen and become aware of your heart centre. Whatever you are feeling there is a signal from your heart chakra. Whenever there is a block in your heart centre you will be experiencing conflicting emotions.

In the course of living all of us develop quite large blocks, the old wounds are still open serving as black holes through which the bliss is unable to be experienced and felt. This is very simple to know because bliss is felt as pain as if there is a knot in the heart area.

Because you do not feel joyful you assume that joy is not there, yet it is there blocked, twisted and otherwise disguised from you. Clear those blocked connections and the nature of Bliss will be absolutely obvious.

### Bliss is in your heart every moment of your life

As long as you can feel anything you are feeling bliss in some disguise or another. If you are not feeling bliss, freedom and contentment use Sei-Hei-Ki to create balance and harmony in your emotional body. The heart chakra is affected every time you make a choice. It registers all those moments of indecision when things have to be either this way or that way.

Physiologists have known for a long-time that the same hormone, adrenaline, can generate either fear or violence; this is the fight or flight syndrome. In the face of danger your mind/body system makes an instantaneous choice either to run away or to confront. The outcome of your situation can be very different, either defeat or victory, yet at the physiological level both decisions lead to stress. In biochemical terms that pounding heartbeat, the dilated blood vessels, tense muscles and contracted gut of a coward are identical to that of a hero! Both systems register increased stress due to the release of this hormone adrenaline, being forced into a decision determined for success or failure, love or hate, action or inaction. Although these are exact opposites each of these can be equally stressful.

Psychologists have noted for example the only thing as stressful as sudden failure in one's career is sudden success. If you ever stopped being so fixated on the outcome of your actions you would perceive that those moments of choice have interrupted the steady flow of bliss; the basic feeling that is present when you are simply being your natural self. A gap gets created and in that gap is judgement. I choose between good and bad, better or worse, ugly or beautiful, it feels nice or feels nasty. The gap is not anything. It contains no real emotion and yet this is where conflict begins because the emotional body has to make a judgement between one variety of bliss and another.

From your deepest spiritual reality choosing is unreal because it creates separation, resulting in either pain or pleasure as opposed to living the emotion from your deepest core within that very moment of existence. For bliss is just bliss; the love of the Divine is just the love of the Divine whether it registers as something you call pain or something you call pleasure. Needless to say we are all highly convinced by these unreal events and unreal judgements. Pain is very different from pleasure within our minds. Confident as we may be about this duality our emotional body records the experience, the memory is being recorded within every cell in our bodies. When you actually experience the gap where indecision left its marks all opposites flow into each then the experience becomes an unending flow of bliss.

Indecision exists purely on the levels of thought and feeling which do not contain the whole experience. Your fear tells you that you have to know what is going to happen to you. Since you can never truly know you will find yourself standing at the unknown looking into the gap again and again and again. This universe that we live in operates according to set laws of nature and unfolds according to orderly principles explained in greater depth on the

wisdom course the Gateway to Enlightenment. Because of this you do not have to assume that choices are forced upon you. There is also the possibility of simply being Naturally You. Simply letting the flow of your higher Divine-self take care of you.

To live that way represents a tremendous change for the emotional body because it abolishes the old conditioned behavioural pattern of emotional responses and actions. In your new state of bliss you will no longer be able to say, 'I know what I like' or 'that is me and that is all there is to it, I've always been like this!' Deprived of its old impressions the emotional body will not always know what it likes. Your ego will have to re-evaluate who you are at every moment of your life. This prospect naturally arouses tremendous fear within you as it requires complete trust to throw away your lifeline, your old conditioned self which you have been clutching onto as you move hand over hand from one feeling to the next.

In truth this lifeline is an illusion because when you use old impressions to evaluate a new situation you are not seeing it truly as it is in the present moment. The continuity of your life gets you along. Time passes and events happen but you end up like the ox in the Indian parable that was tied to a mill wheel. The ox spent the whole day walking around in the same circle and at the end of the day he proudly said, "Look how far I have got. I have walked further today than any of the other animals." In fact he had walked less than any of the other animals because he had walked nowhere.

### Emotional stability is the greatest victory of all

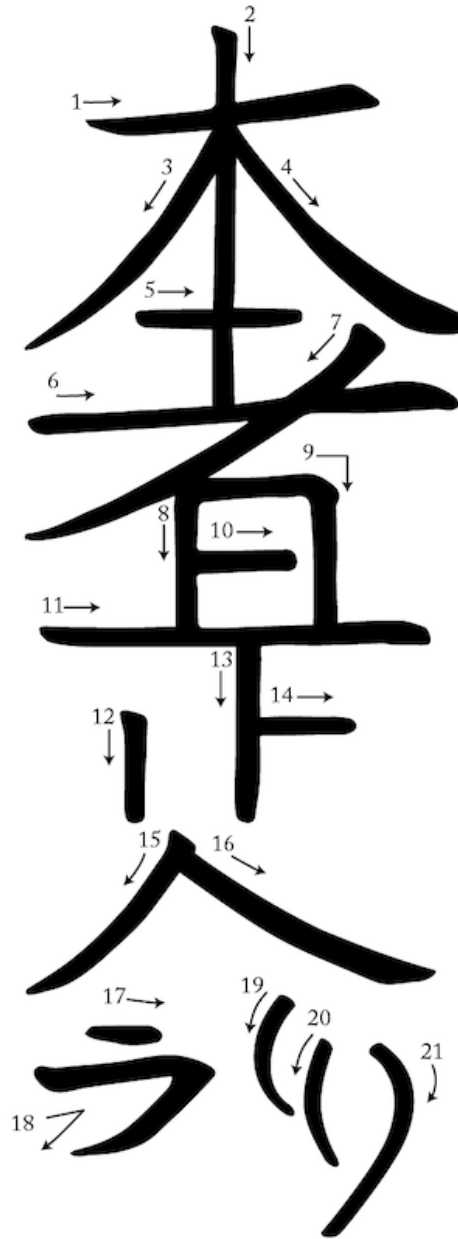
When you continue to use the healing symbol Sei-Hei-Ki your emotional body develops at a deeper level of the emotional feeling. You become centred in your spiritual body enabling your emotional stability to remain in the face of conflict from any relationship outside of you, because those conflicts are purely on the surface of life attempting to steal your inner stability. This is the greatest victory of all - no win or lose just acceptance supported by your Divine right; the Unconditional Love of the Divine.

Your freedom is achieved because you are not being caught up in the ever-changing present moment emotional experience. You do not reject life, you do not retreat from life because within your heart centre you are emotionally stable and in fact you bring balance, harmony and Unconditional Love to those around you.

Having healed your own life you automatically become the generator of Unconditional Love that is overflowing from your heart chakra naturally without any intention from your mind. This state of life brings healing for the benefit of others without any effort because you are being Naturally You. You are now living in a life condition of emotional stability and absolute freedom, feeling bliss, happy and at ease with your self.

## Mind, Soul and Distant Healing

Hon-Sha-Ze-Sho-Nen The Distant Healing Symbol (Violet and White Light)



**HON:** Trust. The origin. The source. The beginning.

**SHA:** Radiance. Shine. Glow.

**ZE:** Still peace. To move in the right direction, to take the right course.

**SHO:** The goal. The target. Honesty. Sincerity.

**NEN:** Prayer. Meditation. Silence. Resting in deep spirituality.



MEANING: “The Buddha in me reaches out and greets the Buddha in you to promote enlightenment and peace.” This meaning corresponds to the Indian gesture ‘Namaste’ in the practice of respect.

The literal meaning of the symbol is: The Divine and humanity become one in prayer cutting through time and space to the sacred stillness of Divine truth within all of existence. The shining light that finds the right path in space and time to reach the final destination in the sacred resting and the silence.

Hon-Sha-Ze-Sho-Nen is called the transmitter and the librarian. It establishes contact and removes obstacles between you and the person/situation/animal/place, etc., that you are sending Reiki to. The symbol crosses through time, space and dimensions. It is used in distant healings and for Karmic/past life issues.

It is the only symbol that is really needed in distant healing. Of course it is fine to add the other symbols because this can make the treatment more effective but Hon-Sha-Ze-Sho-Nen is all that is needed to activate the process of long distance healing. The feeling associated with this energy is that of a comfortable detachment.

Hon-Sha-Ze-Sho-Nen works mainly on the non-physical mental body. A deeper concept of the mind, which is also known as the storehouse of all memory, is known as Karma. (You can learn more about this subject in the Divine Wisdom course The Gateway to Enlightenment.)

Hon-Sha-Ze-Sho-Nen appears in the shape of a tall building and resembles a human body. When literally translated it means, “No past, no present, no future.” This is fitting as Hon-Sha-Ze-Sho-Nen is used to transmit energy through space and time. In order to do this it always works in the spiritual plane, where there is no concept of past, present or future. By using this symbol, past life traumas can be reprogrammed to effect a healing in the present, thereby literally changing your future. You can direct the healing being sent to repeat as often and for as long a period of time as you desire by stating that; “I desire this healing to be repeated every half hour for twenty-four hours” (or for any other time span).

### Violet or white light is associated with Hon-Sha-Ze-Sho-Nen

Violet is the colour connected to the third eye and deep spirituality. It is this colour that is normally associated with Hon-Sha-Ze-Sho-Nen. Many people also experience this colour when they receive a general Reiki treatment without the healer using this symbol.

Although the colour violet is associated with Hon-Sha-Ze-Sho-Nen we have found that the colour white, or white light, is most commonly experienced by the ‘New Awakening’ student. This further explains the function of the symbol in the way it functions; directly connecting soul to soul, transcending time, space and distance.

The reason for this is that communication to other souls through the crown chakra of Divinity is being personally experienced. White light is the expressive pure Divine energy of Source outside of duality or the phenomenal world; you would experience this colour at the level of the crown chakra.

The white light of pure spirit is also the colour of light before it splits into the seven colours of the rainbow body, which is then experienced through the seven chakras in their different vibrational colours within the body of duality. This is explained fully in our Reiki First Degree manual in the chapter on the chakras.

I have discovered that most students experience Hon-Sha-Ze-Sho-Nen as pure white light on the Reiki Second Degree workshop. This will happen to you if you follow the guidance of first establishing a strong, grounded relationship with the physical symbol and emotional symbol. The most important fact to remember here is to allow three days of personal experience with each Reiki energy. When you do this Hon-Sha-Ze-Sho-Nen will take on a new meaning and your experience will become automatic.

It is the spiritual preparation that enables this soul to soul connection to be personally experienced in such a blissful way. The symbol will still work purely by the healer's intention; however a deeper more powerful Reiki healing is experienced using the 'New Awakening' system of spiritual opening.

When a spiritual foundation and pathway have been established in the energy system and soul of the student the next spiritual doorway can then open; this happens automatically using the New Awakening system.

You have received and experienced the Second Spiritual Opening: this is the attunement and awakening to the energy of the physical power symbol, the power symbol for physical healing with its complementary emotional symbol for Love.

You are now building upon this foundation by receiving your Third Spiritual Opening; the attunement to the distant healing symbol. This happens through the crown chakra directly through the Divine chakra.

### No Past – No Future – Only the Present!

Time is our way of measuring our existence, but in reality all we have is now. There is no past or future, only the present. Physics teaches us that if time could be charted on a curve and if you could extend the curve far enough the past would meet the future! I like to think that it does meet continuously and we call this meeting of past and future the present, or Hon-Sha-Ze-Sho-Nen. (You will learn more about this subject in the Wisdom course The Gateway to Enlightenment.)

Acting on this theory we can easily access our past or our future. If we go to our past to resolve old traumas and hidden emotions we can then free ourselves of our self-sabotaging behaviour. If we have an important event occurring at some future time we can send Reiki energy to that point in time so when we encounter that event we will step into it with the support of Reiki energy.

### Some Uses of Hon-Sha-Ze-Sho-Nen

The universe does not recognise the words no or not. So when stating your request you must always state it in the positive using the present tense. If you phrase it with a negative you will create the opposite. If for instance you have stated 'My body does not have a

blood clot' the universe would have dropped the not and interpreted it as, 'My body has a blood clot!' Always phrase your desires into a positive manner. Sometimes this takes some creative thinking. (Restudy The Excellent You rules of the mind.)

### How to use Hon-Sha-Ze-Sho-Nen in New Awakening Reiki

When working in the spiritual plane, centre yourself, which is just another way of saying get into a comfortable position and activate Reiki. Close your eyes, take a long deep breath and let your thoughts wander where they will (just let go of your mind).

1. Preparation - Visualise or draw Cho-Ku-Rei over your feet to anchor you in the here and now, the physical body.
2. Preparation - Visualise or draw Sei-Hei-Ki over your heart chakra to centre your emotional body in Love.
3. Activate Distant Healing - Visualise or draw the Hon-Sha-Ze-Sho-Nen in your mind and state your request. If you want to go back to a certain period in time that is what you ask for.

For example, if you have had a previous physical problem you would request the following 'to go back in your mind to the time exactly when the situation occurred.' Stating your destination tells your consciousness where to stop. It is a subtle feeling but you know when you have reached the particular time period. When you are conscious of that past time you acknowledge a new situation; that you have a perfectly healthy body, enjoy good health and that you are aware your body is working perfectly.

You then visualise the Hon-Sha-Ze-Sho-Nen symbol again and ask to be brought back to the present time with your body in this completely new healthy state.

### Out of Body experiences are safe with our spiritual openings

The combination of opening the third eye and working in the spiritual plane with Hon-Sha-Ze-Sho-Nen often brings about spiritual or psychic experiences. Many of these experiences, after visualising the symbol while in a relaxed state, can be related to an out-of-body experience. Many people become frightened and quickly return to their body when they experience this. Be assured that you will be fully protected at all times by your higher self and that there are Divine beings looking after you from the Source universal energy of Unconditional Love.

It is your lack of grounded-ness and too much fascination with your third eye that will create this out of body experience. For this reason I recommend using Cho-Ku-Rei to ground yourself before starting your Reiki healing treatment. Use the exercise of placing Cho-Ku-Rei in the feet chakras to become more grounded. This is known as the bubbling spring.

With the 'New Awakening' training your first chakra will have been fully grounded in Cho-Ku-Rei and your heart chakra will be vibrating with the love of Sei-Hei-Ki. This is what we describe as the base of the triangle as it will anchor you in your physical and emotional

body spirituality. When the awakenings of the physical and emotional energies have occurred within you, the yin and yang aspects of your human spiritual nature, the energy of Hon-Sha-Ze-Sho-Nen is then experienced as total spiritual freedom.

This experience can be said to be white light with a soul level of awareness. The third symbol, Hon-Sha-Ze-Sho-Nen completes the top of the triangle and the student has fully become one at this third stage of opening in the 'New Awakening' spiritual system; there is no fear with experience as the student is anchored in the physical and the emotional bodies by their own Divinity of Unconditional Love.

### How many symbols can I use?

Hon-Sha-Ze-Sho-Nen is the only symbol that you need to use when you want to send distant healing. By using the other symbols you can make the treatment more effective but to start the distant healing session the symbol Hon-Sha-Ze-Sho-Nen is used. Use the two other symbols to prepare yourself for distant healing.

Hon-Sha-Ze-Sho-Nen is used to send Reiki across space and time. Hon-Sha-Ze-Sho-Nen can be used to send Reiki into the past, or into the future. Example: To send healing into the past simply think about the past event or write it down on a piece of paper or look at an old photograph. This activates the past memory stored in your consciousness or soul; you then send Hon-Sha-Ze-Sho-Nen Reiki energy.

It is best to open the Reiki healing session using Cho-Ku-Rei then focus upon the past event and send Hon-Sha-Ze-Sho-Nen Reiki healing. If the emotion of the past experience remains uncomfortable and painful add and send the emotional symbol Sei-Hei-Ki. You can send Cho-Ku-Rei for physical pain, past accidents and hospital operations. It is simple, just ask what is happening and then select the appropriate symbol.

It is perfectly OK to use all three symbols depending upon the situation that you want to heal. It would be fine to use all three symbols no matter what the situation is. Remember that Cho-Ku-Rei and Sei-Hei-Ki are not to be used in the same place as they are competing energies.

### Sending Energy to a future event

To use Hon-Sha-Ze-Sho-Nen for a future event such as a test, an interview, an operation, etc., you would visualise the future situation positively and then send Hon-Sha-Ze-Sho-Nen to that future event. The Reiki healing will be attached to the future event, only being released when that time event happens.

The event can be written on a piece of paper. You can also draw Hon-Sha-Ze-Sho-Nen on the paper and as you are doing this you repeatedly say or chant the sacred name at least three times as you are connecting mentally with the particular time in the future. You can also think about the event and visualise Hon-Sha-Ze-Sho-Nen, intending the energy to be there in the future.

## Empower your goals and objectives

You can also use Hon-Sha-Ze-Sho-Nen to empower personal goals and objectives. Again just think of the goal or write it down on paper and draw the symbol above. The other symbols can also be used to empower your goals. The Reiki will go to your energy field and to all the people and events involved in realising your goal.

There are occasions when your desires would be negative to you. In this situation the goal would not be realised because the Reiki energy will help bring understanding to you enabling you to change your desire through self-realisation.

Remember that Reiki energy cannot be used to manipulate someone else's behaviour. Reiki energy will always serve the higher good in any situation because it is the unconditional loving emotion of the Divine source. Reiki will always heal and restore balance to all that allows its presence because it is the consciousness of the Divine. Therefore the energy of Reiki will only work with what is beneficial for you and for others. *(You will learn more about this subject in the Divine Wisdom course 'The Gateway to Enlightenment' and 'Love and Relationships').*

## Helping with Bereavement

When people are dying, Reiki healing can be a great support, helping balance the emotional body bringing love to any difficult traumatic situation. Reiki helps with the transition process and enables the letting go of the physical and emotional body of the loved one. By sending Hon-Sha-Ze-Sho-Nen you enable the spirit of the person who is leaving the Earth plane to be guided to the heavenly realm of Unconditional Love. This type of support can be extended to help relatives and friends with traumatic emotions through adding the emotional symbol of Sei-Hei-Ki to help bring love to the emotional grief that is experienced as a result of the loss of a loved one. This also applies to the end of a personal love relationship.

## Earthbound Souls/Spirits

If a soul/spirit is earthbound, that is they are clinging to the material plane even after they have died, commonly known as a ghost, then Hon-Sha-Ze-Sho-Nen can be used to release the spirit who is attached to someone or to a place.

In addition to using the symbol, ask for protection and help from Angels, the Ascendant Masters and the universal benevolent forces to help the trapped spirit to return to the Light of the Divine. Before undertaking any work in this area make sure your Reiki energy is very strong and switched on before you start sending any healing to earthbound souls/spirits.

## Hon-Sha-Ze-Sho-Nen works on the Spiritual plane

Hon-Sha-Ze-Sho-Nen is the third Reiki symbol. It works within the spiritual plane. It is the symbol that transmits energy across distance, space and time. This is the most powerful of the Reiki symbols because it works within the esoteric plane. It is used to send long distance healing as well as healing direct. It travels back and forth on the timeline and it

enters, bringing transformation within the spiritual plane. It works together with Sei-Hei-Ki because often the emotional and spiritual aspects of us are intimately intertwined.

### Hon-Sha-Ze-Sho-Nen will create detachment - the courage to let go

When we are experiencing emotional traumas Hon-Sha-Ze-Sho-Nen gives us the courage to release them. This symbol truly allows us to suspend judgement on our past actions and reactions. When using Hon-Sha-Ze-Sho-Nen, we often experience a sense of peace, as if all is right with life and the world in general. We are all spiritual beings and working in this plane we often feel as if we have 'come home'.

### Various Ways of Sending Distant Healing

There are many different ways of achieving distant healing apart from using Reiki. Distant healing is basically the process of connecting with a higher source of consciousness and using intention.

Distant healing can be sent in many ways, as simply as wishing someone well, sending love, prayers or good wishes and in fact in any way where healing is the true intention of the giver. Indeed, there are other forms of healing which incorporate distance healing, but what makes Reiki Distant Healing so very special is the use of the powerful Reiki symbols and techniques which are particular to Reiki healing.

There are two steps to consider in this process. First take a few deep breaths and centre yourself. The first step using Hon-Sha-Ze-Sho-Nen, the Distant Healing Symbol, is to establish a linking connection with the person, situation, country, planet, etc. Simply switch your Reiki on and draw the Distant Healing Symbol in the air or on paper and at the same time think of the name of the person or visualise them in your mind's eye or look at a photograph of them. These are very powerful ways of linking to the person you want to send healing to.

The next step is to just relax and let the Reiki energy flow. You may ask 'What should I be thinking about whilst sending Reiki, either in a distant healing or a hands-on healing session?' Be assured that the Reiki will flow regardless of what you are thinking, but if you let your awareness blend with the Reiki energies, staying relaxed but focused in a loving way on the beautiful sensations you may be feeling, such as warmth, peace, joy, etc. the Reiki energy will flow more strongly and both the client and the practitioner will benefit.

Chanting the symbol's name is a very effective way to remain focused and increase the power of Reiki energy. By doing this there will be more learning for the healer about Reiki, plus the treatment will be more beneficial for both the recipient and the practitioner.

There are no set rules for the amount of time spent on Distant Healing. The time can vary from between five minutes to an hour. It is always respectful to ask permission inwardly before beginning a Reiki Distance Healing session. Remember not to judge what another person needs. Feel free to add in any of the Reiki symbols to whichever ways you prefer to send distant healing and trust your own intuition. Remember Reiki can do no harm.



## The Rose

One method is to create a rose. Being on the internet and belonging to many healing groups, I receive regular healing requests. As I receive each request I print them out for my convenience. When I have a pile of requests, I sit down, relax, put my hands on the pile and close my eyes. I first of all establish a strong Reiki energy using Cho-Ku-Rei. I then mentally ask each of the recipients if they will accept a Reiki healing, adding that if someone does not desire the healing it would go to someone who wants and needs it.

I then visualise a rosebud and mentally draw the Hon-Sha-Ze-Sho-Nen superimposed over the rose bud. This has the effect of opening a pathway the healing energy will take to connect with the recipients.

I state my request that this healing energy will be delivered to each of the names on the list and request that the healing energy is to repeat every half hour for 24 hours.

I then send the healing by mentally drawing the Hon-Sha-Ze-Sho-Nen again while I watch the rose in my imagination slowly open. When the rose is fully open I thank the Divine by saying, "And so it is." I open my eyes knowing everyone on the list has received a healing session. To finish the healing session I close with a Cho-Ku-Rei.

## Using the Rose method in a Healing Group

At the close of a Reiki exchange night everyone sits in a circle and I guide the group through a long distance healing session. I have everyone close his or her eyes and picture a rose bud. I ask everyone there to anchor themselves in Cho-Ku-Rei and Sei-Hei-Ki and then to visualise the Hon-Sha-Ze-Sho-Nen symbol.

Anyone who has a healing request now says the names out loud. I wait until everybody has stated his or her healing requests.

Then I request this energy be directed to those who are willing to accept it and if they are not that the energy goes to someone who wants and needs it. I ask the Reiki to repeat the session every half-hour for 24 hours.

I then ask all the Reiki practitioners to visualise the Hon-Sha-Ze-Sho-Nen. Next I ask everyone to see the rose-bud opening knowing that when it is fully open the healing sessions will be sent. Again I thank the Divine, draw a Cho-Ku-Rei and have everyone open his or her eyes. The energy level in the room is phenomenal.

## Reiki energy will always create value – it is never wasted

I start my day with a self-healing Reiki session. Right before I start my session, I ask for this energy to heal me and anyone else I designate. By doing this Reiki energy is in effect never wasted because if I am unable to use the energy now someone else will benefit. Sometimes I designate this energy to be used to heal our world. I believe each one of us makes a difference in helping to restore order to this world.



Every human on earth is a part of and connected to every other human being. To illustrate this, picture a huge string of Christmas tree lights. The electrical cord is our connection to each other and the lights are our own individuality. Some of us are red, white, yellow, green, blue and purple and so on. We each shine with our own special light connected to each other by the cord. The sad part is that when one of our lights is removed (goes out), the whole string shuts down and so it is with us! When one of us is ill, we all are, so it is very important that we reach out and heal ourselves and each other.

Our universe is dependent on each and every one of us. As we heal each other and ourselves, we slowly heal our world. If we think of healing the whole world, it seems like an insurmountable task. If we think of healing just one person a day, it becomes a task we can handle. With thousands of us healing one person a day, the world will soon be healed.

### Whatever has meaning to you will create a powerful healing effect

You can use pictures, names, lists, oral requests, or anything else to send the energy. All you really need is a sender (you), a willing receiver (anyone) and a link to the source (in our case Reiki).

### Speaking the name of the person

Say the name of the person to yourself or out aloud, establish the connection with the distant symbol, repeat the name of the symbol three times and then visualise it. Then let the Reiki flow.

### Writing the name of the person

Write the name of the person, place or situation on a piece of paper then draw Hon-Sha-Ze-Sho-Nen over the paper and then hold the paper in your hands and let the Reiki flow.

### Using a photograph

A photograph is extremely powerful because you are able to connect directly with an individual's energy field or aura. Draw Hon-Sha-Ze-Sho-Nen over the photograph, then put it in front of you, or in your hands and let the energy flow.

### Keeping names in a sacred box

Write the name of the individual wishing to receive healing on a small card and place it in a special sacred box that has been prepared with Reiki energy. You can also place photographs in the box. When you want to start a healing session take all the cards and photographs out of the box and charge each one in turn with Reiki and place it back in the box. You then draw Hon-Sha-Ze-Sho-Nen over the box and allow the Reiki energy to flow. You can add all the Reiki symbols in this healing session. You can ask the Reiki to repeat the healing session every half-hour for 24 hours.

### Imagine the person between your hands and inner child healing

This method is used to heal the inner child inside of you. This is a very powerful way to heal your past childhood. We all have many past hurts and misunderstandings learnt in our childhood which can limit our lives as adults.

Imagine yourself as a child or the person or place you wish to heal between your hands and send the symbols as your hands transmit Reiki. You can ask the Reiki to repeat the healing session every half-hour for 24 hours. Chanting the symbols' names is a very powerful way to increase the Reiki energy level.

### Use a surrogate

Use a teddy bear as a surrogate. The person intended will receive Reiki healing. You can also use this to practice your Reiki healing hands-on positions.

### Project yourself through space and time

Imagine that you are with the client and start a hands-on session. Draw the symbols over them and then to finish wrap the symbols up in their aura as if contained inside a blanket of love.

Enlightenment just 'IS' - you are unable to buy it - you have to awaken to it!

## Advanced Healing Treatment Techniques

Many Reiki healers I have spoken with have been using all three symbols in one place as a form of insurance to make sure they give the client the best Reiki has to offer. Remember that Reiki can do no harm therefore it is a matter of empowering the effectiveness of the Reiki energy. Once the three Reiki energies have been personally experienced a new understanding about when to use them arises.

One main point that differs from the Western teaching is that Cho-Ku-Rei and Sei-Hei-Ki are not to be drawn or evoked in the same place at the same time. The explanation for this is simple. It is because they are competing energies that have different functions and frequencies, which work much better in practice when kept separate from each other.

It is regarded that Cho-Ku-Rei is an earth chi and Sei-Hei-Ki is a heavenly chi which explains their different functions, as explained in this manual. Cho-Ku-Rei is regarded as a masculine, expressive energy and is connected to the physical body and objects, whereas Sei-Hei-Ki is a feminine, receptive soft energy coming directly from the source of Unconditional Love. It is emotional intelligence, hence its healing qualities upon the emotional body.

Hon-Sha-Ze-Sho-Nen is regarded by traditional Usui students as creating Oneness, bringing wholeness and completeness to the present moment. To bring oneness to the present moment will create a golden bridge between the past and future. Therefore it has the ability to send Reiki across apparent time, more commonly known as distant healing and it is also logical to use this symbol for mind healing. The mind is a collection of dead events stored in our spiritual body known as the cosmic reservoir, the storehouse of your total life's experience. Therefore if you have a problem in the mind you need to bridge time in the present moment, therefore use Hon-Sha-Ze-Sho-Nen.

Again this is contrary to the Western teaching of Reiki that states Sei-Hei-Ki is used for mental and emotional healing. It does work for both therefore you can combine Sei-Hei-Ki with Hon-Sha-Ze-Sho-Nen or combine Cho-Ku-Rei with Hon-Sha-Ze-Sho-Nen. Please experiment yourself and draw your own conclusion as to their individual use. This cannot be done intellectually but only through merging with each symbol and energy, as taught on the 'New Awakening' CDs, until you experience for yourself what is happening.

Please relax because you cannot do this wrong. Reiki can do no harm. Therefore it is better to have choices in your practice with the use of the symbols. Whichever way you use them they will strengthen your Reiki healing. Please enjoy your personal experiences and look forward to their beautiful effects. It is only through direct experience that you will ever know the spiritual truth.

### Some Combination Uses of the Symbols

Below are only some examples of using more than one symbol in any situation because the possibility, whether it is with a person, situation or place is limitless. It is perfectly OK to trust your intuition and experiment! Remember that Reiki can do no harm because it

unconditionally loves. You will eventually discover that all techniques are just a way of suiting the practitioner's own personality.

The Reiki energy eternally exists in its unchanging purity. It is the healing, balancing manifestation of the Divine Beloved Universal Consciousness and everything happens in its presence. All personal dis-ease and emotional suffering will melt in the presence of Reiki restoring natural balance back to the individual. This concept is fully appreciated and learned at the Reiki Master's level.

Before a Treatment Cleanse the room with Cho-Ku-Rei and Sei-Hei-Ki: You can draw Cho-Ku-Rei and Sei-Hei-Ki on the massage table or the area where you are giving the Reiki treatment. You can add Hon-Sha-Ze-Sho-Nen to program the energy to last for the length of the Reiki session or for the day. Then you can invoke and bless using Cho-Ku-Rei. You can also prepare yourself by visualising the symbols: in your energy field; in your heart; and before starting a treatment drawing Cho-Ku-Rei in the soles of your feet which grounds yourself and the Reiki energy; by drawing Cho-Ku-Rei in the palms of your hands acting to open and empower the Reiki healing.

During a treatment: There are so many lovely ways of working with the symbols during a hands-on treatment. At the beginning of the treatment you can visualise or draw Cho-Ku-Rei above the person's crown centre. You can beam the symbols into the aura (see the section on beaming). During the healing session think of the appropriate symbol every time you start a new hand position. I like to use the symbols in the following combination; Cho-Ku-Rei, Sei-Hei-Ki and Hon-Sha-Ze-Sho-Nen.

You can of course use any of the other symbols above any of the chakra energy centres or even above the whole person. Just go with your inner guidance and intuition. This is fine because what you are really trying to achieve is to stop making judgements with the limitation of your own mind and ego. You then move into a position of trusting the Universal Beloved Consciousness. You trust your spirit; you trust your highest universal self which will enable the purity of the Reiki healing to flow from your heart centre. Your heart centre is directly connected to the heart of the Divine and with all other living beings. It is from this place that 'oneness' exists. (This is really appreciated and learned at the Master's level, unity consciousness.)

Because you have expanded your consciousness, your spiritual centre, your third eye will develop further with each and every Reiki treatment you give. Because of this when giving Reiki treatments you may experience different colours, different sensations or both.

My advice is to enjoy your new found spiritual life and suspend too many interpretations of what you have experienced. Interpretations are fine but at this new found level of your spiritual development you can create many limitations and illusions as to what is really happening. I promise you that the Reiki healing contains the wisdom of the Divine. Its pure function is to bring comfort and Unconditional Love back to all living beings. You can trust in this beautiful energy because you are now connected at the highest level of love, compassion and Unconditional Love. (You will learn more about this subject in the Divine Wisdom course 'The Gateway to Enlightenment' and 'Love and Relationships'.)

To recap: Cho-Ku-Rei is used for the physical level; Sei-Hei-Ki is used for emotional imbalances, blocks and fear; Hon-Sha-Ze-Sho-Nen is used for helping with past difficulties and for programming the Reiki healing to occur into the future.

### Becoming flexible in each changing moment of life's expression

What I am sharing with you is that every situation will be completely different, even when treating the same person on different occasions, because life is constantly changing in each moment of existence. This means that each moment of existence is the birth of a new flower, of a new moment of creation that is perfectly in accord with the mystic law and always contains the eternity of the unchanging reality of The Beloved Universal Consciousness. It is this unchanging eternal Unconditional Love that is opened and revealed by connecting to the Reiki healing energy.

### Tremendous freedom exists when you drop your mind!

There may be occasions when you feel that the Reiki symbols and energy have not been absorbed by your client. Do not worry about this at all because the client will absorb the energy when it is appropriate for them to do so. You can also offer them Hon-Sha-Ze-Sho-Nen to program the symbols with Reiki energy to be released at a future time. This is the purpose of using Hon-Sha-Ze-Sho-Nen.

Remember that with Reiki you are more a witness and loving participant in the energy than a controller of the energy. What I am trying to say is that when you use Reiki energy you are using your heart not your mind. You use your mind for loving intention and to plan a healing session but not to diagnose and make judgement upon another person or a place/situation. There is a tremendous freedom in this understanding.

As a guide use lots of Cho-Ku-Rei if the client is in physical pain, use Sei-Hei-Ki for the release of emotional trauma, fear and blocked emotions. At the end of the healing you can beam to your client again and also draw or visualise Cho-Ku-Rei over the solar plexus and the heart centre.

To use with other therapies: For counselling, psychotherapy or past life healing for connecting with the past use Hon-Sha-Ze-Sho-Nen. Use the Sei-Hei-Ki symbol for all emotions and Cho-Ku-Rei for the effects that the illusionary mind and negative emotions have had upon the physical body (resulting in the creation of dis-ease).

The Reiki is complete within itself and I regard the other therapies as a means of attracting clients to you as they might be averse to connection to Reiki healing. I believe that unconsciously the client is being guided by their own spirit, so it is the Reiki they are really coming to receive although their conditioned mind might have prejudices or they may be emotionally trapped in fear of the unknown. Having said this I can deeply respect all therapists and their practices.

The symbols can be a great help when supporting friends or Reiki clients through painful and challenging times. Offer Hon-Sha-Ze-Sho-Nen and Sei-Hei-Ki when you see someone who looks troubled, although have no investment yourself in the outcome of the

healing. I found this method of great benefit with work colleagues within the workplace when conflicts occur. I offer the symbols especially Sei-Hei-Ki.

For yourself: You can combine the symbols with your hands-on treatments in any of the different positions. You can use the symbols individually on their own for hard to reach areas of your body, for example a painful back.

For emotional pain or for creating happiness use Sei-Hei-Ki on the Thymus/heart area. For physical discomfort send Cho-Ku-Rei with Hon-Sha-Ze-Sho-Nen directed into the painful area. You can use Cho-Ku-Rei and all of the symbols for physical, emotional and spiritual strength. Most of all have fun.

### Keeping your Reiki Practice Simple

- Focus on one energy at a time in any one place
- Focus in the energy like a laser beam and intensify the healing effect
- When you use one of the symbols you are boosting the flow of energy
- You are narrowing the focus of the energy and you are intensifying the healing effect
- Boost the flow of energy by imagination; imagine an extra pair of hands helping you in the healing session when you need an extra energy boost

### Using Sei-Hei-Ki when Giving Reiki Treatments

As Sei-Hei-Ki is the feminine, receptive, heavenly Unconditional Love energy, the emotional intelligence, it is most effective when it is drawn over the Brow Chakra, the Heart Chakra and the Solar Plexus Chakra. Use the following positive affirmations with this symbol:

- You are calm, content and serene
- You are loved and secure
- You are safe
- You feel loved and are lovable - I am love, you are love

If both expressing and holding back negative feelings can be harmful what should you do when the emotions boil up in you? The moment the emotion comes up look into it.

Let's suppose it is a feeling of anger you wish to transform

When you do this exercise look at the feeling or emotion without labelling it.

- Take a long deep breath - let yourself feel the anger and exhale. This will help.
- You can then draw Sei-Hei-Ki the emotional symbol over your solar plexus chakra and place one hand over it and the other hand over your heart chakra; this will have the effect of bringing love to your heart chakra and bring harmony back to your ego felt in the solar plexus.
- You will experience a release as the heart chakra opens and your mind will become calm once again.
- The anger you felt if as a result of a relationship conflict will melt and the other person will also calm down.

You allow the feeling total freedom to express itself. You have to be aware not only of the external energy information input, for example what your partner or friend is saying but at the same time you have to bring awareness to your inner-self.

When awareness goes both ways inner and outer, understanding is then totally experienced. The emotion now becomes expressed and realised, being lived in the present moment and not repressed. It is repression that creates disease.



## Aura Scanning

This method was also covered in full detail in the Reiki First Degree manual and demonstrated on the Healing Tutorial Video you watch in the New Awakening download.

When you receive your attunement to Reiki healing the energy centres in your hands are awakened and become very sensitive. With practice you will soon become aware of different energy sensations experienced when passing your hands over the aura of your client. You may experience tingling, a prickly feeling, warmth, coolness, pressure, a pulling or pushing energy feeling, pulsation or distortion of the energy field. These different sensations will show you where the focus of your Reiki healing needs to be and by scanning the whole aura you will gain a good idea of the areas which need to be worked on.

As you work within the client's aura you may intuitively detect information about your client or what is happening in their lives. I feel it is best not to share this information with the client as it can sometimes do more harm than good. What you say may have unexpected or harmful consequences; your interpretation could be incorrect. It is the ego's way of gaining subtle superiority; 'I am the healer and know more than you'. Some people can be put off or become scared by the so called 'psychic stuff' that a therapist may have told them during a treatment. It is not necessarily for us to judge whether a client is in a position to hear certain information from us. Just trust that the Reiki energy will benefit them in the best way possible and for their highest good. You will discover that the client will often spontaneously talk about an issue that needs to be released, or be brought into their conscious awareness after the healing has occurred. In this situation the client has initiated the sharing and it is quite acceptable for you to share the impressions you received, if they are the same. In this way you validate your client's healing realisation. Always remember to respect the client and the process at all times as this is very special work.

First prepare yourself by asking to be shown which areas are most in need of treatment. To start the aura scanning, begin by placing your receptive hand about a foot above the crown of the person. Gradually move your hand to about three inches above the body and at this height slowly move your hand down the body over the face, torso and legs to the feet, noticing any energy changes previously mentioned. These changes may only be small but trust in what you are feeling and make a mental note of the areas that need special treatment. Pay particular attention to the chakras. You may want to re-scan the aura at a different height above the body where you may notice different changes. Move your hand up and down slowly until you find the height which gives the most energy sensation, anywhere from several feet above the body to actually touching the body. Often the optimum height is three to four inches above the body.

When you find the place where the energy change can be felt most strongly stop and channel Reiki to that place with both hands, knowing that the Reiki energy will heal that place on a physical and emotional level. Keep treating the area until you feel the Reiki energy subside or you feel the area is complete and then rescan to check. Once you feel a change in the energy move on to the next place of energy imbalance, possibly making a

mental note to return to the original place later. With practice you will be able to sense more easily the areas which need healing and in time you might find that you can sense just using your eyes. Continue like this until you have covered the whole body.

This process can take some time or it can be done more quickly at the beginning of a treatment or at the end to complete the session. It can also be the focus of the whole treatment if agreed with the client at the outset. You may agree to scan for a certain length of time and then continue with the treatment as usual.

Know that it is very good for the client to have their aura scanned in this way as health imbalances usually start in the aura and can be cleared before they have a chance to actually appear in the physical body. Also aura scanning can help the client to draw more Reiki energy into the areas of the body where it is needed, so scanning at the beginning of the treatment can be more beneficial. Please do not feel that it is absolutely necessary to follow this pattern as the full Reiki treatment is complete in itself.

### Self Scanning

When treating yourself with Reiki you will find it very useful to use the same aura scanning technique as outlined above, moving your hands through your aura to detect any energy changes. You may find you need healing in new areas you didn't expect; aspects of yourself that you were not aware of may be brought into your consciousness. When you meet an area of imbalance ask yourself kindly what happened to cause it and what you might do in addition to Reiki to help heal it. As the Reiki flows allow different feelings to be experienced freely and give them space to be healed without judgement. Allow yourself to love yourself. This process can add a new dimension to our lives, making us more sensitive to our own needs, those of others and to the world we live in by increasing our sensitivity and so aiding our own spiritual growth.

## Beaming

Beaming is the process of standing apart or away from a person or object and directing the Reiki energy straight to them. To do so, hold your hands together, palms outward and thumbs touching. Turn on the Reiki energy with your intention to deliver Reiki and direct your hands where you want the energy to go. This is very effective in accidents, when you cannot get near the injured party, or for clearing the energy in a room such as in the hospital where the client may be hooked up to a lot of equipment. This technique is to be used in any situation where you would like to send energy without being in direct contact.

To use this method beam Reiki across the room to your client by using the distant healing symbol Hon-Sha-Ze-Sho-Nen. This is a wonderful technique for treating the whole aura at once and really increases the amount of Reiki which flows to the client. Imagine your hands are like radar dishes as you send the Reiki to the client across the room. You can also focus the Reiki on any specific area you feel drawn to.

You can also direct Reiki with your eyes by focusing your visual attention on any area you wish to receive Reiki healing.

Just relax into the process and let go in a focused yet relaxed way. This seems to work best if you stay aware of the flow of Reiki and keep alert to what is happening and the sensations you may be feeling. If your mind wanders, gently bring your thoughts and attention back to the process. In so doing you will naturally enter a beautiful state which allows your Reiki to flow very strongly. Feel free to change your position in the room at any time during the process and be open to any energy changes you may encounter.

Beaming can be a complete treatment in itself or can be used at the end of an ordinary treatment, but it comes into its own and may be the best option in any situation where it might not be possible or appropriate to carry out a standard hands-on treatment, i.e., in a hospital situation.

If you pass by an accident on the road you can put your hands up and immediately beam healing energy to those involved in the accident and to those who are trying to help the injured parties. If you are driving, a single hand will do. Never risk your own safety in any of these compassionate healing situations.

## Chakra Balancing

It is a good idea to revise the section on 'The Chakras' as taught on the Reiki First Degree course. This chakra balancing technique becomes most effective with the hands several inches (4 to 6) above the physical body. You will soon discover what the best distance from the body is by finding the centre of the energy chakra. This point is where you feel that the energy is at its strongest (always have the palms of your hands facing the clients body).

1. Place one hand above the brow or third eye chakra and the other hand above the root chakra. Wait until you have the same feeling in both hands and establish a balance between both areas feeling the Reiki energy flowing.
2. Move the hand down from the brow sixth chakra to the throat fifth chakra and at the same time move the hand up from the root first chakra to the sacral second chakra.
3. Move the hand down from the throat chakra to the heart fourth chakra and at the same time move the hand up from the sacral second chakra to the solar plexus third chakra.

Do not hurry over the chakras; just take your time and feel with your intuition the changes in the energy centres and wait for the balance to be established. This is a very powerful technique because it rebalances each individual chakra back to functioning in its positive mode.

We normally find that the lower body does not have enough energy owing to the fact that we tend to live too much in our minds as a result of our western society.

The crown chakra is divinely connected therefore it has an unlimited supply of universal energy and does not require balancing.

When performing chakra balancing it is best to treat the front of the body. This balancing exercise can be done at the end of a hands-on Reiki session or as a short treatment on its own.

These exercises can be incorporated into another therapy as an additional tool. In all the exercises above it is a good idea to smooth the aura to finish the treatment.

Avoid using your mind and making judgements. Just allow the Reiki to flow naturally when it is being drawn into any particular chakra. The client's body and spirit will take the Reiki where it needs healing nourishment. You can also balance chakras one at a time.

## Manifesting - Creating your Own Desires!

The universe is yours to command! It always stands ready and waiting to give you anything you want, anytime you want, anywhere you want. What holds you back? You do! How? By believing what your conscious mind keeps telling you 'that you do not deserve anything you desire.' When you believe abundance is only a reward instead of a fact of life, you spend your life judging all of your actions. With this mentality every time you fail you are punishing yourself for some real or imagined 'bad' action thereby justifying your failure; you also make a mental quantum leap and label yourself as undeserving. The thoughts go something like this, "If I can't even do this right, I don't deserve to be rewarded." Does this sound familiar?

By believing in a limited universe, you believe that there is a limited amount of abundance available. You view life through the 'pie' mentality. By believing that all of abundance is just one big pie and that there are only so many pieces available, you spend your life in a futile effort to get your piece of the pie. Abundance means 'being in great unlimited supply' and you live in an abundant universe! There is more than enough for every person on this earth if you can only just get past your own preconceived notions of: good and bad; limited and limitless; deserving and undeserving.

When you find yourself guilty, you punish yourself much worse than any judge or jury would do. Quite often the punishment you give yourself is a life spent in despair without any hope of parole. Forgiving yourself and moving on from your conditioned past is the first step in learning to live in love without judging yourself.

If in your heart of hearts you do not believe you deserve something, then there is no power on earth that can obtain it for you. You must always honour yourself and believe in your own self worth. If not, even if you achieve your desire, it will tarnish and you will end up losing it.

There are three questions you should answer before you try to manifest anything:

1. Is this what I really want?
2. Is this something I think I should have?
3. Do I feel I deserve this?

If the answer to any of these questions is 'No,' do not try to manifest your desire at that time, because you will only sabotage yourself. The ability to manifest never ever comes from a feeling of need or want. It comes from the quiet place within yourself that knows you are the creator, actor, director and the audience of your life. The place that says, 'I know', which is so often ignored, that is your centre of creation. It is your creative intuition, the Divine spirit inside of you that is part of your being.

Remember that you manifest your reality with your thoughts and personal desires. When you have a thought and express it as a desire, you have put the wheels in motion for its appearance in your life. Your thought goes out into the universe and the universe starts the preparation for the manifestation. The universe does not work on a timescale.

Manifesting is not always instant gratification. The universe gives us what we desire in any manner that it chooses. There is an old saying that is true; be careful of what you ask for because you just might get it! Now that you are attuned to the Reiki energy of 'The Beloved Universal Divine Consciousness' all of your desires will be responded to!

If you want a brand-new car but somewhere deep inside you feel you do not deserve a new car, you will never manifest one. Manifesting your desire is like planting a garden. When you state your desire you have planted the seeds in your garden. When you begin to doubt your ability to create what you desire, it is just like running out to your garden and digging up the seeds that you have planted in the past. No wonder your garden doesn't grow!

You will need to work on your self-worth first before you work on trying to manifest a new car. This is because whatever desires you send to the universe, the universe will obediently obey you. So if your feelings are full of doubt, insecurity or are fear based, you will only receive negative responses and experiences back into your life.

This is why Reiki is so beautiful because you are now able to fill your emotional body with unconditional love using Sei-Hei-Ki, clearing and balancing your emotions, dissolving all fear and past emotional trauma. Once you feel love instead of fear inside of your emotional body, you will be able to visualise positive expectation in trust and without fear. When you can do this, universal abundance becomes available to you. When you have healed yourself to this positive natural state of life condition, then you can use Hon-Sha-Ze-Sho-Nen to manifest your desires.

Life now becomes extremely simple because you can now see that everything depends upon your life condition: if you are feeling limited and fearful, as a result of life's conditioning, it will be exactly those feelings that you are asking the universe to give back to you; however if you are feeling mentally positive and emotionally loving then you will feel unbounded, unrestricted, unlimited and everything will become possible. It is this positive life condition that you are asking the universe to mirror back to you. Your life will then become full of abundance and all of your desires and dreams will come true in an enjoyable, mystical, natural flowering, filling your life full of love, joy and pleasing surprises.

You will learn more about this subject in Creating Abundance and our module the Gateway to Enlightenment.

### The Spiritual Development Key Learning Points

- Become non-judgemental - Do not judge others or yourself
- Accept yourself as you are and accept others as they are
- Avoid criticism of yourself and others
- Bring wisdom and Divine healing together to create enlightenment

## Practicing Healing as a Profession

### Part One: Attitudes and Ethics

In any healing modality the pure intention of health and wellbeing for your client is above everything else and so it is with Reiki healing. Your intention is everything and you will attract people if your intention is genuinely positive and enthusiastic. It may take some time to build your practice but determination is key; do not allow yourself to be discouraged. If you believe in yourself you will soon have a thriving practice. Remember that by positive intention you create the life of your dreams. If doubts come into your mind just let them go. They are natural so don't be hard on yourself. Love yourself and love what you do and you will find people will be attracted to you. Try to keep a flexible attitude and be open to changing your advertising or your marketing approach from time to time if things aren't working as you would like.

Stay determined and keep your goal in mind to have a thriving practice. Remember that successful people keep going and maintain their vision. At the same time, they are flexible in their approaches and are ready to change them when it is right to do so.

### Confidence Equals Competence!

We may be led to believe that confidence comes naturally but in most cases it takes a person a lot of determination and hard work to succeed in becoming a successful Practitioner. But confidence comes and increases as new challenges are met and overcome and soon we become the successful person we aspire to be. The more you use your Reiki on yourself and on others the more confident you will become. You will receive proof all the time that your Reiki healing works!

It is natural for disturbances in your past patterns and feelings to emerge as you take on a new level of healing and accomplishment. Do not let these disturbances upset you but rather see them as a sign of achieving a new level in your spiritual growth and in your own healing process.

This is a great opportunity for your soul's evolution and an opportunity to let go and experience more freedom, becoming lighter and more aligned to the perfect truth of who you are as a person. Use Reiki on yourself often to support these changes and the expansion in your consciousness. Don't forget to incorporate the Reiki symbols when self-healing. It is the Reiki symbols Hon-Sha-Ze-Sho-Nen with Sei-Hei-Ki that I would personally recommend for you to use in this healing process. In addition ask any therapists you know for a treatment for yourself if you can.

### Focus on your own healing

Focus on your own healing and on helping others. You cannot wait to be the perfect therapist before you are able to be of service, but as you work on yourself, your ability to help others is increased. It is a continuous process of letting go, so that more and more love and compassion are flowing through you developing the qualities of tolerance and compassion towards other people. This process involves learning to be very kind to



yourself, becoming patient with what you have perceived as your failings. Healing yourself helps you to heal others and the joy and connectedness you will experience when you share with another person will help you to heal yourself.

Please remember to ask for help from higher spiritual beings. Call on Angels, Beings of Light, Reiki Guides, The Ascendant Masters or whatever the spiritual focus is that you resonate most with as an individual. Be assured that you will be guided and supported all along the way in your personal process, your healing sessions and the development of your practice by those beings or simply by the Reiki energy, your Buddha nature, God, or your higher self, whichever resonates with you. Meditation and prayer are very useful tools in all spiritual paths. Try them.

One of the major hurdles which can occur in developing a spiritual attitude and a successful Reiki practice can be fear of competition from other Reiki practitioners. It is a fact that Reiki is becoming a very popular therapy and chances are there will be other Reiki practitioners in your area. Remember though that there are enough clients out there for everyone and there are far more people on the planet who need Reiki healing, than practitioners who can provide it. Trust your intention of becoming a great Reiki healer and you will always attract the number of clients you need who will be the right clients for you. Remember to speak about Reiki and other Reiki practitioners with respect, kindness and integrity, even if they have not been trained in the same way that you have. By all means explain that the way you work may be different from the way they work but do not criticise. Be open, kind and supportive to other therapists. Much can be gained by open heartedly sharing each other's views. Stand strong in your own connection with Reiki and trust!

Reiki Healing is taking its place as a very valuable therapy as many complementary therapies become more widely accepted and recognised at this time as the powerful healing tools they are. Reiki healers are now working in hospitals and hospices throughout the UK and this can only be good for your practice. There has never been a greater need for Reiki Healing. I wish you every success from the bottom of my heart.

### Developing a Positive Relationship with Money

The first point that is misunderstood by many people who are on their spiritual journey is in relation to materialistic people and the whole issue of money. You will notice I use the word relation because money is a relationship. All aspects of life can be understood as a relationship. You may think that this is a spiritual course so why am I becoming all profound over the mundane subject of money? The reason is simple. I have been given insight by the Divine to the workings of this world and as a consequence I am obliged to share this basic overlooked aspect with you.

I ask you to suspend your own beliefs on this matter for the moment and meditate upon the following for your understanding:

- The Divine exists in all living beings. (Humans and animals, etc.)
- The Divine exists in all of nature, the environment. (Plants etc.)
- The Divine exists in every aspect of the Universe

## Reiki Healing Second Degree

- All human beings, consciously or unconsciously are on a journey of spiritual development and learning. They all consequently play an equal part in the whole of existence.
- The first lesson in spiritual development is to develop a positive and balanced relationship with money and work. It serves to support your life and enables you to contribute to others.
- All of life is threefold – Material Physical (ever changing), Spiritual Nature (ever changing) and Divine Core (unchanging centre of creation).
- You cannot experience freedom without achieving a balanced and positive attitude towards money and work.
- Money is really an energy exchange.
- The Divine is teaching all living beings through daily life.

Why does the world appear to be ruled by money? So now here is the punch line. Money is acting as a binding factor to force relationship exchanges and through these exchanges the individual is forced to evolve. They learn through the strict law of cause and effect and self-reflection. Firstly through getting what they want (self greed) and through that repeated experience they eventually reflect upon their experiences and evolve beyond just money. This may take more than one lifetime to achieve.

Freedom for you is achieved by embracing the attitude of 'respect for all living beings' and by accepting that all living beings are deeply engaged consciously or unconsciously upon a very spiritual mission. Money therefore is just a binding tool, an energy exchange, at a very elementary level of spiritual development.

Many spiritual people say that you cannot charge for 'Divine Healing'. The way to understand this point is to realise that yes 'Divine Healing' is freely available to all living beings but you are offering your time and it is this aspect (your time) that people are exchanging money for, otherwise you self sacrifice your self.

## Professional Practitioner Information

### Part Two: Practicalities of Setting up a Professional Reiki Practice. Finance and Administration

**Insurance Cover:** Have insurance for yourself to practice with public liability for your premises. As a duty of care, because of today's legal climate even if you are only treating friends and family it is advisable to take out insurance cover. I recommend Balens as they are dedicated insurers for complimentary health care practices.

**Charging a fee for your Reiki treatments:** It is important to first of all consider the energy exchange involved in therapy work. Most therapists charge a fee but some have made the decision not to charge a monetary fee, which of course it is their choice to do, but it is a more balanced energy exchange if the client can offer some form of payment for the treatment. Some agree some exchange of services in return for a Reiki treatment which can work for some people. If there is no energy exchange it can lead to a feeling of indebtedness to the Practitioner on the part of the client which can be uncomfortable for both. This can lead to a treatment programme being ended prematurely.

Charging money allows people the freedom to ask for a treatment whenever they feel they want one. There may be times when it might be appropriate to charge people less than your usual fee. You may even decide to have a couple of reduced Reiki places in your diary so that those who cannot normally afford a treatment can be helped. It is important to try to keep a good balance, so that not very many of your sessions are reduced as you could end up feeling resentful or drained of energy, which is not helpful for you or your clients. Just remember to value and love yourself at all times and this won't be a problem for you.

You may want to charge a lower rate when you first start charging clients; as your level of experience and confidence increases you could then increase your fees. I personally feel that it is better to charge your true rate from the beginning. Something else to consider may be to offer a special rate for a course of several Reiki healing sessions. You need to be comfortable with how much you are charging. If you are confident in this area this will radiate out to the universe and you will soon be rewarded with a thriving practice.

When setting your prices try to establish how much other therapists in your area are charging. If there are no other Reiki practitioners in your area try to find out how much people charge for other complementary therapies such as reflexology or massage and base your charges around that level. Bear in mind that a Reiki healing session can last from thirty minutes to an hour and a half. You will find that if you set an intention at the start of a treatment that the session will last a certain length of time, be confident that the universe will ensure that the healing is beautifully and completely accomplished in that length of time!

**Costings your budget:** Work out how much it will cost to set-up, if paying rents. You would need enough patients to more than cover the costs. Find out what the other therapists are charging for similar hours. Keep records of all payments and decide whether you want payments on the day or to run an account, (the disadvantage of giving your clients credit is

that you may need to chase some clients for payments; for this reason I would avoid giving credit). You may wish to modify your set charge at your discretion with certain clients. Be prepared beforehand. You might want to charge less for friends and family? Value your own time however and even a small charge may mean that someone can feel free to ask for another treatment, rather than believing they were imposing on you if you are treating them for free. Being in debt to someone is not empowering.

**Keeping client records:** When making appointments obtain your client's name, address and phone number as this will start your database which will be useful for future mailing and your marketing purposes. As your database grows you can send flyers, Christmas and Birthday cards. You never know what you might get involved with in the future in terms of workshops etc. A mailing list can become very important for you. You can use a client information form at the beginning of your Reiki treatment when starting treatments for new clients.

It can also be a good idea to ask your client to sign a disclaimer form, explaining what Reiki is and is not. For example it can state that Reiki is not a science of disease or in any way is it a substitute for medical or psychological diagnoses or treatment. It can say that Reiki is a relaxing hands-on healing technique that can promote well-being and seeks to stimulate the client's natural healing process. You can also say that Reiki practitioners do not diagnose or interfere with any other treatments the client maybe receiving, but Reiki rather enhances and complements conventional medicine and other natural therapies. Some practitioners have recently faced litigation in this country, so such a form is advisable.

Keep records for each session, with a case history the first time you meet a new client. Legally, they should be kept for seven years. It is advisable for them to be locked or stored out of sight. They could be in the form of a card or A4 sheet in a folder. You might want to transfer them to a PC. The client does have the right to see their notes, though it is very rare that they ask. Observe the client as well as listening to what they say. They do not always match! You may like to inform the Information Commissioners Office (ICO) of your practice, to protect you against possible claims about records from your clients, although I have never known of this happening.

**Self-employment and National Insurance:** You may wish to take out insurance in case of illness. There are Social Security leaflets for self-employed and the small business and about National Insurance for the self-employed. See HM Revenue & Customs 'Starting in Business'.

Keep all receipts and records for your self-assessment Inland Revenue annual return. You can claim expenses for: couches, the room you use, decoration, petrol for any home visits and travel in conjunction with your business.

There are two ways of claiming vehicle expenses. Individual circumstances will determine the best way but you will need to keep a mileage log to establish personal and business mileage. The least complicated and Inland Revenue preferred method is to claim so much a mile for business usage, as opposed to submitting all vehicle expenses and claiming a

percentage against your annual costs. (The rate varies depending on engine size; ask HM Revenue & Customs for a rate table.)

You can claim for furniture you use in your treatment room, books to do with therapy subjects, related courses and seminars, related subscription to professional bodies, stationery and any other purchase in relation to the running of your business.

It is advisable to open a separate bank account for your business, perhaps with an ordinary deposit account to save for tax and National Insurance.

### Promoting and Marketing your Reiki Practice

**Promoting your practice:** One way to let people know about your Reiki practice is to offer exchange treatments with other therapists. You could also refer clients to them and ask them to do the same for you. You can ask other therapists if you could leave some of your cards or leaflets with them.

One of the most successful ways of getting yourself started is to talk to a lot of people about what you do. Talk at parties; talk at any kind of social gathering; talk to your friends. Many people have heard about Reiki but they might not know what it is. Do radiate enthusiasm, however if you detect a glazed look on the person's face as you talk, stop! If people are not interested accept it and as they say, 'let go and move on'.

Give a talk to groups of friends, or to clubs, societies etc... A stand at a holistic fair can be expensive, but often therapists are happy to share space and costs. When people make an inquiry with you always get their name address and telephone number for your mailing list. You can offer short twenty minute treatments for a fee of say five pounds as an introduction to experiencing Reiki.

Offering free treatments can be a rewarding way to get started too. This is a very good way to get your work known. You can offer an introductory free session and then when the person has experienced how enjoyable receiving Reiki is as they book again you can then start charging your normal fee. Always have your business cards with you.

You can volunteer to offer free Reiki treatments at hospitals, hospices, cancer support groups etc... This may not bring many paying clients but you will get a lot of practice and it will promote you quite widely. Again remember to leave your business cards wherever you go.

You can write an article for the local or national newspaper. And if you are feeling extremely confident you could offer to talk on radio and television programmes.

Do not be shy about sharing the great gift of Reiki. Do not think of promoting your work as selling yourself, which may have negative connotations. Rather think of all the benefits and blessings that people can experience when they receive a Reiki treatment. Share your experience and dedication with others. Your enthusiasm will be very contagious. Remember you are supported fully and totally by 'The Universal Beloved Divine Consciousness'.

**Selecting the venue:** Decide whether to work from home or in a health practice with others. Some advantages in working from home are: no travel, no rental, you can work any hours to suit yourself, providing you have a suitable light, airy, quiet room with clean toilet facilities nearby, space for parking and an answer phone for client bookings. Ask yourself 'Do you want people coming to your own home?'

Working from home may affect your Council Tax, unless you are using the room for other purposes too. Check this with your local council.

The advantages from working in a clinic: support of other therapists, possibly a secretary to make bookings, hours are clear cut and you can leave your work behind at the end of the day.

**Promotional aids:** One of the first steps in promoting your business is to get some business cards printed. You can also use them as appointment cards and write the time and date of your client's next appointment on the back of the card. A promotional leaflet is also a good idea - this can be as simple as a three fold professional brochure.

Advertising: Who are you targeting? Distribute leaflets with names and addresses on the back, or business cards in the likely catchment areas, such as private houses, shops, public libraries, GP surgeries, Citizens Advice or information centres. Tell friends and GPs. Do you want opposite sex clients at your own house, if alone? Can you give talks at local centres, W.I.s etc? Do not tout for business or make any claims to cure.

## Client and Treatment Considerations

**Establishing rapport with your client before the first treatment:** It is a good idea to talk to people first before setting up an appointment to get a feel for their energy and to let them know what they can expect from the Reiki session. Remember that people all have different concepts and expectations about what they are going to receive, with some people having funny ideas about therapy!

Although you may be enthusiastic, use your wisdom and discrimination in relation to accepting your new clients. Especially if you are a woman it is a good idea to have another person in the building when you are working with a new client for the first time, for your own security and peace of mind.

Explaining the treatment first inspires confidence and will often reassure potential clients if they do not know much about Reiki. Depending on how you intend to work and offer Reiki to others, having a promotional leaflet is a good idea.

**Practitioner/Client Contract:** Discuss the contract you have with the client - that you are in no way responsible for any illness or accidents during the course of treatment. Consider the possibility of the client signing a disclaimer in certain situations.

Time - Length of treatment session: Be clear to clients regarding time boundaries and adhere to these, particularly in a clinic setting. Make sure you have some time alone between clients, so you do not get drained. If you do not look after yourself you create less value for your clients or family.

Your own health and appearance: Make sure you are in a good state of health yourself, eat healthily, take enough rest and exercise in fresh air and release/transform any negative thoughts as much as possible, particularly before treating a client. Before a treatment session take a quiet moment to centre and balance yourself and attune to the client coming to you. Create a sacred space before your Reiki treatments. The more you are in a state of peace and harmony yourself, the more you are able to make Reiki available to your client.

### Practical Considerations about Working in Hospitals

**Hospital venue:** Reiki is readily adapted to a hospital ward setting, with minimum distraction to the patient and staff. Curtains may be drawn around the bed if privacy is desired. Alternatively, at the discretion of the ward manager and practitioner, it might be considered appropriate to offer a seated treatment in the day area.

**Treatment plan:** It is recommended that a treatment plan be drawn up for a patient in conjunction with their other hospital treatments. Patients who have not experienced Reiki before may appreciate a trial session first before committing to a full course. Even though one session of Reiki can make a difference, a series of regular sessions is recommended for maximum results. A weekly Reiki treatment is usually advisable, lasting from a half to one hour. This should be discussed with the practitioner, taking into consideration the patient's needs and resourcing.

**Informed consent:** The patient leaflet has been drawn up to provide basic information about Reiki. A consent form is also available in the download plus a copy of the Codes of Practice, if required.

**Further consideration:** It is a fundamental principle of Reiki that the patient draws in the energy, rather than the practitioner 'giving' it. If the energy is not required, or the patient does not wish to receive it, then none is taken and the practitioner, being a channel for the Reiki energy, will be aware of this. This means that the patient's right to refuse treatment is always safeguarded, even when they are unconscious or in a coma.

### Keeping a Balanced Perspective

#### Respecting Social Limitations whilst Transcending its Belief Structures

#### Maintain a positive expectation of your Reiki treatment

It is also important to remember that rationalisation of the clients' circumstances are very limited in terms of the balancing and restoring power of the universal Reiki energy – as it is treating the whole person not just the conscious mind ego.

Reiki is one of the very few therapies that can treat without diagnosis. Relax your mind, centre yourself, attune yourself to Reiki and allow the greatest benefit for your client to occur.



If you want to discover more about the scientific aspects of the workings of Reiki, 'The Gateway to Enlightenment' will explain many philosophies and the scientific explanation of this Quantum Mechanical Universe as found in 'The Seekers Guide for a New Awakening'.

It is a good idea after you have protected yourself against the limitations of the law of today with its narrow perspective towards health and healing, to open the mind of your client again to the possibility and existence of wellness within dis-ease. Do not make any claim of cure but say that after receiving Reiki healing some people have ceased to be treated by the medical profession with no explanation for their recovery.

The reason I have added this footnote is because of the power of belief, the creative power of a person's own thinking. It is better to create an open view of not knowing than a limited restricted negative view based upon the proven facts of the limited medical scientific models used by most conventional GPs.

(Much more detail is given in the companion course 'The Excellent You' found within this book and 'The Seeker's Guide to a New Awakening' which has been created to maximise the effectiveness of your Practice or Business, including teaching you how to structure suggestions and meditations).

**Client and Treatment Forms:** You will discover that there are many helpful forms which you will find in the New Awakening Process download.





# New Awakening Reiki Universal Life Energy



## Reiki Master & Teacher Handbook

How to transfer the Reiki Attunements  
The Lotus Sutra - Third Degree Reiki

**Robert Bourne**

## Reiki Master Teacher

### The Reiki Master Attunement opens the life condition of Oneness

Everything in the universe is composed of energy. When you receive your Reiki Master attunement it is like plugging directly into the universal current of Unconditional Love. The source within you is in direct contact with the universal source that has no limits. There are no barriers to what this energy can do because it is the emotional expression of Divine Unconditional Love, an opening to the blissful state of Oneness. It is Love that transforms matter back to a pure state of existence. It is the beliefs and thoughts in the conditioned mind which prevent your full awakening to occur. This is the subject of the third and final stage of The Awakening Process; True-Self Awakening. As a Reiki Master this becomes a time of self-realising where you wish everyone to experience the same state of awareness as yourself. The gift you can give to others is to offer them attunements to the Divine; to awaken them to the same beauty that you are now experiencing. You know that only through sharing the same awareness together in this world, the same elevated consciousness, are we able to play, to dance and to create with each other, with the qualities of harmony, love and wisdom.

We are the ones to put barriers on the energy by our thoughts and soul's life consciousness. In Sharon's story, found in the Reiki First Degree, you will discover that after she had trustfully followed the New Awakening Reiki system, by working through the first four spiritual openings together with the study of the three courses in the Seekers Guide, when she arrived at and experienced the Reiki Master's energy attunement she had the most beautiful Oneness experience possible. This experience happened naturally just like the petals of a flower opening when the sun shines its life giving warmth upon it. Sharon experienced that everything outside of her was just aspects of herself. She knew, from the inside, that she could change anything just by her desire to do so; she had realised the Oneness of life. Even her relationships changed automatically in a beautiful loving way; her boyfriend, who had been previously non-committal for many years, just had an experience of love when Sharon had her attunement and spontaneously, without thought, proposed to her. I have great respect for Sharon as she questioned everything having to prove the Truth of what was being shared before moving to the next module. I encourage you to do the same. If you have not had a direct experience of anything please go back and go over it again. Doing this will make the final stages of your awakening amazingly easy.

The Reiki Master experience is the most beautiful of all and the easiest to achieve, provided you have prepared yourself with the three energies in the Reiki Second Degree. I mention this because many people think that achieving the level of Reiki Master is some sort of status symbol and rush to gain the qualification. They may have the certificate but they have not had the experience. In fact the mind has cheated them. I encourage you to do the work contained in the Reiki Second Degree and then you will experience something most beautiful, quite naturally which is beyond anything the mind could imagine. Then you will realise that certificates are not the goal at all.

## Home Study Plan of Action

### How to Study this Multimedia Course Material

#### Preparation

1. Read this manual all the way through quickly to get the idea of what you are going to learn
2. Listen to the tutorial CDs (Optional)
3. Prepare your 21 day journal. Continue in your Reiki Second Degree journal. Start day one of your journal when you receive your attunement to Master's Reiki healing; when you use the Attunement Video.

#### Practice – (Remember to record everything in your journal)

1. Attune yourself to Reiki Healing using the VIDEO provided in the download. (See instructions below.)
2. Practice drawing the symbol for The Reiki Master's healing until you know it by heart. Awaken the Master's healing energy of Dai-Ko-Myo using the chanting method explained.
3. Repeatedly re-read this manual to reveal its layered meaning. You will discover that as your consciousness changes the teachings will reveal new meanings to you.
4. When the CDs are listened to repeatedly, they have a transformative effect upon the consciousness of the listener. The 'Ah Ha' moments just keep coming over and over again. What could not be understood through reading alone becomes an enlightenment experience as the change in consciousness occurs at the soul level of awareness within you.

## How to use the Distant Attunement Video

1. Watch the VIDEO all the way through on your own, in a place where you won't be interrupted, to get the gist of what is going to happen. Unplug the phone, etc.
2. To feel a deeper experience continue by relaxing your state of mind by doing the Breathing Meditation as taught in the meditation module. This will prepare you to attune yourself more effectively.
3. Start your Reiki Healing and then start chanting Dai-Ko-Myo to invoke the Master's energy, as it is this energy that is used to transfer the spiritual attunements.
4. Then replay the Video again from the beginning, this time taking 3 deep breaths, centring your awareness in your sacral chakra, moving your energy down from your mind. Relax and close your eyes. Now imagine that it is you sitting in the chair receiving the attunement.
5. When instructions are given, this is when I will be talking to you and guiding you through the attunement. Following the sequence you can either do the instructed actions physically or see yourself doing them in your imagination.

“Reading this book together with listening to the sound of my voice on the CDs will enable a Divine inner shift of consciousness to occur within you. I wish you tremendous happiness in every area of your life. May the mystic law help you create the life of your dreams as you become a blessing to mankind”. *Robert Bourne*



## Deepening Your Reiki Experience with Master's Wisdom leads on to Teaching Reiki

Welcome. I honour your decision to become a Reiki Master and I thank you for choosing me as your Master and teacher. It is an honour and one I value highly. By choosing me as your Master, we have created an unbreakable bond and I will always be there for you. This is not a guru/disciple relationship; it is, however, a lasting relationship formed by two equals, who support each other's endeavours.

Once you have obtained the Master level, you assume a larger responsibility for your life's actions. In order to teach Reiki you must live it; you must have absolute trust in Reiki's energy and the mystic law of life. You are now starting on your voyage to becoming a Reiki Master and Usui Reiki Teacher. You will soon receive the Master attunement and be given the Master symbol.

In this attunement the heart chakra compassionately radiates the Reiki Master Energy of Dai-Ko-Myo, the soul transcends to the crown for transformation with the higher self moving down from the crown to reside in the third eye. Healing and Wisdom now combine, being expressed as the Unconditional Love of the Source of creation. This is the stage of mysticism, of becoming. Life becomes the experience of bliss, wisdom and Oneness with all existence. The individual moves beyond religious, race and national prejudice.

You are now ready to practice True-Self Awakening where the mind comes home to the oneness heart and the person identity is exchanged for the Divine-self.

### The Divine manifests into all phenomena 'How the one becomes the many'

I would like to share a Vedic Yoga explanation of how the Divine manifests into existence. This concept is at the heart of the Eastern Mystical Teachings and is at the core of the teachings learnt on the True-Self Awakening module. The following five stages explain how the core of existence manifests into all phenomena, 'How the one becomes the many'.

1. The source of all things, of creation is 'Intelligent Pure Divine Consciousness, Bliss with the experience of Truth'.
2. As the supreme creator, the Source manifests into all creation, the cosmos and the universe.
3. Unity Consciousness, Oneness Consciousness occurs where Divine beings are created which incarnate as Avatars to guide us in the realm of duality.
4. This Divine being incarnates into everyone as the higher self to guide the process of creation which is carried out by the self. A creative relationship now exists between all of life and the Divine.
5. The female aspect of creation is in communion with the male aspect of creation and is celebrated. The human being, once awakened to this connection becomes 'The Avatar'.

## The Reiki Master makes a Commitment to be in Service to Others

A Master healer requires the following four qualities: trust, faith, love and humility. As a Reiki Master you are now the pathway of the healing energy called Source. In order to effectively function as the guardian of such tremendous energy, you must have absolute trust in the Reiki healing power as well as the faith that you are capable of working with and teaching others how to do likewise.

Although different healers may channel the energy by a variety of different methods, none can teach or heal without compassionate love and humility. You must learn to love and accept the hardest person in the world to love, yourself. There is no ego in using or teaching Reiki. You are the co-creator of the healing process, allowing the Source within to join the Source without and exist through you, thereby balancing all it comes in contact with.

## The Master is an Inner Experience of Divine Connection that Becomes Eternally Indestructible

Congratulations, I know that you are ready for this transition and I offer my deepest heartfelt support but in reality you are now one with the Source.

The teacher is within and you will be connected to the consciousness of the Ascendant Masters and will continue learning from your direct connection with enlightened beings.

I wish to remind you of the key points of this beautiful state of existence. You will experience the Bliss Body of the Divine; Pure Unconditional Loving Presence. It is from this union that:

1. Unconditional love and healing flow eternally from your heart chakra
2. Universal wisdom is accessed in each moment of existence
3. Unconditional Love, Healing and Divine Wisdom automatically become available for the benefit of others without effort

## These Three Aspects Become One - Unity Consciousness

NASA astronaut Dr. Edgar Mitchell came to this conclusion on his return trip from space: "In one moment I realised that this universe is intelligent. It is proceeding in a direction and we have something to do with that direction. And that creative spirit, the creative intent that has been the history of the planet, comes from within us and it is out there; it is all the same."

Consciousness itself is what is fundamental and energy-matter is the product of consciousness. If we change our heads about who we are and can see ourselves as creative, eternal beings creating physical experience, joined at that level of existence we call consciousness, then we start to see and create this world that we live in quite differently. The various levels of consciousness are explained in the Lotus Sutra section and also in the Gateway to Enlightenment.

## The Third Degree Reiki for Personal Growth and Service

The Third Degree Reiki attunement and symbol take you further on your journey of growth and expansion. As more light becomes your life, you share this light with others automatically. The more you share this light the more light enters your being. It is as if you have now entered into a win-win situation; the more light you give the more light you receive.

Your life path is accelerated and supported by the totality of the Reiki energy. In a way, there is more work to do in the sense of letting go and taking on new challenges, however we access more guidance supported by a kind and loving universe with the help of the Master symbol and the Master's energy.

The Heart Centre is the main focus of the third-degree attunement. We unfold in love as we blossom in our unique way, dancing with the benevolent forces of the universe, to the music of our life force. When you are ready many obstacles melt and frontiers disappear. Every moment can become an opportunity to express light as kindness towards oneself and towards all others.

Wrapped in the loving blessing of Reiki we might find the path steeper sometimes, but also easier, as we take on more responsibility and learn to love more.

You are ready, you are love. Live that love more and more every moment of your life in all the little things of daily life. Remember Light and Reiki is with you, always.

## The Master's Level of Consciousness

All problems are solved and dissolve by entering into a level of existence where no problem exists. A problem is solved not by confrontation but through going to a level of consciousness where no problem exists! This is unity consciousness, it is the oneness of life which naturally without effort is Unconditional Love.

## Becoming Non-Change in the Face of Constant-Change is 'The Master'

This is the study and practice of the final module 'Gentle Touch'

## DAI KO MYO

### The Reiki Master's Symbol Definition

Dai-Ko-Myo is the Reiki Master Empowerment Symbol. It is the fourth symbol used by Dr. Usui and represents enlightenment.

Dai-Ko-Myo lifts us to a higher plane of consciousness and is said to heal at the level of soul or at the level of the spiritual body.

Dai-Ko-Myo is the key which accesses the full potential of Reiki in its totality.

Dai means Great: Dai - used here represents an enlightened great man.

Ko means light: Ko is a picture of a man holding fire over the top of his head and running or moving forward. This signifies to pass the energy to others, the torch carrier, also light, expansion or radiance at the Crown Chakra.

Myo means to open and reveal the essential nature of the mystic law: Myo means that your subtle healing body will have a radiance brighter than the sun and moon.

Dai-Ko-Myo can also be translated as 'Great Enlightenment'.

My interpretation is: The Reiki Master is the torch bearer to transfer and awaken the Divine light inside the heart of the individual, the transfer of the great fire of the Divine, the comforter, healer, while resting in Pure Awareness knowingness.

## Evoking the Masters Symbol

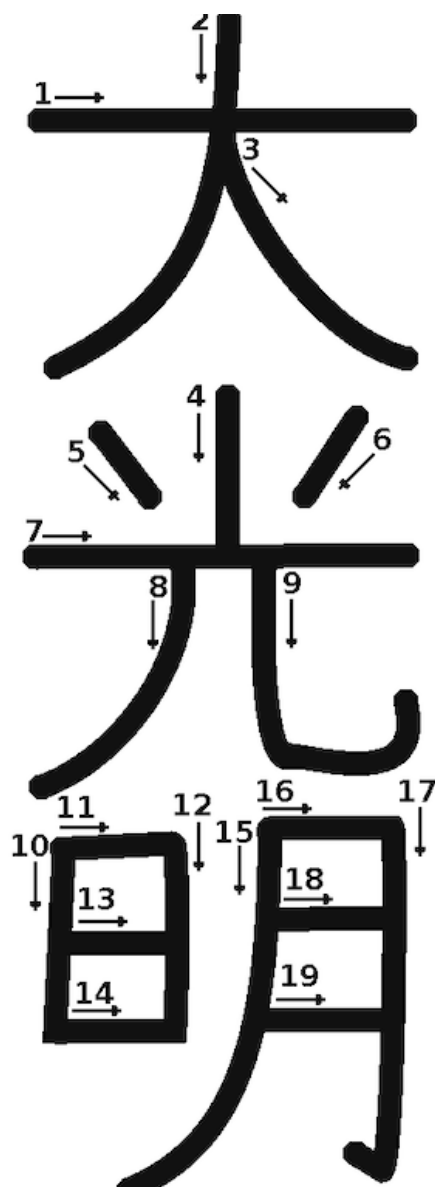
Chant this Mantra until you become one with its energy

1. Draw the symbol three times and chant the mantra for as long as you require, enabling you to feel the powerful Reiki energy manifesting in your whole being; until you become one with the energy. I have researched the Chinese characters and can assure you that the drawing is correct, therefore for this symbol make sure you learn it as drawn as in this manual. (*Do not use an abbreviated or altered version.*)
2. You can stop chanting as soon as you can feel the energy in your body. This could be for a period of ten minutes up to one-hour duration.
3. As soon as you are completely happy you are one with the energy, stop chanting, close your eyes and enjoy the experience. Go into it, merge yourself with the feelings and sensations of being one with Dai-Ko-Myo.
4. It is good to deepen your experience with Dai-Ko-Myo by repeating this exercise every day for at least three days.

### Uses of the Symbol

- This symbol can now be used for your own empowerment and connection with the Divine energy of Universal True-Self the source of Reiki healing.
- The more you use Dai-Ko-Myo the more you will expand your own consciousness into the state of Enlightenment.
- It can also be used in all healings, distance and hands-on, private healing and when you are healing others.
- This symbol is used for initiations and attunements of the Reiki degrees in others.

Reiki Master Teacher  
DAI KO MYO Great Enlightenment



## Preparation Before Giving Reiki Attunements

### How to prepare the room you use for the initiations

Create an altar: Prepare an area and cover it with an altar cloth; you could use a picture of Dr Usui, some candles to represent universal wisdom, water to represent the purification of our being, you could offer incense to represent compassion. *(Be careful not to overpower the area with strong fragrance that could cause discomfort to the receiver at the attunement. Incense is best offered before the attunement when you are empowering the room with your symbols).* Finally you could offer real flowers for beauty and harmony; flowers also represent the ever changing nature of life.

### Don't forget to Reiki everything

Creating a sacred space when a separate room is used for attunements. This example prepares the room with the chairs facing the altar:

1. Prepare yourself with Reiki and prayer by asking for the Reiki Guides to assist you in creating a sacred space.
2. Create a circle that includes your altar area.
3. Facing the altar open the area with a large Cho-Ku-Rei, then draw Dai-Ko-Myo.
4. Still facing the altar you walk backwards until you are standing behind the chairs that the students will sit on when they have their attunement. You then draw Sei-He-Kei and Hon-Sha-Ze-Sho-Nen.
5. Still facing the altar you walk back another two steps to the edge of your circle and draw another Hon-Sha-Ze-Sho-Nen symbol finishing off with a large Cho-Ku-Rei. Then beam energy into the circle.
6. To finish, walk around the circle to seal in the energy and intend its sacredness.



## Creating a sacred space if the same room is used for attunements as well as for the group workshop work

1. First prepare yourself with Reiki and prayer by asking for the Reiki Guides to assist you in creating a sacred space.
2. Open the central area with a large Cho-Ku-Rei, then draw Dai-Ko-Myo.
3. Open any wall with a large Cho-Ku-Rei, then draw Dai-Ko-Myo. Repeat this for each wall, floor and the ceiling. (Chant the mantra to space clear the area)
4. With your chairs arranged in a circle stand behind each chair in turn and draw Sei-He-Kei and Hon-Sha-Ze-Sho-Nen.
5. Walk to the edge of the room and draw another Hon-Sha-Ze-Sho-Nen symbol finishing off with a large Cho-Ku-Rei. Then beam energy into the circle.
6. To finish, walk around the circle to seal in the energy and intend its sacredness.

## Notes on using a single space for attunements and energy work

Arrange your chairs in a circle for the introductions so that everyone is facing each other. Using the same chairs it is best to arrange them before the attunement so that the person is facing towards the wall with their backs to the centre of the circle. In other words just turn them round making sure you have enough space to walk around all sides the chair.

You could ask the group to leave the room just before the attunement so you can create a sacred space for their Reiki attunement. Stand behind each chair in turn and draw Sei-Hei-Ki and Hon-Sha-Ze-Sho-Nen. Doing this will build expectation and wonder in the group and can empower the attunement experience. Only do this if there is an appropriate area the group can wait in without too much discomfort.

## Invoking and intending the Reiki symbols from the Divine Chakra

In step 2 of all the attunements you start by drawing the three symbols in the air high over the crown chakra. Above the crown chakra exists a Divine chakra that connects the individual to the unchanging source of Unconditional Love. Within this realm exists the purity of Divine beings, Ascendant Masters, Reiki Guides and Angelic Beings. When you draw the Reiki symbols into this chakra you will invoke the assistance of Divine beings to assist you in the attunement.

Each symbol has a different Divine vibration so when you draw the Reiki symbols you are in fact calling that aspect of the Divine to manifest for you within the Divine chakra. Through doing this the energy vibration of each symbol will then be present and will be channelled to each chakra within the attunement initiation process.

Please consider this step of the attunement preparation as sacred as you are calling upon the realm of Divinity when you do this. The purity of your intention in this step of the attunement will definitely affect the quality of the attunement you are about to channel.

## How to prepare for the initiations and attunements

1. Step in front of the altar and then prepare yourself with Reiki and prayer asking for the Reiki Guides to assist you in this attunement.
2. Remind people to put their feet on the floor with their legs uncrossed and close their eyes.
3. You can start the attunement with your own prayer out loud: - example "Let the Universal Light and Love be with us now" or "Reiki Guides assist me in this attunement".
4. The following 3 Symbols are referred to in this manual as (4, 3 & 1) which are Dai-Ko-Myo, Hon-Sha-Ze-Sho-Nen & Cho-Ku-Rei. Use them in this order for all attunements.
5. In step 2 of all the attunements you draw these three symbols high in the air over the crown before you start the attunement; this intention acts as if they are in a holding reservoir waiting for you to channel them down at each step of the attunement.
6. Visualise or imagine the symbols in Golden light and chant their mantra silently three times as you channel each symbol at each step of the attunement.
7. Before each stage of the attunement chant the mantra Cho-Ku-Rei three times as you draw its symbol over the chakra that is to be attuned. This opens the chakra to receive the 3 symbols energy (4, 3 & 1) being channelled.

## Why is the Emotional Symbol not used in the Attunement?

Many students and Reiki masters of other trainings often ask on my Youtube channel why do you not use the emotional symbol in the attunement process? It is a good question which comes from the logical mind of the student or Reiki Master and fear of missing something out. The emotional symbol is used for personal comfort and emotional healing within the karmic body of the soul; therefore it is used within duality to solve personal problems and emotional suffering. The Masters symbol is a connection to source, beyond the personality and duality, which attunes and awakens the chakras to their highest vibrational frequency that of True-Self source. The heart chakra is therefore attuned to the full spectrum of divine presence unconditional love.

Hon-Sha-Ze-Sho-Nen connects the attunement to the soul body through the third eye brow chakra and Cho-ku-Rei grounds the attunement to the physical body.

The only symbol that is original from Chinese characters is the Reiki Master symbol of Dai-Ko-Myo, the others are invented to represent aspects of the source healing energy. In the attunement you are opening the chakras to the pure unchanging light source of Love. Each chakra is already attuned to its function as explained in the section on chakras. The Masters symbol represents Divine Love therefore the chakras are being attuned to the highest form of Divine source love through the Divine heart chakra of True-Self.

## Reiki First Degree given as One or Three Attunements

The traditional method of transferring the Reiki First Degree attunement is completed over two days in three parts, (known as three/four attunements). We teach the complete traditional approach but also endorse the single attunement as complete in itself which is acceptable for professional certification.

It is the third of the First Degree Reiki attunements that is complete in itself and can be given on its own. This attunement opens the crown, the throat, the third eye, the heart and the hand chakras. You will find a full explanation of how to transfer this single attunement entitled 'Reiki First Degree. All the ten steps for one attunement'.

Reiki First Degree attunements that are given as three attunements over two days are better for the client as it allows time for their energy field to adjust and deepen to the Reiki energy.

### When you are giving three attunements over two days:

1. The first attunement is given on the first day in the morning; this opens the crown, the heart and the hands chakras.
2. The second attunement is given on day one in the afternoon; this opens the crown, the throat, the heart and the hands chakras.
3. The third attunement is given on day two in the morning and this opens all the chakras; the crown, the throat, the third eye, the heart and the hands.

You will see that the throat chakra is added in the second attunement and the third eye chakra is added in the third attunement.

### The Chakra Retains a Reiki Energy Memory Connection

Just as your mind and the cells in your body have a memory, the energy centres, the chakras also have a memory. What is happening in an attunement is that you are attuning the chakra to recognise the energy vibration of the Reiki energy. Once recognised or attuned the Chakra has a memory connection for life. The client can then turn on their Reiki energy by their intention to do so at any time, because the memory connection is retained within their chakras.

## How to Transfer the Reiki Attunements

The detailed procedure below on how to Attune others to all three Reiki Degrees is fully shown on the Tutorial Videos in the New Awakening Process download. You will find three videos, one for each degree. My advice is to Watch the VIDEO all the way through on your own, in a place where you won't be interrupted, to get the gist of what is going to happen and then it will be easy to follow the written instructions listed below.

You will need to practice this on your own before giving your first attunement. Some people use a surrogate like a teddy bear but you can just pretend someone is sitting in a chair. The practice is important so you become familiar and confident in the sequence of the process before you go ahead and attune someone to Reiki. Becoming familiar with the sequence allows the Reiki Master to let go of the mind.

## Reiki First Degree - All ten steps for this Attunement

### Step 1 - Opening the Aura

Draw a Large Cho-Ku-Rei over the Heart Chakra and Body

1. Ask the receiver to close their eyes before you start and then smooth down their aura.
2. Draw a large Cho-Ku-Rei over the heart chakra at the front of body to open the aura.
3. Beam Reiki healing energy to the heart area and front of body; this helps to open the heart chakra and the whole aura.

**Step 2 – Right or Left Hand on Right or Left Shoulder - Other Hand Draws 3 Symbols in the air invoking Divine Chakra channelling.**

Walk (to your right) anticlockwise round client and place your right or left hand on their right or left shoulder and as you do this draw the 3 symbols in the air chanting their mantras 3 times using your left or right hand in the following order; Dai-Ko-Myo, Hon-Sha-Ze-Sho-Nen & Cho-Ku-Rei.

### Step 3 - Opening the Crown Chakra

1. Draw a small Cho-Ku-Rei over the crown to open the chakra
2. Cup your hands over the crown and channel the 3 symbols (4, 3 & 1) down through the whole body. (Visualise the symbols in Golden light and chant their mantra three times silently as you channel each symbol into the crown.)

### Step 4 - Both hands on shoulders to prepare opening the heart Chakra

1. Place both hands on shoulders, fingers on collar bone to send energy to heart.
2. Channel the 3 symbols (4, 3 & 1) down the body into the heart. This helps open and attune the lower chakras.

### Step 5 - Opening the Throat Chakra

1. Walk (to your right) anticlockwise to side of their body stopping in line with their shoulders and open throat with Cho-Ku-Rei. Place one hand in front and one hand at back of their throat (both hands approx. 3" - 10 cm off the body)
2. Channel the 3 symbols (4, 3 & 1)

### Step 6 - Opening The Third Eye Chakra

1. Draw Cho-Ku-Rei to open third eye and then place one hand on Third eye and one hand at back of head cupping just up from the base (Near T1 Medulla Oblongata)

2. Channel the 3 symbols (4, 3 & 1) - Into third eye - Inside head between your two hands

#### Step 7 - Opening The Heart Chakra

1. Move to front of body. Draw Cho-Ku-Rei to open chakra
2. Hold both hands 3" (10 cm) over heart chakra & Channel the 3 symbols (4, 3 & 1)

#### Step 8 - Opening The Hand Chakras

1. Put client's hands in prayer position and Draw Cho-Ku-Rei over them
2. Hand position 1 (see VIDEO) Your right hand – place your fingers on the tips of their fingers; your little finger is sitting on their index finger. Your left hand – Place your thumb across the top of their thumbs and wrap your hand around their hands. Channel the 3 symbols (4, 3 & 1)
3. Hand position 2 (see VIDEO) Lay your left hand thumb across the tips of their fingers – the tip of your thumb will be placed on their first finger so that you can then wrap your hand around theirs. Your right hand ring and middle finger tips are placed on their thumbs. Channel the 3 symbols (4, 3 & 1)

#### Step 9 - Blowing the Breath of Life and Filling the Aura

1. Draw a large Cho-Ku-Rei over solar plexus and sacral chakra (belly). Beam energy to that chakra holding the energy in that place with your hands.
2. Draw a Cho-Ku-Rei with the tip of your tongue at the top of your upper teeth on the roof of your mouth and then blow it into the solar plexus and up the body. This step b) is optional.
3. Wrap both your hands gently around their hands and blow a Cho-Ku-Rei into their Heart chakra across the tips of their fingers. Move their hands up so that the tips of their fingers are in line with their third eye and blow a Cho-Ku-Rei into the third eye. Move their hands up so that the tips of their fingers are in line with their crown and blow a Cho-Ku-Rei into the crown. Put their hands back down in original prayer position in front of their heart chakra to finish.

#### Step 10 - Grounding the client

Draw a large Cho-Ku-Rei over aura in front of the heart to ground them. Indicate that the hands can come down in their laps and they can open their eyes in their own time.

#### Optional Finish after attunement

Test for Reiki 1st and 2nd degree, this allows the client to feel their Reiki energy as demonstrated on the tutorial VIDEO.

1. After the client is fully present ask them to hold their hands vertically, palms facing each other about 6" (15 cm) apart with their fingers pointing at you. Both hands are about level with the solar plexus or whatever is comfortable for them. You are going to test their sensitivity by bringing your hand slowly between theirs starting from about two feet away from their hands. Ask them now to close their eyes and tell you when they can feel your energy as your hand moves closer between theirs. When the client says "Now" keep your hand still. Ask them to open their eyes so they can see how close your hand is to their energy field. Then you can play in-between their hands in their energy field and ask them how it feels.
2. Now ask them to close their eyes again and to switch their Reiki on and put their hands over their eyes until they can feel the Reiki energy. When they have done this ask them "How did it feel to you?"



## Reiki First Degree – 3 Separate Attunements Over Two Days

### First Attunement - Day One AM

#### Step 1 Opening the Aura

Large Cho-Ku-Rei over the Heart Chakra and Body

1. Ask the receiver to close their eyes before you start and then smooth down their aura.
2. Draw a large Cho-Ku-Rei over the heart chakra at the front of body to open the aura.
3. Beam Reiki healing energy to the heart area and front of body; this helps to open the heart chakra and the whole aura.

#### Step 2 Right or Left Hand on Right or Left Shoulder - Other Hand

Draws 3 Symbols in the air invoking Divine Chakra channelling

Walk (to your right) anticlockwise round client and place your right or left hand on their right or left shoulder and as you do this draw the 3 symbols in the air chanting their mantras 3 times using your left or right hand in the following order; Dai-Ko-Myo, Hon-Sha-Ze-Sho-Nen and Cho-Ku-Rei.

#### Step 3 - Opening the Crown Chakra

1. Draw a small Cho-Ku-Rei over the crown to open the chakra
2. Cup your hands over the crown and channel the 3 symbols (4, 3 & 1) down through the whole body. (Visualise the symbols in Golden light and chant their mantra three times silently as you channel each symbol into the crown.)

#### Step 4 - Both hands on shoulders to prepare opening the heart Chakra

1. Place both hands on shoulders, fingers on collar bone to send energy to heart.
2. Channel the 3 symbols (4, 3 & 1) down the body into the heart. This helps open and attune the lower chakras.

#### Step 7 - Opening The Heart Chakra

1. Move to front of body. Draw Cho-Ku-Rei to open chakra.
2. Hold both hands 3" (10 cm) over heart chakra and Channel the 3 symbols (4, 3 & 1)

### Step 8 - Opening The Hand Chakras

1. Put client's hands in prayer position and Draw Cho-Ku-Rei over them
2. Hand position 1 (see VIDEO) Your right hand – place your fingers on the tips of their fingers; your little finger is sitting on their index finger. Your left hand – Place your thumb across the top of their thumbs and wrap your hand around their hands. Channel the 3 symbols (4, 3 & 1)
3. Hand position 2 (see VIDEO) Lay your left hand thumb across the tips of their fingers – the tip of your thumb will be placed on their first finger so that you can then wrap your hand around theirs. Your right hand ring and middle finger tips are placed on their thumbs. Channel the 3 symbols (4, 3 & 1)

### Step 9 - Blowing the Breath of Life & Filling the Aura

1. Draw a large Cho-Ku-Rei over solar plexus and sacral chakra (belly). Beam energy to that chakra holding the energy in that place with your hands.
2. Draw a Cho-Ku-Rei with the tip of your tongue at the top of your upper teeth on the roof of your mouth and then blow it into the solar plexus and up the body.  
This step b) is optional.
3. Wrap both your hands gently around their hands and blow a Cho-Ku-Rei into their Heart chakra across the tips of their fingers. Move their hands up so that the tips of their fingers are in line with their third eye and blow a Cho-Ku-Rei into the third eye. Move their hands up so that the tips of their fingers are in line with their crown and blow a Cho-Ku-Rei into the crown. Put their hands back down in original prayer position in front of their heart chakra to finish.

### Step 10 - Grounding the client

Draw a large Cho-Ku-Rei over aura in front of the heart to ground them. Indicate that the hands can come down in their laps and they can open their eyes in their own time.

## Reiki First Degree Second Attunement - Day One PM

### Step 1 - Opening the Aura

Draw a Large Cho-Ku-Rei over the Heart Chakra and Body

1. Ask the receiver to close their eyes before you start and then smooth down their aura.
2. Draw a large Cho-Ku-Rei over the heart chakra at the front of body to open the aura.
3. Beam Reiki healing energy to the heart area and front of body; this helps to open the heart chakra and the whole aura.

**Step 2 - Right or Left Hand on Right or Left Shoulder** - Other Hand Draws 3 Symbols in the air invoking Divine Chakra channelling.

Walk (to your right) anticlockwise round client and place your right or left hand on their right or left shoulder and as you do this draw the 3 symbols in the air chanting their mantras 3 times using your left or right hand in the following order; Dai-Ko-Myo, Hon-Sha-Ze-Sho-Nen and Cho-Ku-Rei.

### Step 3 - Opening the Crown Chakra

1. Draw a small Cho-Ku-Rei over the crown to open the chakra.
2. Cup your hands over the crown and channel the 3 symbols (4, 3 & 1) down through the whole body. (Visualise the symbols in Golden light and chant their mantra three times silently as you channel each symbol into the crown.)

### Step 4 - Both hands on shoulders to prepare opening the heart Chakra

1. Place both hands on shoulders, fingers on collar bone to send energy to heart.
2. Channel the 3 symbols (4, 3 & 1) down the body into the heart. This helps open and attune the lower chakras.

### Step 5 - Opening the Throat Chakra

1. Walk (to your right) anticlockwise to side of their body stopping in line with their shoulders and open throat with Cho-Ku-Rei. Place one hand in front and one hand at back of their throat (both hands approx. 3" - 10 cm off the body)
2. Channel the 3 symbols (4, 3 & 1)

### Step 7 - Opening The Heart Chakra

1. Move to front of body. Draw Cho-Ku-Rei to open chakra
2. Hold both hands 3" (10 cm) over heart chakra & Channel the 3 symbols (4, 3 & 1)

### Step 8 - Opening The Hand Chakras

1. Put client's hands in prayer position and Draw Cho-Ku-Rei over them
2. Hand position 1 (see VIDEO) Your right hand – place your fingers on the tips of their fingers; your little finger is sitting on their index finger. Your left hand – Place your thumb across the top of their thumbs and wrap your hand around their hands. Channel the 3 symbols (4, 3 & 1)
3. Hand position 2 (see VIDEO) Lay your left hand thumb across the tips of their fingers – the tip of your thumb will be placed on their first finger so that you can then wrap your hand around theirs. Your right hand ring and middle finger tips are placed on their thumbs. Channel the 3 symbols (4, 3 & 1)

### Step 9 - Blowing the Breath of Life and Filling the Aura

1. Draw a large Cho-Ku-Rei over solar plexus and sacral chakra (belly). Beam energy to that chakra holding the energy in that place with your hands.
2. Draw a Cho-Ku-Rei with the tip of your tongue at the top of your upper teeth on the roof of your mouth and then blow it into the solar plexus and up the body.  
This step b) is optional.
3. Wrap both your hands gently around their hands and blow a Cho-Ku-Rei into their Heart chakra across the tips of their fingers. Move their hands up so that the tips of their fingers are in line with their third eye and blow a Cho-Ku-Rei into the third eye. Move their hands up so that the tips of their fingers are in line with their crown and blow a Cho-Ku-Rei into the crown. Put their hands back down in original prayer position in front of their heart chakra to finish.

### Step 10 - Grounding the client

Draw a large Cho-Ku-Rei over aura in front of the heart to ground them. Indicate that the hands can come down in their laps and they can open their eyes in their own time.

## Reiki First Degree Third Attunement Day Two AM

### Step 1 - Opening the Aura

Draw a Large Cho-Ku-Rei over the Heart Chakra and Body

1. Ask the receiver to close their eyes before you start and then smooth down their aura.
2. Draw a large Cho-Ku-Rei over the heart chakra at the front of body to open the aura.
3. Beam Reiki healing energy to the heart area and front of body; this helps to open the heart chakra and the whole aura.

**Step 2 – Right or Left Hand on Right or Left Shoulder - Other Hand Draws 3 Symbols in the air invoking Divine Chakra channelling**

Walk (to your right) anticlockwise round client and place your right or left hand on their right or left shoulder and as you do this draw the 3 symbols in the air chanting their mantras 3 times using your left or right hand in the following order; Dai-Ko-Myo, Hon-Sha-Ze-Sho-Nen and Cho-Ku-Rei.

### Step 3 - Opening the Crown Chakra

1. Draw a small Cho-Ku-Rei over the crown to open the chakra.
2. Cup your hands over the crown and channel the 3 symbols (4, 3 & 1) down through the whole body. (Visualise the symbols in Golden light and chant their mantra three times silently as you channel each symbol into the crown.)

### Step 4 - Both hands on shoulders to prepare opening the heart Chakra

1. Place both hands on shoulders, fingers on collar bone to send energy to heart.
2. Channel the 3 symbols (4, 3 & 1) down the body into the heart. This helps open and attune the lower chakras.

### Step 5 - Opening the Throat Chakra

1. Walk (to your right) anticlockwise to side of their body stopping in line with their shoulders and open throat with Cho-Ku-Rei. Place one hand in front and one hand at back of their throat (both hands approx. 3" - 10 cm off the body)
2. Channel the 3 symbols (4, 3 & 1)

### Step 6 - Opening The Third Eye Chakra

1. Draw Cho-Ku-Rei to open third eye & then place one hand on third eye and one hand at back of head cupping just up from the base (Near T1 Medulla Oblongata)
2. Channel the 3 symbols (4, 3 & 1) - Into third eye - Inside head between your two hands

### Step 7 - Opening The Heart Chakra

1. Move to front of body. Draw Cho-Ku-Rei to open chakra
2. Hold both hands 3" (10 cm) over heart chakra and Channel the 3 symbols (4, 3 & 1)

### Step 8 - Opening The Hand Chakras

1. Put client's hands in prayer position and Draw Cho-Ku-Rei over them
2. Hand position 1 (see VIDEO) Your right hand – place your fingers on the tips of their fingers; your little finger is sitting on their index finger. Your left hand – Place your thumb across the top of their thumbs and wrap your hand around their hands. Channel the 3 symbols (4, 3 & 1)
3. Hand position 2 (see VIDEO) Lay your left hand thumb across the tips of their fingers – the tip of your thumb will be placed on their first finger so that you can then wrap your hand around theirs. Your right hand ring and middle finger tips are placed on their thumbs. Channel the 3 symbols (4, 3 & 1)

### Step 9 - Blowing the Breath of Life & Filling the Aura

1. Draw a large Cho-Ku-Rei over solar plexus and sacral chakra (belly). Beam energy to that chakra holding the energy in that place with your hands.
2. Draw a Cho-Ku-Rei with the tip of your tongue at the top of your upper teeth on the roof of your mouth and then blow it into the solar plexus and up the body. This step b) is optional.
3. Wrap both your hands gently around their hands and blow a Cho-Ku-Rei into their Heart chakra across the tips of their fingers. Move their hands up so that the tips of their fingers are in line with their third eye and blow a Cho-Ku-Rei into the third eye. Move their hands up so that the tips of their fingers are in line with their crown and blow a Cho-Ku-Rei into the crown. Put their hands back down in original prayer position in front of their heart chakra to finish.

### Step 10 - Grounding the Client

Draw a large Cho-Ku-Rei over aura in front of the heart to ground them. Indicate that the hands can come down in their laps and they can open their eyes in their own time.

### Optional Finish After the Attunement

Test for Reiki 1st and 2nd degree, this allows the client to feel their Reiki energy as demonstrated on the tutorial Video.

1. After the client is fully present ask them to hold their hands vertically, palms facing each other about 6" (15 cm) apart with their fingers pointing at you. Both hands are about level with the solar plexus or whatever is comfortable for them. You are going to test their sensitivity by bringing your hand slowly between theirs starting from about two feet away from their hands. Ask them now to close their eyes and tell you when they can feel your energy as your hand moves closer between theirs. When the client says "Now" keep your hand still. Ask them to open their eyes so they can see how close your hand is to their energy field. Then you can play in-between their hands in their energy field and ask them how it feels.
2. Now ask them to close their eyes again and to switch their Reiki on and put their hands over their eyes until they can feel the Reiki energy. When they have done this ask them "How did it feel to you?"



## Reiki Second Degree Attunement

### Step 1 - Opening the Aura

Draw a Large Cho-Ku-Rei over the Heart Chakra and Body

1. Ask the receiver to close their eyes before you start and then smooth down their aura.
2. Draw a large Cho-Ku-Rei over the heart chakra at the front of body to open the aura.
3. Beam Reiki healing energy to the heart area and front of body; this helps to open the heart chakra and the whole aura.

**Step 2 – Right or Left Hand on Right or Left Shoulder - Other Hand Draws 3 Symbols in the air invoking Divine Chakra channelling**

Walk (to your right) anticlockwise round client and place your right or left hand on their right or left shoulder and as you do this draw the 3 symbols in the air chanting their mantras 3 times using your left or right hand in the following order; Dai-Ko-Myo, Hon-Sha-Ze-Sho-Nen & Cho-Ku-Rei.

### Step 3 - Opening the Crown Chakra

1. Draw a small Cho-Ku-Rei over the crown to open the chakra
2. Cup your hands over the crown and channel the 3 symbols (4, 3 & 1) down through the whole body. (Visualise the symbols in Golden light and chant their mantra three times silently as you channel each symbol into the crown.)

### Step 4 - Both hands on shoulders to prepare opening the heart Chakra

1. Place both hands on shoulders, fingers on collar bone to send energy to heart.
2. Channel the 3 symbols (4, 3 & 1) down the body into the heart. This helps open and attune the lower chakras.

### Step 5 - Opening the Throat Chakra

1. Walk (to your right) anticlockwise to side of their body stopping in line with their shoulders and open throat with Cho-Ku-Rei. Place one hand in front and one hand at back of their throat (both hands approx. 3" - 10 cm off the body)
2. Channel the 3 symbols (4, 3 & 1)

### Step 6 - Opening The Third Eye Chakra

1. Draw Cho-Ku-Rei to open third eye & then place one hand on Third eye and one hand at back of head cupping just up from the base (Near T1 Medulla Oblongata)
2. Channel the 3 symbols (4, 3 & 1) - Into third eye - Inside head between your two hands

### Step 7 - Opening The Heart Chakra

1. Move to front of body. Draw Cho-Ku-Rei to open chakra
2. Hold both hands 3" (10 cm) over heart chakra & Channel the 3 symbols (4, 3 & 1)

### Step 8 - Placing the three Symbols in the Hand Chakras

1. Put client's hands in prayer position; Draw Cho-Ku-Rei over them
2. Separate the hands - leave the left one in the prayer position. Hold their right hand palm facing you and draw Cho-Ku-Rei in the air over the palm whilst chanting the mantra three times. Then slap the symbol into the hand keeping your hand on theirs (as shown on the VIDEO). Then visualise a large Cho-Ku-Rei in Golden light and imprint the symbol into the hand chakra chanting the mantra three times as you do this, then remove your hand. Repeat this process with Sei-He-Kei and then again with Hon-Sha-Ze-Sho-Nen. Put their hands back in prayer position and then repeat the whole process with the other hand leaving the other hand in the prayer position. When finished bring both hands back together in the prayer position.

### Step 9 - Blowing the Breath of Life and Filling the Aura

1. Draw a large Cho-Ku-Rei over solar plexus and sacral chakra (belly). Beam energy to that chakra holding the energy in that place with your hands.
2. Draw a Cho-Ku-Rei with the tip of your tongue at the top of your upper teeth on the roof of your mouth and then blow it into the solar plexus and up the body. This step b) is optional.
3. Wrap both your hands gently around their hands and blow a Cho-Ku-Rei into their Heart chakra across the tips of their fingers. Move their hands up so that the tips of their fingers are in line with their third eye and blow a Cho-Ku-Rei into the third eye. Move their hands up so that the tips of their fingers are in line with their crown and blow a Cho-Ku-Rei into the crown. Put their hands back down in original prayer position in front of their heart chakra to finish.

### Step 10 - Grounding the client

Draw a large Cho-Ku-Rei over aura in front of the heart to ground them. Indicate that the hands can come down in their laps and they can open their eyes in their own time

### Optional Finish after attunement

The test for Reiki 1 and 2 below allows your client to feel their Reiki energy as demonstrated on Video.

1. After the client is fully present ask them to hold their hands vertically, palms facing each other about 6" (15 cm) apart with their fingers pointing at you. Both hands are about level with the solar plexus or whatever is comfortable for them. You are going to test their sensitivity by bringing your hand slowly between theirs starting from about two feet away from their hands. Ask them now to close their eyes and tell you when they can feel your energy as your hand moves closer between theirs. When the client says "Now" keep your hand still. Ask them to open their eyes so they can see how close your hand is to their energy field. Then you can play in-between their hands in their energy field and ask them how it feels?
2. Now ask them to close their eyes again and to switch their Reiki on and put their hands over their eyes until they can feel the Reiki energy. When they have done this ask them "How did it feel to you?"

## Reiki Master Third Degree Attunement

### Step 1 - Opening the Aura

Draw a Large Cho-Ku-Rei over the Heart Chakra and Body

1. Ask the receiver to close their eyes before you start and then smooth down their aura.
2. Draw a large Cho-Ku-Rei over the heart chakra at the front of body to open the aura.
3. Beam Reiki healing energy to the heart area and front of body; this helps to open the heart chakra and the whole aura.

**Step 2 – Right or Left Hand on Right or Left Shoulder - Other Hand Draws 3 Symbols in the air invoking Divine Chakra channelling.**

Walk (to your right) anticlockwise round client and place your right or left hand on their right or left shoulder and as you do this draw the 3 symbols in the air chanting their mantras 3 times using your left or right hand in the following order; Dai-Ko-Myo, Hon-Sha-Ze-Sho-Nen & Cho-Ku-Rei.

### Step 3 - Opening the Crown Chakra

1. Draw a small Cho-Ku-Rei over the crown to open the chakra
2. Cup your hands over the crown and channel the 3 symbols (4, 3 & 1) down through the whole body. (Visualise the symbols in Golden light and chant their mantra three times silently as you channel each symbol into the crown.)

### Step 4 Both hands on shoulders to prepare opening the heart Chakra

1. Place both hands on shoulders, fingers on collar bone to send energy to heart.
2. Channel the 3 symbols (4, 3 & 1) down the body into the heart. This helps open and attune the lower chakras.

### Step 5 - Opening the Throat Chakra

1. Walk (to your right) anticlockwise to side of their body stopping in line with their shoulders and open throat with Cho-Ku-Rei. Place one hand in front and one hand at back of their throat (both hands approx. 3" - 10 cm off the body)
2. Channel the 3 symbols (4, 3 & 1)

### Step 6 - Opening The Third Eye Chakra

1. Draw Cho-Ku-Rei to open third eye and then place one hand on Third eye and one hand at back of head cupping just up from the base (Near T1 Medulla Oblongata)
2. Channel the 3 symbols (4, 3 & 1) - Into third eye - Inside head between your two hands

### Step 7 - Opening The Heart Chakra

1. Move to front of body. Draw Cho-Ku-Rei to open chakra
2. Hold both hands 3" (10 cm) over heart chakra and Channel the 3 symbols (4, 3 & 1)

### Step 8 - Placing the Master Symbol in the Hand Chakras

1. Put client's hands in prayer position and Draw Cho-Ku-Rei over them.
2. Separate the hands - leave their left hand in the prayer position. Hold the right hand palm facing you and draw Dai-Ko-Myo in the air over the palm whilst chanting the mantra three times then slap the symbol into the hand (as shown on the VIDEO). Then visualise a large Dai-Ko-Myo in Golden light and imprint the symbol into the hand chakra, chanting the mantra again three times as you do this, then remove your hand. Put their hands back in prayer position and then repeat the whole process with the left hand leaving the right hand in the prayer position. When finished bring both hands back together in the prayer position.

### Step 9 - Blowing the Breath of Life & Filling the Aura

1. Draw a large Cho-Ku-Rei over solar plexus and sacral chakra (belly). Beam energy to that chakra holding the energy in that place with your hands.
2. Draw a Cho-Ku-Rei with the tip of your tongue at the top of your upper teeth on the roof of your mouth and then blow it into the solar plexus and up the body. This step b) is optional.
3. Wrap both your hands gently around their hands and blow a Cho-Ku-Rei into their Heart chakra across the tips of their fingers. Move their hands up so that the tips of their fingers are in line with their third eye and blow a Cho-Ku-Rei into the third eye. Move their hands up so that the tips of their fingers are in line with their crown and blow a Cho-Ku-Rei into the crown. Put their hands back down in original prayer position in front of their heart chakra to finish.

### Step 10 - Grounding the client

Draw a large Cho-Ku-Rei over aura in front of the heart to ground them. Indicate that the hands can come down in their laps and they can open their eyes in their own time

### Optional Finish after the Attunement

The Reiki Master Attunement Finish: Give with the heart to heart chakra Reiki Master hug as demonstrated on the tutorial Video. After client is fully present ask them to stand up and both bring your heart chakras together as you hug each other allowing the Reiki Master energy to flow as you embrace. This normally is a very warm feeling.

## Lesson Plan Examples

### One Day Reiki First Degree Workshop

10.00am	Breathing Meditation with music start Self-Healing  Heart and Solar Plexus and Induce Group Reiki Healing
10.15am	Introductions: All students and myself
10.30am	Practical information, any questions from manual.  Explain about receiving Reiki Attunements and prepare student for the Attunement; remove jewellery, etc.
11.00am	Explain and practice Western and Japanese Self-Healing with their different Hand positions  Form circle on floor on blankets or on chairs and begin self-healing.  Practice self-healing hand positions and start healing  (Begin Students Attunements whilst students are practicing their self healing, both methods)
12.00am	Refreshment Break
12.30pm	21 Day Journal - Healing Self, Family, Animals, Plants and Objects  Aura Scanning and The Chakras (Practice on each other)
1.00pm	Lunch
2.00pm	Laughing Buddha Meditation or similar (if time)
2.10pm	Set up Treatment Couch - Demonstrate how to give a full Reiki Healing treatment to another person. Key teaching point: Healing follows the Chakra points on the body, plus the student can use whatever hand position is comfortable to them as an individual – the sequence is not set in stone as it is only a guide. Start on chair, how to treat client face down and then laying face up, add in Aura Scanning.
2.30pm	Putting it all together - Students Practice Full 50 min Reiki treatment on each other – 10 min Student Brief feedback
3.30pm	Refreshment Break
4.00pm	Full 50 min Reiki treatment – 10 min Student Brief feedback
5.00pm	Group Feedback



## Reiki Master Teacher

5.20pm Reiki Circle to close

5.30pm Finish

## Two Day Reiki First Degree Training Course - Day One

10.00am	Breathing Meditation with music - Start Self-Healing Heart and Solar Plexus and Induce Group Reiki Healing
10.15am	Select an Angel Card – Impressions – colour, etc.  Introductions: All students and yourself  (Place Angel Cards or whatever you wish to use, at altar area for course duration, review at end of course if time.) This introduction is optional and is in accordance with your own beliefs
10.30am	Practical information, any questions from manual.  Explain about receiving 3 Reiki Attunements and prepare student for the Attunement; remove jewellery, etc.
11.00am	Explain Western and Japanese Self-Healing with their 5 Hand positions. Form circle on floor on blankets or chairs and begin self healing. Practice self healing hand positions and start practice  (Begin Students' First Attunement)
12.00am	Refreshment Break
12.30pm	21 Day Journal - Aura Scanning with Energy sensing (Practice on each other)
1.00pm	Lunch & Walk
2.30pm	Laughing Buddha or Similar to bring group back to focus
2.40pm	Explain the Chakras and how Reiki is used for Physical, Emotional and Mental Healing. (Brings all back to balance)  Reiki Well-Being exercise - Instructions for 5 hand positions  Form circle on floor on blankets or chairs and begin self healing  (Begin Students' Second Attunement)
3.30pm	Refreshment Break
4.00pm	Demonstrate Full Reiki Treatment on a chair – 8 Positions
4.15pm	Students exchange practice 25 min Reiki treatment on a chair. Allow 3 min feedback one to one
5.25pm	Reiki Circle to close
5.30pm	Finish

## Two Day Reiki First Degree - Day Two

10.00am	Aura soma cleanse - Meditation – Self empowerment
10.15am	Feedback any impressions, experiences, insights
10.30am	Self Healing (students choice) – Start Third Initiation Attunement
11.30am	Refreshment Break
12.00am	Explain how the Chakras relate to the Reiki Healing hand positions in all treatments.  Couch Demonstration - Aura Scanning and how to treat the client face down – 5 hand positions
12.15pm	Students exchange practice on each other, face down treatment (allow 2 min for each hand position) One to one 3 min feedback
1.00pm	Lunch & Walk
2.30pm	Demonstrate on treatment couch how to give a treatment to another person laying face up (10 hand positions)
2.45pm	Students exchange practice on each other, face up treatment (allow 3 min for each hand position). One to one 3 min feedback
3.50pm	Refreshment Break
4.20pm	Putting it all together (This exercise is to prove knowledge of hand position healing sequence, not a Reiki treatment exercise. Students monitor and help each other in this exercise). Students practice full sequence on each other. Starting on a chair, onto the couch to treat the back and then turning over to treat the front of the body – Allow 3 min one to one feedback
5.00pm	The Uses of Reiki Healing: People, Animals, Plants and Objects, Questions and Answers
5.25pm	Reiki Circle - Meditation on 'I am Love' to close
5.30pm	Finish

## Two Day Reiki Second Degree - Day One

10.00am	Reiki Circle & Angel card with Introductions. All students & myself
10.30am	Sound & Vibration – Nadabrahma Meditation
10.50am	Difference between Western and Japanese use of Symbols. Key Teaching point: Chanting the mantras will invoke them allowing you to become one with the energy
	Reminder of Aura Scanning and Self Scanning. Student practice self Aura Scanning with self healing while Students receive Second Degree Reiki Attunements
11.30am	Refreshment Break
12.00am	Cho-Ku-Rei – Physical - Best use hands on body. Use to open, close and grounding. Drawing symbol and Chanting mantra energy
12.30pm	Student exchange treatment. Aura scanning with Cho-Ku-Rei
1.00pm	Lunch and Walk
2.30pm	Learn Patience and Tolerance – Non Judgemental Mind. Love and Acceptance of Self and Others
2.50pm	Sei-Hei-Ki – Best use hands off body. Emotional intelligence - The Heart Chakra. Drawing symbol and Chanting mantra energy
3.20pm	Student exchange treatment. Chakra Balancing with Sei-Hei-Ki
4.00pm	Refreshment Break
4.30pm	Student exchange treatment – All chakras. Chakra Balancing with Sei-Hei-Ki and Cho-Ku-Rei
5.20pm	Reiki Circle to close
5.30pm	Finish off day 1

## Two Day Reiki Second Degree - Day Two

10.00am	Reiki Circle and Loving Kindness Meditation on Unity
10.30am	Day 1 and last night feedback – Impressions and experiences
10.50am	Radiating Beauty from Loving Kindness Oneness of Life
11.00am	Hon-Sha-Ze-Sho-Nen, Mind and Distant Healing. Drawing symbol and Chanting mantra energy
11.30am	Refreshment Break
12.00am	Intention – How Reiki will follow your intention
	Beaming – Hands, Eyes, Heart and Breath. Student exchange treatment in same room
	Beaming with Hon-Sha-Ze-Sho-Nen
12.25pm	Manifesting your desires – The creation of life's ambitions.
	Explain how to heal the inner child with Hon-Sha-Ze-Sho-Nen. Distant Healing with Hon-Sha-Ze-Sho-Nen
	Healing the Inner Child. Student exchange treatment in different locations
1.00pm	Lunch
2.30pm	Introduce 'The practice of Respect' self and client, all of life. The Practice of Gratitude relief from dissatisfaction
	Student exchange treatments. Putting it all together 40 min professional treatment
4.00pm	Refreshment Break
4.30pm	Feedback with any Questions and Answers
	Running a Professional Practice
5.00pm	Combination Meditation; Reiki, Breathing and Self-empowerment visualisation - I am Love
5.20pm	Reiki Circle to close
5.30pm	Finish

## One Day Reiki Master Workshop

10.00am	Reiki Circle and Welcome
10.30am	Chanting The Lotus Sutra Mantra for Master's Wisdom
11.00am	Give student course handbook and review contents Draw 'The Masters Symbol' and become familiar with it
11.30am	Refreshment Break
12.00am	Sound and Vibration – Chanting The Reiki Master's Mantra Dai-Ko-Myo Feedback of experience
12.30pm	Lunch
2.30pm	Combination Meditation; Breathing with Reiki. Self-empowerment visualisation – I am Love
2.45pm	Reiki Master Attunements
3.30pm	Refreshment Break
4.00pm	Questions and Answers - Discussion
4.30pm	Reiki Circle and Loving kindness Meditation on Unity
5.00pm	Finish

## The Laughing Buddha



Hotei was a wandering monk who went around and took the sadness from people of this world. Due to his large protruding stomach and his smile, he is known as the Laughing Buddha. In China, he is dubbed the Loving or Friendly One. His image graces many temples, restaurants and amulets. Hotei has become a deity of contentment and abundance. Hotei shows us the power of laughter to transform our attitude towards life. He used it as a spiritual practice for himself and other people and it worked!

Laughter has more importance in transforming us than we realise; try feeling miserable when you are laughing. Today there are Laughter Therapists to lift people with depression and help transform the negative emotions that cause illness. People have just become well through the practice of laughter.

In our lives we tend to get caught up, stuck in the troubles and problems of everyday life at the expense of the beautiful richness contained within us; the higher self waiting to lift us into love to experience the sheer joy of existence.

Laughter is infectious. Become like Hotei then more homes will be full of laughter, dancing and singing. Lose your seriousness and you will become more healthy and whole. Enjoy this simple, fun exercise. I promise you it really does work. Your laughter will spread, it will become infectious so that tidal waves of laughter will spread everywhere. Your laughter will bring a gift of such joy and celebration to everyone. Explore it, enjoy it, most of all lighten up and have fun.

### The Laughing Buddha Exercise

- This exercise will help you to laugh for no reason at all. If you can laugh early in the morning then laughter will come easily throughout the day and it will lead to more laughter.
- Do this technique between five and ten minutes, with eyes open or closed on your own or in a group. It is great for breaking through the awkwardness of social politeness, especially when people meet for the first time. *(for group work not in daily life situations)* This will create openness within any group, bringing humanness, love and warmth in the group.
- After a minute or two start to laugh. Simply lift the corners of your mouth and laugh, even if you do not feel like it. Soon forced laughter stimulates the real thing and your laughter will become quite spontaneous. This will change the mood of your whole day.



# The Lotus Sutra - Master Wisdom

## The Buddhist Wisdom Sutra not taught in Reiki Healing

Dr Usui's original quest was in search of his personal enlightenment. His enlightenment can be attributed to establishing a foundation, a pathway within his soul by embracing the correct Buddhist Wisdom teaching. To discover the true story and history of Dr Usui's life established Reiki organisations have recently discovered that the fundamental practice that he embraced, before his enlightenment, was with the Buddhist sect known as The Tendai School of Buddhism. I am most grateful to them for their research because this explains to me that the cause for Dr Usui's fusion with the Divine, the establishment of unity consciousness can be attributed to his practice of 'The Lotus Sutra'.

Over the last 20 years I have been most fortunate to have studied and practiced in depth numerous Buddhist philosophies among which was 'The Lotus Sutra'. This was also the cause for my own enlightenment, my fusion with the Divine and the establishment of the wisdom body within my own life. I was aware that an aspect for personal enlightenment was lacking within the Reiki training syllabus. This aspect is the wisdom body philosophy which is the cause for enlightenment.

The traditional Reiki training teaches the effects of Dr Usui's enlightenment, the flowering of the Divine heart. This is Reiki as taught and practiced today. It was approximately thirty years ago when I experienced a fusion with the Divine Beloved Universal Consciousness. My only desire at that time was to share the unconditional love, healing and wisdom with the whole world. I quickly learned that the life condition, the presence of the Divine was far too powerful to be experienced directly by most people. This enormous life condition was the effect, the flowering of Divine presence.

I have patiently waited for the right time to be able to share my experience with others. I was guided to study Reiki healing in 2003 and through my training it became apparent to me that no wisdom philosophy was being taught within the Reiki syllabus. The year was 2004 and thanks to the endeavours of William Lee Rand, Frank Arjava Petter and Walter Lubeck a much fuller picture of the true story behind Mikao Usui and the history of Reiki have now been established. It is from this new research that it has been established that Dr Usui studied in a Tendai Buddhist School and practiced meditation of the Lotus Sutra.

It is this mystical profound teaching that I have included in this course so that you too can experience the awakening of Divine Wisdom. First of all I will give you a little history about the Tendai School and its relationship to 'The Lotus Sutra'.

## The Tendai School

A school founded by Dengyo in Japan. Its head Temple is Enryakuji on Mount Hiei. In 804 Dengyo made the journey to T'ang China, where he completed the study of the T'ien-t'ai teachings. He returned to Japan in 805 and officially founded the Tendai School. Jiaku and Chisho, respectively the third of its chief priests incorporated esoteric teachings into the doctrine of the Tendai School. Hence the Tendai School in Japan rapidly assumed the character of esotericism.

## T'ien-t'ai

Also referred to as Chih-I, he was the founder of the T'ien-t'ai school in China. He became known for his profound lectures on the Lotus Sutra. He refuted the scriptural classifications formulated by the ten major Buddhist schools of his day and classified all of Shakyamuni Buddha's sutras into five periods and eight teachings, demonstrating the supremacy of the Lotus Sutra. His principal works, 'The Profound Meaning of The Lotus Sutra', 'The Words and Phrases of The Lotus Sutra' and 'Great Concentration and Insight', were all recorded and compiled by his immediate disciple Chang-an. In 'Great Concentration and Insight', T'ien-t'ai set forth the principle of three thousand realms in a single moment of life and the practice of meditation to realise it. It is this philosophy that is outlined in the theory of the ten worlds and the quantum mechanical scientific understanding of the Oneness of life. Both of these theories are taught on The Gateway to Enlightenment course contained within The Seekers Guide for a New Awakening. In this course we are going to focus on the concept of three thousand realms in a single moment of life to awaken the Reiki Master's wisdom.

If you would like a deeper understanding of The Lotus Sutra I have shared a modern explanation of what each chapter means through direct knowingness experience. I have shared the direct enlightenment experience of the Treasure Tower awakening as revealed in chapter eleven of the Lotus Sutra. Through witnessing the emergence of Taho Buddha, the world became a golden perfection exactly 'As it is'.

This book is available from any online bookseller:

'The Lotus Sutra Experience: You are a Buddha not a Person' a modern Lotus Sutra explanation.

Ebook ISBN: 9780992664480 or Amazon ASIN: B09FLMNGLX

I offer this book Free of charge in a pdf format. You can download it from my website:

<https://www.naturallyyou.co.uk/downloads/books>

A Mahayana sutra that reveals the true aspect of all phenomena and Shakyamuni's true identity as the Buddha who obtained enlightenment countless eons ago, revealing the eternity of life. One of the most popular mystical Buddhist scriptures, it maintains that all people can obtain Buddhahood. The title of the Lotus Sutra is 'Myoho Renge Kyo' meaning 'The Sutra of the Lotus of the Wonderful Law'.

## Spiritual Practices to Transform Your Soul's Life Condition

- Practice Balancing your Emotional Body Heart Chakra using Dai-Ko-Myo
- Practice Chanting 'Nam Myoho Renge Kyo' to open Buddha Wisdom

The Lotus Sutra

## Mystical Gohonzon



The title of the Lotus Sutra 'The Sutra of the Lotus of the Wonderful Law' translates as 'Myoho Renge Kyo'. Just like a string of an instrument when being plucked, as I look at this Gohonzon all the characters are vibrating with aliveness! Try it.

I would like to thank Nichiren Shu for permission to display this Mystical Gohonzon, inscribed by Nichiren Daishonin. Nichiren disciples focus on this Mandala as they chant the mantra 'Nam-Myoho-Renge-Kyo' in the belief of connecting with their Buddha nature to achieving freedom from personal karmic suffering.

## Resources

### An interpretation of the Mystic Law Mantra for Attaining Buddha Wisdom

NAMU (NAM): Means devotion, to devote yourself and Myoho-Renge-Kyo is the title of the Lotus Sutra, which is said to contain all of the Buddhist teachings. So, in the act of chanting 'Nam-Myoho-Renge-Kyo' you devote yourself, fuse your life with the fundamental law of eternity, and in so doing immediately manifest your inherent Buddha nature.

MYOHO: Myo is the name given to the mystic nature of life, and Ho, to its manifestations. Myoho means mystic law, to open and reveal the true entity of life, the Buddha-nature in your life. This transforms your life condition to the Buddha Wisdom consciousness.

Myo indicates the nature of enlightenment - Buddhahood. Therefore Ho can either reveal illusion (the person) or enlightenment beyond the personality (the Buddha) depending upon the consciousness of the human-being. The Oneness of illusion (the person) and enlightenment (the Buddha) is called MYOHO or the mystic law.

"Myo is simply the mysterious nature of our life from moment to moment, which the mind cannot comprehend or words express. Life is indeed an elusive reality that transcends both the words and concepts of existence and nonexistence. It is neither existence nor nonexistence, yet exhibits the qualities of both. It is the mystic entity of the Middle Way that is the ultimate reality."

RENGE: Means the workings of the Buddha consciousness through the nine worlds in the wonderful law of creation that simultaneously, at the same time, possesses both cause and effect.

Renge means lotus flower representing the law of karma. The lotus flower contains seeds and flowers at the same time representing the similarity of cause and effect. Renge is used to symbolise the wonder of this Law.

KYO: Means teaching, the Buddha voice, sound or vibration. Sound never stops affecting everything else in the boundless universe, through the eternal flow of life, past, present and future. If we understand that our life at this moment is Myo, then we will also understand that our life at all other moments is the Mystic Law. This realisation is the mystic Kyo, or Sutra.

## Ichinen Sanzen

### The principle of three thousand realms in a single moment of life

I would now like to share Tien-tai's (538-597) theory of Ichinen Sanzen. This beautiful theoretical concept explains how life works and is expressed within the whole of existence.

With the new discoveries recently found in quantum physics, what is interesting is that we are seeing the merging of mysticism with science. Quantum physics has discovered that one thought desire can manifest in three thousand possibilities.

Quantum physicists have discovered that although one probable outcome will manifest, the other possibilities are hidden within a state of potential manifestation. The total number of possible outcomes they can find is three thousand.

Could this be the divine workings of existence as stated by T'ien-t'ai, or is it that man through believing this to be the truth has created the karmic world to work in this way?

### Ichinen Sanzen Overview

**The Ten Worlds:** Hell, Hunger, Animality, Egocentric Arrogance, Humanity, Heaven, Learning, Realisation, Bodhisattva and Buddhahood.

**The Ten Factors:** Appearance, Nature, Entity, Power, Influence, Internal Cause, Latent Effect, External Cause, Manifest Effect and Consistency from beginning to end.

**The Three Realms of Existence:** Self, Society and Environment.

The explanation that T'ien-t'ai revealed in his 'Great Concentration and Insight' is as follows: "Life at each moment is endowed with Ten Worlds. At the same time, each of the Ten Worlds is endowed with all the others, so that an entity of life actually possesses one hundred worlds. Each of these worlds in turn possesses thirty realms of existence. These are made up of the ten factors of life and the three realms of existence; self, society and environment.

The three thousand realms of existence are all possessed by a single entity of life. If there is no life, that is the end of the matter. But if there is the slightest bit of life, it contains all three thousand realms".

## The Ten Worlds

The Ten Worlds are mutually inclusive or contained within each other. One is visible while the other nine worlds are hidden within it. This is why the possibility of one hundred worlds exists; this aspect works like a hologram.

The Divine Source in its essence, at its core, is Pure-awareness, but as it expresses itself into our lives, when it manifests into the world of cause and effect, duality, it expresses itself in different states of awareness. In fact the different states of awareness all exist in the same place at the same time. The only difference between them is in their consciousness function and their rate of vibration. This explains why truth is dependent upon consciousness and that manifested life has innumerable meanings.

1. **Hell:** Hell is a state lacking in freedom. When we are severely restricted, hell attracts a condition of extreme suffering, hopelessness, despair, frustration, in which one is spurred by rage to destroy oneself or others as an attempt to break free from the feeling of being tortured.
2. **Hunger (Unsatisfied Desire):** In this state of awareness we are controlled by constant cravings for objects or certain experiences; such as wealth, fame, sex, pleasure, etc. Someone in this state of greed has relentless craving and the inability to become personally satisfied even when their desire is achieved.
3. **Animality:** In this state we are like an animal, driven by survival instincts and lack any restraining virtues such as sense or reason, morality or any thought about the results of our action. People in this state only observe the law of the jungle. They have no awareness of the law of cause and effect or Karma. They are at the beck and call of those they consider superior, while they dominate those weaker than themselves.
4. **Anger (egocentric arrogance):** In this life condition you would be dominated by a selfish ego, competitiveness, arrogance and the need to be superior in all things.
5. **Humanity or Tranquillity:** In this calm state you can use reason to control your instinctive desires, so that the more truly humane qualities such as love and benevolence can emerge. People in this state of humanity exercise sound judgement, distinguish right from wrong and in general behave in a humane fashion. However, it is a sensitive state and you can easily fall into apathy. Furthermore, you can easily find yourself in hell if it is disrupted.
6. **Heaven or Rapture:** The pleasure you feel when your desires are fulfilled. Think of the immense joy that you experience when you have satisfied yourself by obtaining something that you have desired for a long time, or when long-term suffering has finally been relieved. As our desires are satisfied we become overjoyed and rapturous, we become heady and blind, failing to see the pitfalls and traps that lie ahead; we then fall back into a state of hell. Unlike the true happiness of Buddhahood this state of heaven is only temporary and disappears with the passage of time or through even the slightest change to personal circumstances.

## The Six Paths, Worlds or Life Conditions

The first six paths, from hell to heaven, are called the six lower life conditions in Buddhism, or the six lower worlds. All of them have one thing in common: they are brought about through either fulfilling or acting out various desires and impulses. Their appearance or disappearance is therefore controlled by external circumstances.

Buddhism points out that most people spend their lives shuttling back and forth among these six lower worlds without ever realising that they are completely at the mercy of their reactions to their environment. In effect they are purely responding to life. Any happiness or satisfaction that we may experience in these states is entirely governed by circumstances and is therefore only temporary.

So when we are trapped in the six lower life conditions we fail to realise this, instead basing our entire happiness, indeed the whole of our identity, on external factors that are by definition beyond our control. People in these conditions tend to view life as fatalistic, haphazard and have a tendency to feel powerless in respect of their own life's circumstances. In the module 'Love and Relationships' you will see this explained in the psychological model of Victim, Persecutor and Rescuer.

However, when you recognise that everything experienced in the six lower life conditions is impermanent, a recognition occurs that prompts you to begin a search for lasting truth and happiness.



## The Four Noble Worlds

Unlike the six lower paths or life conditions which reflect our passive reactions to our environmental circumstances, the following four life conditions are obtained only through deliberate and continued efforts on our own behalf.

7. **Learning:** In this condition you would seek to learn some skill, some lasting truth or self-reformation through the teachings of others. This life condition is one that requires you to dedicate yourself to create a better life to improve yourself through learning from ideas, concepts, knowledge and experiences of other people.
8. **Realisation:** This life condition is similar to that of Learning except here we seek the truth not through other people's teachings, although they may be of assistance, but through our own direct perception. The emphasis here is on our own creative nature and spiritual awakening as a result of intuitively perceiving something. Anyone can refine him or herself, develop intuitive wisdom if they make effort and discipline themselves.

The worlds of Learning and Realisation are closely related, but they also have a negative aspect that is whilst experiencing these states people can easily become self-centred and arrogant, thinking they have nothing else to learn.

9. **Bodhisattva:** In this state you not only aspire for enlightenment for yourself, but also devote yourself to relieving the suffering of others through compassionate, altruistic actions. This consciousness can have the negative aspect of self-sacrifice. It is this which can lead to the individual disrespecting their own life and developing a condescending attitude towards others. A common bodhisattva illusionary vow was in order to save others in this world the bodhisattva would prevent their own enlightenment.
10. **Buddhahood:** The 'oneness' state of indestructible happiness, True-Self, purity and eternity. This life condition contains Buddha Wisdom having infinite compassion and unconditional love to direct your life towards benevolent goals. In this condition your life continues in perfect harmony with the rhythms of the universe and exists from the infinite past to the eternal future. This life condition is your birthright. Buddhahood balances, integrates and transforms the workings of the previous nine worlds from a state of illusion into our True-Buddha-self condition of enlightenment.

## The Ten Factors of Life

The second chapter of the Lotus Sutra reveals the ten factors of life: “The true entity of all phenomena can only be understood and shared between Buddhas. This reality consists of appearance, nature, entity, power, influence, internal cause, external cause, latent effect, manifest effect and their consistency from beginning to end”.

1. **Appearance:** (Physical realm, colour form and behaviour)
2. **Nature:** (Spiritual realm, inherent disposition, soul-orb, individuality, reward body of causes made, Bliss body)
3. **Entity:** (The Buddha nature, True-Self)
4. **Power:** (Life’s inherent capacity to take action)
5. **Influence:** (The impact upon others)

## The Workings of Cause and Effect – Karma

Factors 6 to 9 explain the workings of Karma revealing our relationship to others. They describe how the actions of the self cause us to shift from one of the ten worlds to another.

6. **Cause:** (contains latent effect at the same time)
7. **Relation or External Cause:** (the potential for change)
8. **Latent Effect:** (residing in our karmic soul-orb body)
9. **Manifest Effect:** (becomes the internal cause with its latent effect, creating the karmic memory)

This proves that we create our own reality and therefore the state of the world is the result of our collective creation. This can also be known as our collective Karma; the manifest effect of all our causes and effects resonating in their predominantly charged world.

You will now see that there is a relationship with the ten worlds and the law of cause and effect. The outcome of the planet is dependent upon the collective life condition of everyone on the earth.

All social systems, villages, towns, cities and countries will reflect their predominant world or life condition. They will all manifest the first five factors and interact with others individually or collectively through the law of karma, factors six to nine.

One important consideration to embrace is that cause and effect exist at the same time! To many the mind that resonates in the lower consciousness worlds is unable to understand this concept because it measures everything in a linear way, through division and separation. “You did this to me and as a result I had this experience.”

In reality no duality exists. The internal cause contains the latent effect. They are vibrating together and manifest into existence like a seed flowering when the external relationship is right to enable it to grow and burst open, revealing what was hidden within the seed.

The four factors of cause and effect, the workings of karma, can be considered as follows:

- The sum total of our life's experiences is contained within our soul-karmic-mind.
- Every life moment has been experienced from a certain consciousness; one of the ten worlds.
- Each past experience therefore has been charged with a certain vibrational frequency.
- The past experience came into existence as the result of a relationship; an external cause.
- The external cause or relationship was attracted by the internal cause.
- The result of the internal cause and the external cause coming together created the outcome or manifest effect.
- The manifest effect was already dormant within the soul-karmic-mind as the latent effect.
- The opportunity for change is therefore consciousness dependent; this proves life is not fated.
- Fate is the result of no change in consciousness and explains repeated patterns of behaviour due to residing in the lower worlds and only reacting to the external cause; the external relationship of life.
- The mystical reality of enlightenment is based upon inner change. When you change on the inside the outside naturally changes. This means everything is dependent upon your life condition. Raise your life condition to a higher consciousness and you change the latent cause and latent effect within your soul-karmic-mind before it has come into contact with the external cause. The manifest effect eventually then becomes enlightenment.

## The Oneness of Life

The above nine factors are equally endowed within all things. 'Their consistency from beginning to end' is the final factor representing the totality of all the others.

### 10. Their consistency from beginning to end: (All factors exist as wholeness)

This can be seen as the Oneness of the three aspects of: spiritual nature, material appearance and entity. This factor is the integrating factor that unites the other nine in every moment of life. In other words, where there is one factor all other factors must exist.

T'ien-t'ai in his *Profound Meaning of the Lotus Sutra* wrote: "Appearance exists only in what is material; nature exists only in what is spiritual. Entity, power, influence and relation in principle combine both material and the spiritual. Internal cause and latent effect are purely spiritual; manifest effect exists in what is material".

Finally the last factor, 'consistency from beginning to end' in integrating all the others, demonstrates that both beginning and end are inseparable, revealing Oneness. The first three factors combine as entity, or beginning. The following six factors act as the functions of all phenomena, or end.

### The Three Realms of Existence

1. SELF: The realm of the individual
2. SOCIETY: The realm of all living beings (sentient beings)
3. NATURE: The environment (non-sentient life)

### The Separate Self

Our consciousness of the 'Self', until enlightenment, forms the framework whereby we support our dualistic world-view of life. Our perceived division of the Universe into two parts 'self' and 'others', or internal and external arises from our consciousness of 'Self'. This consciousness also gives rise to other dualities: for example, the duality of the mind and the body (in which we regard our mind as being our True-Self whereas the body is not).

Nichiren Daishonin writes: "Life at each moment encompasses both body and spirit and both self and the environment of all sentient beings in every condition of life, as well as non-sentient beings – plants, sky, stars and earth, on down to the most minute particles of dust. Life at each moment permeates the Universe and is revealed in all phenomena."

### The Oneness of Self and Society

The reality is that we need others to live. The reality that we all experience life as individuals is easily understood, however the true reality is that we are one-being in relationship with each other; one family on earth. What we do to others is reflected back

to us through the law of cause and effect. When we deliberately hurt another we only hurt ourselves.

As the ten factors reveal, we require relationships to manifest our life's experiences. Without others we would not be able to experience the ten worlds. Most importantly it is other people who enable us to reveal our true identity beyond our apparent separation; that of the Buddha.

### The Oneness of Life and the Environment

It is a common human failing to always blame our sufferings on things outside ourselves, other people or circumstances beyond our control, rather than to make the effort to look for the causes within ourselves. However, if we take the Oneness of life as a principle and base our lives on this perception, we see that the fundamental cause of all our trials and tribulations lies in ourselves and not the environment.

This principle of Oneness explains how individuals can positively influence their environments through inner change or through changing their consciousness. This is because the individual has the potential to manifest any of the ten worlds; when an individual changes in consciousness this is then reflected within the environment. Once understood, this concept becomes very empowering in terms of your ability to bring about change and create value in life and the natural environment; all you have to do is change your own consciousness!

Nichiren Daishonin writes: "T'ien-t'ai states that if the minds of the people are impure, their land is also impure, but if their minds are pure, so is their land. There are not two lands, pure and impure in themselves. The difference lies solely in the positive or negative condition of our minds."

All non-sentient phenomena are environment and the sentient beings are life. Environment is like the shadow and life the body. Without the body there can be no shadow. Similarly, without life, environment cannot exist, even though life is supported by its environment.



# Gateway to Enlightenment



Teaching the Divine Mind & Eastern Philosophy  
The Quantum Mechanical Universe  
Incorporating the Spiritual Philosophy  
Practised by Dr. Usui



**The Reiki Master's Wisdom Course Handbook**



## The Gateway to Enlightenment

This module will teach you how to develop Divine Wisdom through understanding the Universal Laws of the Divine Mind. You learn that Quantum Physics now agrees with Eastern Philosophy!

### Religion, Spirituality and Mysticism

It is important to have a clear grasp on the relationship between religion, spirituality and mysticism. These three related but distinct levels of understanding are often progressively experienced by seekers during their journey of awakening. An interest in religion often leads a seeker to the spiritual path. An understanding of mysticism is what enables them to stop travelling and finally arrive.

Religion is concerned with rituals, observances, creeds and codes of social morality. It marks the transitions of life, such as birth, marriage and death, with appropriate rights that bind together a community. Religion is the outer form of spirituality. However, it is perfectly possible to be religious but not spiritual. Many people piously partake in religious customs without ever undertaking a personal journey of spiritual transformation. Fundamentalism of all persuasions, with its insistence on blind faith in dogmas, is religion without true spirituality. This is why it so often divides people instead of uniting them.

Spirituality is the inner content of all religions but it does not necessarily have to have a religious context. Spirituality is about setting out on a personal search for answers to the most profound questions of life. Spirituality is a journey of awakening to who we really are; a journey of opening the heart to the love that permeates the universe; a journey from confusion to meaning; a journey from fear to faith; a journey from feeling unknown in a hostile world to being at one with everyone and everything.

Mysticism is the deepest level of spirituality. It teaches that reality is an indivisible Whole appearing as many parts. Though we think of ourselves as separate individuals, this is an illusion. There is only the constant metamorphosing totality. We are not transitory mortal beings we take ourselves to be. Our mortal and eternal self is one with the oneness.

- Religion is concerned with its social cohesion
- Spirituality is concerned with personal transformation
- Mysticism is concerned with impersonal enlightenment
- Religion is concerned with knowing about God
- Spirituality is concerned with personally experiencing God
- Mysticism is concerned with becoming one with God
- Spirituality is the essence of Religion
- Mysticism is the essence of Spirituality

**The paradox of the spiritual path:** Spirituality takes religion to a deeper level. It teaches us that it is not enough simply to accept religious dogmas. We must undergo a process of personal transformation so that we directly experience the truth of these teachings for ourselves. Mysticism takes spirituality to a deeper level. It leads the seeker to the ultimate goal of spirituality, sometimes called liberation or enlightenment or communion with God. The enigmatic riddle at the very centre of spirituality is that, to arrive at this experience of oneness, we must realise that the idea of being 'a someone' walking the spiritual path is itself just fantasy produced by the illusion of separateness.

**The spiritual path:** Each one of us was born and one day will die. Between these two extraordinary events is the mysterious process we call life. It is very easy to get so caught up in the daily chores necessary to maintain our existence that we go about our business as if life were nothing special at all. Spirituality however, reminds us that life is something special. It is a wonderful experience to be enjoyed. It is a great enigma to be solved. It is a precious opportunity to be seized. And it is passing away right now!

**Why embrace Spirituality?** We need to know that our joys and suffering have real meaning. Spirituality answers these needs. It frees us from the deep anxieties caused by believing ourselves to be isolated egos. It connects us to an immense benevolence that permeates creation, an unconditional compassion that beats the pulse of life, that great mystery that in reality we are. Those who dare to look beyond the limits of their habitual horizons and glimpse the infinite goodness that is God are forever reassured that all is well.

**The daily opportunities for initiation:** Walking the spiritual path is not just about setting aside time for regular spiritual practice. It is about transforming all of life into a spiritual practice. The spiritual path is not a part of life. It is an understanding that all the challenges of daily existence are our opportunities to be initiated into deeper levels of spiritual understanding.

**The journey of awakening:** Spirituality teaches that the purpose of life is to undertake the journey of spiritual awakening. Just as we wake up each morning from all physical sleep, we need to wake up further from our spiritual sleep. In some spiritual traditions, life is compared to a school in which we are willing or unwilling students. The syllabus is composed of our everyday trials and tribulations. Death is our final opportunity to graduate. Sometimes life is likened to a hospital in which we are patients, recovering from the sickness of spiritual ignorance, or even a prison in which we languish as a result of misdeeds in past lives from which we can escape only by obtaining spiritual liberation.

**Beyond the barriers of conditioning:** All too often we unquestionably accept the norms of our culture and simply live the lives others expect of us. The spiritual masters urge us not to follow the herd unconsciously, but to search for our own answers. We are all born alone, we will die alone, and in between we each have individual responsibility for our own lives. We can either bumble along in the semiconscious state that we think of as normal or we can wake up to the miracle of existence. We can either accept what we have been told or transform our lives into a journey of personal discovery.

**Live a balanced life:** To live happy, fulfilled lives we have to be able to juggle all of life's many competing demands. We need to take care of our homes, but not at the expense of

the wider community; to devote ourselves to spirituality, but not at the expense of practicality. If we ignore any important aspect of our life we will be courting disaster. It is the same with yourself - you need to acknowledge every part of your unconscious and give it experience. Through honouring all of your aspects you can come into a unified state where every part has its place within the harmonious whole.

**Beyond religion, becoming Divine:** To go beyond religion we must realise that it is not enough to seem to be good, rather we must set out on the spiritual journey to actually become good. To reach our destination we must realise that is not enough to be continually becoming a better person. Rather we must relinquish the idea of ourselves as an isolated person altogether. We must dissolve the separate self into the impersonal oneness and become; become the goodness that is God.

**The hidden Power within life:** Different spiritual traditions express themselves in different conceptual vocabularies, but essentially all of them are pointing to the one truth. There is a life force that permeates all of creation. There is a supreme power that orchestrates the symphony of life. There is an ultimate oneness that consumes all things within it. There is an Unconditional Love that embraces everyone equally without discrimination. There is a mysterious presence that in moments of quiet or exultation we can sense around us and within us.

**Acceptance not apathy - see life in each moment as it is:** Acceptance is not the same thing as the resignation or an apathetic relationship with life. It is refusing to get consumed by how we would like things to be and instead actively engaging with the reality that confronts us. Acceptance is not passively putting up with life - something so simply unacceptable. Our feelings of discontent and our desire for change also need to be accepted. Acceptance is about fully embracing life as it is - struggles and all.

**Love is non-attachment:** It may sound cold and inhuman not to be attached to the people we love, but being unattached is not the same thing as being indifferent or unloving. Actually it is the complete opposite. Attachments attach us to our separate self. Only when we are free from attachments are we liberated from our personal self-interest and able to fully express the deep compassion of our deep nature. Non-attachment is not unfeeling. It is loving without expecting anything in return. It is letting things come, fully appreciating them in the moment, and then letting them go. It is not grasping after shadows. It is not trying to force the flow of life, to follow the particular direction that fits our personal desires.

**Doorway to Eternity:** Spirituality teaches us to focus on here and now, yet ironically the more we do the more it becomes apparent that in this world of constant flux there is no definable moment, only the unceasing flow of the Tao. When we search for the now we do not find it. Instead we discover perpetual change. To experience this fully is to have one's being outside time, witnessing the coming and going of thoughts and sensations that we call time. In searching for the here and now we discover the doorway to eternity.

## The Universal Mind

There are three ways of exploring this so-called reality. One is through the eyes of the flesh, which has its own methodology. The second is through the eye of the mind, which has its own logic and rationality. The third is through the eye of the soul of contemplation, meditation. What starts happening when you meditate and you experience restful awareness is that very gradually the very same thing that is being explained to you now intellectually on the level of the mind becomes knowingness within your soul. The process is gradual, the transformation is gradual and once you are connected at a spiritual level of awareness you begin to gain a sense of inner realisation, an intuitive understanding of experience.

Every wisdom tradition, every religious organisation recognises and acknowledges the existence of something that is called soul or spirit. The physical body is a field of information and energy that we experience as molecules, solid three-dimensional in space and time.

The mind is the same field of information and energy, which we experience as our hearts, feelings and emotions. Even from science we know that thoughts, feelings and emotions all manifest as molecules, the physical reality and the realm of the mind are different ways of looking at the same thing. They are both the manifest effect of the past and also the creation of the future all within the present moment. This is the true reality of your life!

The physical body is experienced objectively; I can see it, I can touch it, I can experience it through my senses, feelings and emotions so it is the objective experience of information and energy expressed as matter.

The subjective experience of information and energy is the mind where we experience awareness of our thoughts, feelings, emotions, desires and memories. But the two are exactly the same thing; information and energy, one on the quantum mechanical level and the second on the material level. So what is your soul? The soul is the source of information/intelligence and energy. So what is your spirit? It is a source of the soul.

The soul that has its own consciousness is the thinker of thoughts. The mind is a field of thoughts; the soul is where the thoughts come from, the one who has the thoughts. So I am not my thoughts, I am the one who has my thoughts. The thoughts are always coming and going; they are like guests. They check in and they checkout but you are always there; you are the container of thoughts, you are from where they come, you are their source. You are always there; you are the thinker of the thought.

Physical reality is manufactured or created in your brain. Scientifically you could say the receptors of the brain are like transducers, they take energy that is electromagnetic and then change it into a sensory experience. The brain is bombarded with information constantly; however it only selects a few frequencies and changes them into a material reality.

For example right now wherever you are in the room the BBC news is here right now, there are all kinds of music present, there are millions of mobile phone conversations

going on right now in that very same space, there are fax messages being sent, in fact in the very space where you are right now, even though it appears silent and that nothing appears to be happening, the space that you are in is the most turbulent chaotic field of activity; it is full of an Infinity of information and energy but it is not part of your sensory experience. The reason why you do not experience everything is because your nervous system does not tune into those frequencies in your normal waking state of consciousness.

Now there might be other states of consciousness when your nervous system tunes into them; so you filter and selectively process from the multitude of information that which you need to experience in your physical reality. Scientists would tell you that your nervous system is taking in less than one-trillionth of what exists around you at the moment.

In reality on the sensory level your nervous system cannot take in more than five to nine pieces of information in the conscious mind at any one time. So most of the time you are not consciously aware of your naked skin touching your clothes, but now I bring it to your attention you might become aware of it, or of the weight of your body on the chair, or of your breathing, or of the sounds in your environment, and yet at some level your spirit is in constant surveillance, it is actually aware of those things and if any of those things were to change and become abnormal you would immediately sense it.

There is an interpreter behind the scenes. So at the level of soul you are editing out what is not required for your life's experience but it doesn't mean it doesn't exist. There is an interpreter somewhere behind the scenes that knows the difference.

All the brain does, all the sensory apparatus does is to convert one form of energy into another form of energy. If I was talking to you now I would be speaking words, which are mechanical energy; my breath is vibrating producing some vibration in the atmosphere. That vibration in the atmosphere is causing the mechanical vibration of your eardrum, the mechanical vibration of your eardrum is converted in some electrical vibration in the auditory nerve, that in turn creates a chemical change in your brain and you suddenly understand what I am saying.

Let us say I was talking in Swahili then you wouldn't understand what I was saying unless you happen to speak Swahili, therefore there is an interpreter out there. All the brain does is convert energy into another form of energy. People think that the brain is who they are. This is not true; it really is just a receiver and transmitter and converter of energy and information.

So who is interpreting this information if it is not the brain? The soul is the interpreter of that energy. Of course the brain tells the body what to do but who tells the brain what to do? Neither the choice maker nor the interpreter can be found in the brain or in the body.

You can take a carbon atom and put it into a sugar molecule. You could then inject the sugar molecule into the body and are able to trace it as the brain consumes it. There are all kinds of technology that allow you to track a thought within the brain but the question still remains, 'Who's thought, who is thinking and where is this person'? You cannot find them in the brain or in the body.

The real me is an interpreter and the choice maker because every thought that you have is either an interpretation or a choice. There are no other kinds of thoughts only two types of thoughts. Every thought that you have is either an interpretation or a choice. So you are an interpreter - a choice maker existing outside of the brain and the body. Why can't you find the person inside the brain or the body? The answer to this is very simple, because you are not in it!

You are an interpreter and a choice maker. You exist outside of your brain and your body. When you go to a good book shop look at the metaphysical section. You will find many books on the subject of out-of-body experiences; however the real mystery is how do you have an in-body experience because technically speaking you are not in it!

Perhaps the best way to try and understand this is through an analogy. Imagine you are listening to Abba on the radio (no comments please) and you tear the radio apart hoping to find Abba inside the radio. You can't because they are not inside it. The radio is an instrument that traps a non-local field of energy and information into a space-time event. A space time event is any event that occupies a location in space and exists in time; it has a beginning, middle and an ending.

So you tune in to the radio and you say, "Oh, this is 'Dancing Queen'." But where was 'Dancing Queen' before you tuned in; within a location in space? What particular location in space? They become available everywhere because space is a way of measuring time and time is a way of measuring space.

This is what the Vedics called the Akashic records, or the psychologist Jung called the collective unconscious. The Akash is the space where everything that has ever existed is recorded and it has the potentiality of recording everything that will ever exist. It is from this space, the collective unconscious that matter is created through the five elements of space, air, fire, water and earth. It comes from a quantum mechanical universe, which is right here. All that has ever existed is here right now.

If everything exists right now, what you need to consider is what do you want to manifest in your own life, because you are the choice maker and can selectively filter from everything that reaches you that which you wish to experience.

This is quite amazing! So the soul is non-local and if you say, "I am not in my body then where am I?" Then this is a wrong question because as soon as you say, 'where' you imply a location in space to something that does not occupy space. For example where is the BBC in this space? Does it occupy space? No, it doesn't really occupy space. In fact the same space that the BBC occupies can be occupied by ITV also by Sky television or by microwaves or by x-ray or by a gamma wave or by a cosmic ray. They can all occupy the same space and they don't displace each other. Why? Because they are vibrating at a different frequency from each other.

Mystics and enlightened people have said the same thing about soul. You are the unconditioned spirit that is trapped in conditions. You manifest through this body just like Abba manifests through the radio. But it doesn't mean you are the body it just means you are using the body to establish a line of communication, just the same as when you call

your friend on the phone, you use BT and if somebody cuts off the line that doesn't mean you don't exist anymore it just means the last line of communication was through BT's network. So you may try to connect through another network.

So the body is a line of communication for that non-local field of intelligence, which for the moment we are referring to as soul; the thinker of the thoughts, the interpreter and the choice maker, non-local. The window to that is through the silent spaces between our thoughts; the space between our thoughts is where we actually manufacture the thought. For example here is one thought, 'chocolate ice cream', here is another thought, 'what is the meaning of life?' and here's another thought, 'I like to spend my holiday in Spain.' Between the three thoughts is the thinker of the thoughts; the thinker of the thoughts is in the space between the thoughts because that is where you manufacture the thought.

The field of infinite possibilities is now proven by modern quantum physics. The space between thoughts has many qualities; one is silence another is a field of infinite possibilities. You the choice maker manufacture the thought in the silence. As soon as the thought is created there is no longer silence there is thought. So the thought is manufactured in the silence within a field of infinite possibilities because between thoughts is the possibility of any thought.

I hope you are beginning to see that you really do create and choose your own life. So the silent field is not just a void. Even though it appears silent it is pregnant with possibilities. It is a field of potentiality; it is full of infinite possibilities. Every human being is an interpreter and the choice maker within a field of infinite possibilities. This raises the question, 'What is the difference between people?' There is no difference, yet there is a difference. There is no difference because we are all that field of infinite possibilities and in reality there is only one mind, the universal mind and yet there are different minds because we are all fields of infinite possibilities. We don't all have the same thoughts, we have different thoughts.

Even though this is a field of infinite possibilities it has what is called a certain probability amplitude. These terms now are the same as those used in quantum physics because they really explain the nature of reality. Einstein called the field a continuum. When he talked about the ultimate field he said the field is not a model for space-time events it is a field for probability amplitude that create space-time events.

The probability amplitude is that which defines the statistical likelihood of the space-time event. So let us say I look at a snowstorm and I get the idea to go to Australia because I do not like snowstorms. Another person looks at the same snowstorm and they get the idea that they are going to go skiing. Somebody else looks at the same snowstorm and gets the idea that they're going to make a snowman and play with their children; infinite possibilities and different probabilities.

So even though this gap between thoughts has infinite possibilities there is a statistical likelihood of a certain space time event, a certain outcome. What creates this statistical likelihood of a certain outcome is what is known as Karma.



## The Software of the Soul

### Karma (the law of cause and effect) memory and desire

Karma is past action or past experience. For example if you have a cup of coffee, walk down the road or take any action it is called a karmic event. Action or karma creates memory; memory becomes a potentiality for desire. Desire creates the possibility of karma again. You have a cup of coffee for the first time and you then know what it tastes like. It then becomes a memory and if you liked it, the emotion attached to it becomes a desire and you may want to have it again. So you go to a cafe and buy a cappuccino - that is a karmic event because you are repeating a past experience. So you can see there is a cycle of events.

This software of the soul is what creates the difference between individuals; because of their past experiences. Our past actions, our past thoughts, our past experiences are all different. All our individual experiences are recorded in our soul and it is this collection of individual experiences that creates the individual soul. It is the seed of memory, karma and desire.

Taking this concept to another level you will recognise that every memory becomes the basis for interpretation. Every interpretation is a memory and every desire becomes the basis of your choice.

Now remember what we discussed earlier that the real 'You' is an interpreter and choice maker and that every thought that you have is either an interpretation or choice and it comes from karma. That means that we don't consciously think of thoughts and that is why when you say to somebody 'think very positively' you are really doing them a disservice, because nobody thinks consciously. Thoughts come spontaneously just like breathing, unless of course you're engaged in some meditation exercise. If you had to breathe consciously all the time you would get totally fatigued. You will also become totally fatigued if you think consciously all the time as this is extremely artificial and unnatural.

Thoughts are karmically automatically generated; one thought comes after another and so on. How does this happen? It happens through association and relationship with others. How many times have you received a thought that has been projected on you by another person?

Memory creates desire; desire creates memory from experience; memory creates another memory. It is through your desires that they all connect with each other and are projected to other people. Just understand that every thought leads to another thought through association. This model goes throughout the whole of your lifetime from early childhood up to now. Once you understand this point it also relates to before your birth; it travels back to previous lifetimes. Please consider that thoughts are context bound. Your whole personal history, your racial history, your mythical background, your historical background, the whole of civilisation is as it is because of karmically generated thoughts.

## The Universal Spiritual Laws

This is the software of the soul and as you explore this software you will discover your own personal karmic software, that there are deeper levels of karma, deeper levels of memory, and right to the mechanics of creation. So the soul has many layers to it.

The most superficial layer of the soul is known as the personality; the ego. Whenever you see a newborn baby are you aware of that child's personality? Have you ever experienced twins? Identical twins have the same DNA but do they have the same personality? No, even a newborn baby has a personality. There is a deeper level called soul, which is the witness of the personality and ego. Then there is a deeper level called spirit, which is the witness of the soul.

It is this spirit that is referred to in religion as God, the Buddha nature, but for our purposes I will refer to this aspect as Spirit or the Beloved Universal Divine Consciousness.

The Ego - Personality & Body (changing) is witnessed by The Soul – this is the karmic body (changing) is witnessed by The Spirit - The Beloved Universal Divine Consciousness (un-changing)

## Synchronicity - Cause and Effect Existing at the Same Time

The spontaneous fulfilment of desire in the field of infinite possibility leads to a new understanding of your experience of meaningful synchronicity. What do I mean? Let us suppose that you are standing in front of a book shelf at home and for some reason you are thinking about how you would like to have a bit more spending money. Then right at that very moment you take out a book you had bought five years ago from a used bookstore which you had never opened and suddenly a £50 note falls out. What kinds of responses are open to you at a moment like that? Many people would view this experience as just a pure coincidence, it means nothing. It is just amusing but insignificant. You have got another £50 to spend but that is all there is to it. On the other extreme you might think this is the most fantastic thing that has ever happened, this is going to change everything.

Maybe you think that all you have to do is to just want something and it will appear, for example 'I'm going to America so I'm going to win the lottery.' Of course it doesn't really happen like this. Synchro-destiny is not about waving a magic wand to satisfy ego based wants and desires, it is about doing something very different. The fulfilment of intentions that exist at much deeper levels of desires are based in spirit rather than ego.

Suppose you see a rose growing and you want that rose because it would look really great in the hair of your beloved girlfriend. Should you pull the rose off the bush? If you do that it is purely an ego based action because it is not Synchro-destiny. But what if you look at the rose and at that very moment it falls off the bush? Well, if that fulfils the ego greed in you that is not Synchro-destiny either. If you suddenly think you have become the master of the universe that is not a positive transformation. Let us imagine that you are admiring the rose and you hold your hand underneath it and just at that moment it falls down into your hand and you think something wonderful and beautiful has just happened. It appears to be a kind of flowing together of what is in me and what is in the rose bush. It was unforced but there was an intention present in me and I would like to know more about how this happened and what it means. I would like to bring more of these moments into my life and would like to see where they lead me; I would like to learn what they have to teach me.

This is the frame of mind and spirit that creates Synchro-destiny. This is setting the stage for the spontaneous fulfilment of your desires. Most people would call this a very spiritual point of view but it is actually closely related to the insides of modern physics!

**Setting the stage for the spontaneous fulfilment of your desires:** Spirituality is based on the idea that there is more to life than meets the eye; modern physics is also based on this idea! Today we are seeing spirituality and modern physics coming together in agreement. In the 20th century science has taught us that a material world that seems solid and tangible is actually made up mostly of empty space and pure energy.

Physics tells us that this energy exists in four different forms. If you understand these four kinds of energy you can explain anything that happens in the material universe, from the way your car runs to the way sub-atomic particles react during a nuclear explosion.

There is a so-called strong force that binds sub-atomic particles together. This is the nucleus of an atom and there is a weak force that enables transformation from one element into another.

There is a force of gravity that is the attraction that exists between all forms of matter. When you think about gravity you begin to see how science has begun to show us that this force works throughout the universe equally. It enables the world to go around and it causes the tides to rise and fall in relation to the moon's orbit. It also prevents each of us from floating off into the atmosphere.

The fourth force is electromagnetism which deals with the energy of charge; it is the strongest of the four forces, much stronger than gravity. This electric force is responsible for the physical and chemical properties of atoms and molecules.

Throughout the history of science electricity and magnetism were thought to be separate forces, but Einstein proved the unity of electricity and magnetism. These four forces govern what goes on in the universe and in the galaxies hundreds of light years away, right down to each individual cell in your body.

With the exception of gravity you do not tend to feel those forces although they are present. But if those forces were not there your body would instantly disperse into nothingness. Scientists have recently been suggesting that these four forces are actually the same force in different manifestations, in other words there is only one force. The mathematical proof of this is now about 99 percent completely proven. Scientists usually refer to this single force as the unified field.

Therefore if the four forces are really one we do not need to understand all of them separately, we can just look at one of them because the others will be contained within it. Let us look at electromagnetism.

**Enlightenment means to become one with light:** Electromagnetism is really the energy of light and that is what we all are! We are beings of light; we are made from Divine light. It is really interesting that the word Enlightenment means to become one with the light. It also means to lighten up. Our physical bodies are really material expressions of light and so is everything that exists, so is gravity, so are strong and weak forces. Our bodies are both transmitters and receivers of the light energy that is all around us in every moment of our lives.

All of this happens completely outside of our conscious awareness, outside of our perception. There are a great many aspects of the physical world that you do not perceive but they are all around you all of the time. For example when you turn on the radio you do not perceive the radio waves which are also, by the way, a form of light that can be transformed into classical music or the broadcast of a football match. It is amazing to realise that the empty space that we are in has more activity than anything that is solid!

If you could eavesdrop on even a little pinpoint of space, say the gap between your first finger and thumb, you would see that the whole energy and information of the universe is present in that space. Every television and radio broadcast exists there; there are millions of cellular phone calls in that space as well. All of this information and all this energy and

yet it does not interfere with any other bit of information or energy that exists in the universe. This is because everything is vibrating at different frequencies but it is occupying the same space.

In a similar way you only see light within the boundaries of certain wavelengths. You don't see ultraviolet at one end of the light spectrum or infrared on the other end of the light spectrum. However your senses can see colour because you have learned to see it. Colour is not the property of light rays because colour is a sensation you experience within your self. When a certain wavelength of light stimulates your brain in a certain manner it is then seeing the colour red. What the senses are doing is filtering information that has no evolutionary benefit to your personal human experience or in relating to the outside world.

We make meaning of the outside world through receiving the vibrations that we have learned to make meaning of. So every human being has the opportunity of experiencing life in a way that can be shared as a collective social reality. The inner world of an individual can learn to perceive vibrations that are outside the ability of the six senses; we are now entering the inner realm of spiritual existence, the existence of our soul.

We all have the potential to expand our awareness. Unity consciousness is the result of expanded awareness. Maxwell expanded his range of intellectual perceptions when he recognised the unity of electricity and magnetism. At first he saw two separate things but then he created a connection. There was a growth in his perceptions and instead of seeing two separate things he saw a unity. In the same way there was a moment before Newton realised that the attraction between the Earth and the Moon was the same as the attraction between an Apple and the Earth. Then there was that transforming moment when he recognised that where there had seemed to be a separation there was actually a unity and after that moment the way Newton saw the world was very different from the way he had seen it before his realisation.

This is such an important inner transformation, moving from a fragmented view of things to a unified view. Einstein said nothing could travel faster than the speed of light. He believed that if you want to move something from me to you there is no way that transfer can take place at a speed faster than the speed of light.

Since Einstein other scientists have shown certain connected events in the universe prove that there is no time difference at all because two things can happen exactly at the same time. Information is exchanged simultaneously.

For example if two electrons originate in the same space time event but are at opposite ends of the universe and one of them spins in a certain direction its twin will do exactly the same, at exactly the same time. When Einstein heard this he said, "I don't understand this because theoretically nothing can happen faster than the speed of the light".

Over the years this has been a scientific controversy but physicists now believe that there are two kinds of processes in the universe, one in which there is transmission of information from one place to another in a linear way. The other process is where there is

transmission over time, no matter how short that time may be; as soon as the event happens in one place it is also happening in another place at the same time.

These two realities are very important to learn and understand because they have great bearing upon your physical body and the workings of your mind. True learning and believing in these two realities will enable your consciousness to expand; to include the workings of the universal mind or spirit. Through believing and understanding this, personal transformation will be more easily achieved and you will achieve the Enlightenment of the law of cause and effect. Cause and effect will no longer just have a linear understanding but will bring a deeper understanding.

Cause and effect existing at the same time within your life is known by Spiritual masters as the law of simultaneous cause and effect. For example, imagine that you want water. You are feeling thirsty and you need to drink water: your brain immediately makes a certain chemical that makes you look for water; your hypothalamus, another part of your brain also makes the same chemical; your kidneys also make this same chemical that functions to prevent you from losing water; your lungs also make it so that you will not lose water through your respiration; your skin also makes it so you will not lose water through perspiration. So as soon as you have the idea that you want water the production of this chemical instantly at the same time is produced throughout your body to prevent you from losing water.

This is called a synchronous event or experience whereby an idea creates the same result in different places at the same time, as a synchronistic experience. It is not like a message that goes from A to B with a time delay existing between the message being sent and the message being received, which is known as the linear way, but it is all at the same time, - it is a global response for the same incident, synchronistically.

**What is the connection between our mind and the universe?** Our minds and our thoughts are not separate from everything else in the universe. The separation between your thoughts and what you think to be outside of yourself is separate only in a linear surface appearance.

On the true holistic inner reality no separation exists. So the separation between the physical universe out there and what is happening inside your head in your own consciousness is an artificial separation.

Rumi the mystical poet said this "I have lived on the lip of insanity wanting to know reasons, knocking at the door, the door finally opens and I discover I have been knocking from the inside."

So in reality we are insiders in the whole universal process and beautiful web of creation. You may have been taught that your mind exists only inside your head, but in reality our minds, our thoughts unite us with the universe because they are contained in the universe in the same way as your breathing exchanges atoms between your body and the atmosphere.

## The Universal Spiritual Laws

When you understand this you will experience what Isaac Newton experienced when he saw that gravity moved the planets and an apple falling to the ground at the same time. It is a moment when you see unity instead of fragmentation, a transforming moment.

Use this understanding in your daily life so that you can see connections instead of unconnected fragments. Use those connections to transform your life for the better. This will become a process to assist your spiritual growth, not necessarily mystical because your conscious awareness will be absolutely present. This is a process for opening yourself to the truth and that truth is Enlightenment.



## The Vedantic - Yogic - Hindu View

Some qualities of Spirit manifest at different levels of existence: The first understanding is that since spirit exists at the deepest level of existence the following come from and are nourished by this source: material matter, energy, transformation, information. In physics spirit is referred to as what they call the unified field. Even science is aware that there is something greater there that is the source of all things.

By spirit we mean the underlining intelligence, the ultimate, spirit is everything. The mind is an expression of spirit; the body is an expression of spirit, the physical world that we perceive through our senses, the environment that we can see with our physical eyes, all are an expression of spirit.

There is a Vedic expression that reflects this truth; I am that, you are that, all this is that and that's all there is! If you really understand this there is no need to read any further. Thank you very much for taking this course. In reality everything is spirit.

The whole is contained within every individual part. The second understanding is as the Spirit moves from the un-manifest (the invisible) into the manifest (the visible) it does so in such a way that the whole is contained in every part. This is a very important point to consider, in other words the spirit manifests holographically.

Today scientists are exploring the holographic model in the world of technology, in the world of neuroscience, within the world of philosophy. People are now talking about holograms. They are using the holographic model to just about explain everything that exists in the world of information and energy.

I expect you have seen a hologram in the science museum or in Disney World or at least on the back of your credit card. A hologram is a three-dimensional projection of information and energy. If you wanted to make a hologram of yourself the way you would do it is take a laser beam, a beam of light that only has one frequency that is put through an instrument called a beam splitter. This splits the beam into two beams, an object beam and a reference beam. The object beam is projected at the object (you in this example) and the reference beam is bounced off a mirror and interferes with the scattered object beam. This creates an interference pattern which you can record on a photographic plate. When you develop the plate you will see the beginnings of your hologram. If you look at it, it is just a bunch of wiggles and squiggles.

Now the magic begins. You take that interference pattern, you put a laser beam through it and then you get a three-dimensional projection of the original object, in this case a projection of you out there in space-time. If the hologram is well made you can't tell the difference between you and the hologram.

We already have the technology to make holograms of ourselves and in two or three years we will have the technology to send these holograms anywhere we want. When that happens you could simultaneously show up in different places at the same time and people would wonder which one is the original you.

There is something wonderful about these holograms. If you were to take a pair of scissors and you cut the hologram up into one million pieces and then take the smallest piece of it and then put a laser beam through that piece you would re-create the whole image of yourself once again. So a hologram cannot be destroyed, it's immortal and the entire image is contained in every tiny small part that you have cut up! That's why it's called a hologram; the whole is contained in every part.

**Memory is holographic.** What scientists are telling us with these fantastic discoveries is that memory is holographic. Memory is present in all the cells of your body, with every experience you have ever had being recorded not only in your brain but also in your body, within every cell of your body in a holographic form. Everything you have ever experienced; and since the real you cannot be squeezed into the volume of a body in the span of a lifetime, these memories within your cells go back eons of time. There are not just personal memories there are impersonal memories, which means memories of the race, memories of the species, memories of all the other species.

Scientists tell us now that our brain does not just contain what we think of as a human brain, but a brain known as the amphibian brain, the reptilian brain and the mammalian brain. What these new scientists are telling us is that memory is not just in our brain, but we have a memory of everything in creation right here. The karmic software of the universe is contained within every cell of our body. This means that if we really understood how to tap into this inner intelligence we would eavesdrop on the collective cosmic mind. It is right here inside of us and through knowing this we could know everything.

In the atom is the whole universe, in the microcosm is the macrocosm, in the human body is the whole cosmic body, and in the human mind is the whole cosmic mind.

There are many good descriptions of this concept by poets and mystics like William Blake and Vedanta. In the Rig Veda there is a hymn "In Indra's heaven there is a set of pearls so contained that if you pick up one of them you will see all of them", or William Blake said in one of his poems "To see a world in a grain of sand and heaven in a wildflower hold Infinity in the palm of your hand and eternity in an hour". These are holographic descriptions.

This is why as you explore all these different layers you will learn that you are not only exploring yourself but that you are exploring the whole universe which is contained here right now, within this present moment, within every cell of your body. The universe according to some scientists is nothing other than a holographic videotape of the Spirit.

**Spirit manifests into creation at different levels of vibration.** The third principal of Spirit is that as it manifests into creation it vibrates at different levels of frequencies or consciousness. The spirit is vibratory in its expression; the spirit in its essential state is known as the field from where all vibrations come.

There are many different levels of vibration. For example the vibration that you are most familiar with is the densest vibration and that is your physical reality. There is another vibration which we call liquid. There is another vibration and we call it gaseous. There is another vibration we call quantum mechanical. That quantum mechanical vibration has so

many levels of existence, microwaves, cosmic rays and x-rays, gamma rays, all of these are a part of the vibratory field.

Thoughts are a certain kind of vibration, our emotions are a different kind of vibration, our physical body is a different kind of vibration, and the universe that we experience is a different kind of vibration. They are all different types of vibration of the Spirit that are simultaneously co-existing.

There are many dimensions of existence that exist all at the same time, all in the same place and this is where the holographic example is very useful. We will explore all these different dimensions further on within the course material. We will explore; the physical, the Astral, the subtle, the causal, the ten different life conditions of consciousness.

The key point to embrace is that they are all equally coexisting within the same time at the same place. For example the BBC does not displace ITV because they can both occupy the same space, it is just that they are vibrating as different frequencies of information and energy. It depends on the vibrations that our soul and physical senses are tuned into, vibrating at, that cause us to experience a certain reality, a certain life experience of consciousness.

There is a yoga expression that says, 'infinite worlds come and go in the vast expanse of consciousnesses'.

**All things are in constant transformation.** The fourth principal of spirit is that it is constantly undergoing transformation. It never stops! Anything that appears to be non-changing is an illusion.

Our physical body for example appears to be non-changing. When I look at you I do not see that change. The fact is that ninety-eight percent of your atoms that you have right now were not there a year ago. Your physical body is constantly changing and very rapidly changing actually. In seven years the body has completely replaced itself. Your emotions, feelings, thoughts, your desires are changing, your physical environment is changing and is always in a state of transformation. Non-change is an illusion.

The only non-change is the source of creation, the Spirit, the Universal Divine Beloved Consciousness. What we call health is a dynamic non-change within the centre of constant change. For example your blood sugar remains in a range between 70 and 110, and your blood pressure remains between 80 and 120, your heart rate remains between around 70 and 80, so there is always a dynamic non-change in the midst of change. The change is not a static non-change it is in that field of transformation. All the Reiki healing methods you are learning and using produce this incredible effect of balance within change.

**Your soul is made up of co-existing opposing opposites.** The fifth principal of Spirit is that the universe in which you live has co-existing opposing energies. For everything that exists in us you will find the exact opposite also exists.

On a simple level these archetypal energies that stoked the furnace of life are competing with each other. Look within yourself, that's what you will find, the Divine and the diabolical

at the same time, the sacred and the profane at the same time. There is a Vedic expression “The Sinner and the Saint are just exchanging notes”. Oscar Wilde once said, that, “The only difference between a sinner and the Saint is that the Saint has a past and the sinner has a future”.

It is really important to understand that these opposing energies are simultaneously present. It is like the head and the tail of a coin, the head and the tail both exist in the same place.

So within health there is the potentiality for disease, so within disease there is the potentiality for perfect health. Whatever exists within the body its opposite is contained as potentiality. This is a very important truth to understand as a healer because once you understand this truth you will realise that the Reiki energy's function is to bring about balance, harmony.

It really is a shortcut creating an amazing instant transformation on all levels of existence. Reiki works perfectly on its own but when combined with the purity of your intention and your attention upon the receiver this is when Reiki miracles will happen.

The whole purpose of learning the mechanics, the workings, the Universal Laws of creation is to obtain personal realisation of their truths. Once you get an insight into these truths then you will then obtain unshakeable belief. Your faith will strengthen because you will have experienced what I mean by the combination of wisdom and healing.

The fusion of wisdom and healing will open the gateway to enlightenment; in fact it is enlightenment because wisdom and healing are the active properties of Unconditional Love.

This is why this particular course has a balanced curriculum between wisdom and direct loving pure healing energy, Reiki. If you understand that within every state of existence the opposite exists, although it is lying dormant, when you as a healer experience disease such as cancer, heart disease, etc you can then appreciate that the opposite condition is lying dormant. By using wisdom and healing you can bring that condition back into balance producing a healthy person.

Today within medicine the concept of reversibility is not there although it is now starting to emerge. There is some evidence in medicine that these diseases are reversible. Heart disease is reversible, cancer can have a complete remission, or any disease has its exact opposite in the state of balance. This is a very important principle to understand because consciousness is infinitely flexible and contains polar opposites. We learn that life is constantly changing back and forth between these states; pleasure and pain, hot and cold, up-and-down, disease and well being, imbalance and perfect balance; the potentiality for both is always there in that field of infinite diamond dynamism, infinite flexibility.

Sexual energy is the creative energy of the universe and sexual experience can be a means to enlightenment. The sixth quality of Spirit is that the root core of all its energy is sexual, because sexual energy is the creative energy of the universe. Anything that is alive is alive because of this life bestowing energy.

In plants and animals this energy contains the one function that is logical reproduction but in human beings we can take the same sexual energy that is the creative energy and we can transform it into all kinds of creative activities, in fact even sexual experience can be a means to enlightenment, creativity, vision and that which is sacred.

The peak experiences of sexuality therefore can give us some insights that we will explore a little. There is a whole discipline that originated in India called Tantra that deals with how we use that sexual energy for creativity and enlightenment. In the West Tantra's true meaning is misunderstood because it tends to only refer to a part of Tantra which is shown in the Karma Sutra. I am sure you know of this book's content revealing different sexual techniques and positions.

The real peak experiences of sexuality otherwise known as orgasm may give us some insight into the mechanics of how spirit works. For an example in orgasm there is a sense of timelessness, there is a loss of ego, there is complete naturalness, (unless of course you are faking it), there is surrender, there is defencelessness, and there is communion.

So please note that the peak experiences of sexuality are ones that are characterised by the following features: timelessness, loss of ego, naturalness, surrender, defencelessness and communion. The example of sexuality, the orgasmic experience is a biological experience of unity consciousness, when The Lover and The Beloved become one. This is a metaphor for the merging of the self with the Divine Beloved Universal Consciousness.

**The objective of spirit is your enlightenment.** The seventh quality of Spirit is that its intelligence is non linear because its presence is contained within all things. It is supporting and influencing you unconsciously, continuously to enable you to obtain enlightenment. Meaning that from every moment of your daily experience it is constantly in relationship with all things because it is holistic, it is intuitive, it is nourishing, it contains wisdom, it contains healing, it does not behave in a win or lose manner because it unconditionally loves. It exists outside of the realm of duality (cause and effect) although it is at the centre of all things. Again like a holographic coin with 'cause' on one-side and 'effect' on the other with the Divine in the centre (binding the two together).

**Align the rhythms in your body to the rhythms of the universe.** The eighth quality of spirit is that it manifests in seasons, in cycles and in rhythms. We will see the connection of that through our own biological rhythms; a state of balance is one where the biological rhythms of the body are in complete harmony with all the rhythms of the universe. In this condition of balance we are then experiencing the intelligence of the universe flowing through us in a very effortless and spontaneous manner. When that happens we are feeling positive energy, joy, creativity and good health.

Good health is the perfect alignment, the harmony of the rhythms within our body combined with the rhythms of the cosmos because Spirit functions through these cycles, through these rhythms, through the seasons.

**The Beloved Universal Divine Consciousness, Spirit expresses itself as different states of awareness.** The ninth quality of spirit is that it expresses itself as different states of awareness, because spirit is awareness itself. Spirit in its essence at its core is pure

awareness but as it expresses itself into our physiology, when it manifests into the world of cause and effect, duality, it expresses itself in different states of awareness. In fact the different states of awareness all exist in the same place at the same time. The only difference between them is in their consciousness function and their rate of vibration. This is fully explained in the Lotus Sutra chapter in the Reiki Master's manual.

**The Spirit expresses itself as different states of awareness:** Deep sleep is one state of awareness and you know what that is. The second state of awareness is dreams. The third state of awareness is your waking state of awareness. These three states are what about ninety-eight percent of our humanity experience in their lives, waking dreaming sleeping, waking dreaming sleeping, and not having any idea that there are any other states of awareness that they can explore through the eyes of soul. The fourth state of awareness is glimpsing the soul. The fifth state of awareness is cosmic consciousness. The sixth state of awareness is Divine Spirit or God consciousness. The seventh state of awareness is unity consciousness.

So there are seven very distinct states of awareness that spirit manifests itself through. The principle to understand is that each state of awareness creates its own physiology and as a result of creating its own physiology it creates its own ability of knowingness. For example, in deep sleep how much awareness do you have? Very little, but there is a state of awareness because you respond to stimuli. In deep sleep if I came in screaming at you telling you to get up because there is a fire in the house you would respond to it. So at some level you are aware.

In dreams there is a repertoire of experience. In your waking state there is an even greater repertoire of experience, glimpsing the soul more, etc. We are expanding our awareness as we go through these higher states of consciousness. Because each state creates its own physiology in the body, this means that the blood pressure is different during sleep as compared to when you are dreaming, as compared to your waking state. The metabolism will be different, the brain waves would be different, the biochemistry is different, and each state of awareness creates its own physiology and therefore a different style of functioning of the nervous system and receptors affecting the mind and the emotions, thus creating a different reality.

Reality is a function of the state of awareness that you are in, a different experience of the same moment in existence. The reality you experience in dreams is not the same as the reality you experience in deep sleep, which is not the same as the experience of your reality in the waking state. As you are learning about these other states of consciousness you will find there are so many other levels of reality that are completely different from the waking state; therefore the waking state is not more real than any of the other states. The dream is as real as the waking state and so is the deep sleep and so is glimpsing the soul, so is cosmic consciousness because each state creates its own reality.



## The Key to Enlightenment!

Attention and Intention for transformation

Attention is energy and Intention is information

The tenth quality of spirit is that it uses attention and intention for transformation. Spirit, the pure unchanging consciousness, does not think as it does not use rational thought for transformation. It uses attention and intention for transformation. This is a key point for you to learn.

Grasp this truth because when you stop thinking and apply these two spiritual laws to your desires the universe will respond. Using these two laws in your healing experiences will rapidly transform illness to wellness.

What you have to remember is that you are spirit in your highest form of existence therefore stop thinking as the conditioned limited human being that you have come to believe that you are and apply all these laws of Spirit to yourself because that is what you really are.

Your conditioning is your limitation. Become aware that you are spirit, the Universal Beloved Divine Consciousness; this is your highest form of existence, you are that spirit. Apply these qualities of spirit to your life and drop all of your human conditioning. Miracles will now happen for you.

Attention is energy and intention is information. Whatever you put your attention on will grow stronger. Whatever you take your attention away from disintegrates because it is physiological.

Intention organises its own fulfilment because an intention has infinite organising power. The intention can orchestrate an infinity of space-time events in order to bring about the intended outcome.

The secret here is trust and get your mind out of the way. The whole universe is information and energy. Attention and intention are the keys to that universal information and energy. The fulfillments of your desires and the creation of your dreams, knowingly or unknowingly work through these two laws.

The Beloved Universal Divine Consciousness in its pure essence Spirit is the experience of Unconditional Love. The eleventh quality of spirit is that in its pure essence it is the experience of love. We will discuss the experience of love not just as mere sentiment, not as a mere emotion but as the ultimate truth at the heart of creation. This is the knowingness that you and I are not only made up of the same stuff but we are actually the same being at our core, the same spirit in different disguises and appearances.

So love is a state of consciousness and the spirit in its essence is that Unconditional Love. This loving quality is self-referral, which means it has a feedback loop because it learns from its own experience enabling it to modify its behaviour. This is how it expresses itself and how it continues to evolve. This is the conscious creative evolution of your soul.



**Spirit is self-protective and self maintaining:** The thirteenth quality of spirit is that it is self-protective, self-maintaining, the pure unchanging realm of reality because there is no duality, no cause and effect, no opposing opposites. That is why it always maintains balance and provides stability, security within an ever-changing universe.

The physical body amongst constant change is naturally seeking to retain balance, returning to its spiritual quality. This is what is called healing.

Reiki energy is from this spiritual source, so whenever you activate your healing energy you have a direct contact with your highest inner unchanging spiritual consciousness. Of course we interfere with this process creating our learning process through the experience of disease, mental/emotional upsets, conflicts and unharmonious relationships. It is through these experiences that we can transform our soul into the predominant life condition of what we essentially are, pure spiritual beings, and the Beloved Universal Divine Consciousness.

**The spirit has infinite organising power:** The 14th quality of spirit is that it is self-organising because it has contained in it infinite organising power. Infinite organising power means; it can organise an infinity of things and connect them to each other all at the same time.

The human body is a perfect example of this. The human body can think thoughts, play a piano, kill germs, remove toxins all at the same time which takes a lot of organisation. Whilst it is doing all of this it is tracking the movement of the stars and that takes a lot of organisation.

## How Spirit Expresses Itself at Different Levels of Existence

### The Quantum Mechanical Universe

The physical body is the material level. The first level of existence is the material level, the physical body that is made up of matter and energy. We know from common-sense that matter and energy are basically the same thing. You can take energy and convert it into matter and you can take matter and convert it into energy.

In Eastern philosophy the material body is often referred to as the illusion of non-change. The physical body is derived from food. It gives us the illusion of non-change but it is changing constantly. If you talked to a scientist today and asked what are the different kinds of energies in the universe the scientist would tell you that there are four kinds of energies in the universe.

The first type of energy is electromagnetic energy, so when you see something what you are seeing is electromagnetic energy bouncing off the object of your experience. The electromagnetic energy includes the visible light, which starts from violet through indigo, blue, green, yellow, orange and red. That is the visible spectrum and that is also reflected in the energy centres of the body known as the chakras. Before the colour violet there is something called ultraviolet, a spectrum of energy called gamma rays, then there is a spectrum of energy called cosmic rays and x-rays. On the other side of the electromagnetic energy field is infrared, microwaves and radio and television rays. This is the complete electromagnetic spectrum of energy that surrounds us all of the time. In fact the whole universe is permeated by this combination.

**Gravity:** In the second level of existence is gravity. Everybody knows a bit about gravity. It is the force that makes the earth spin on its own axis; it makes the earth orbit around the sun and holds the planets together. It is the force that holds our bodies together. It is the mysterious force that binds every material object together.

**Strong Forces:** The third level of existence is called a strong force. This is the force that holds the nucleus of an atom together. So when you look at an atom there is a nucleus inside it. That nucleus is not a solid thing; it is just forces that are so concentrated that they create the appearance of a nucleus and when you disrupt those forces you get a nuclear explosion. This is why it is called the strong force.

**The weak interaction:** The fourth level of existence is called the weak interaction. This force is responsible for the arrangement of the subatomic particles. So we have an atom, which has a nucleus with subatomic particles moving at lightning speeds around it. These are all fluctuations of energy and information and the arrangement is the so-called weak force.

Scientists tell us that the whole universe is made up of these four kinds of energies, that is all there is! It is quite convenient for them because no other kinds of energies exist according to the scientist. It is the combination of these four energies that creates all material things. Our physical bodies come from them, our thoughts come from them, stars, the moon, the whole galaxy and the whole universe is permeated by this energy.

Scientists also tell us that these four energies are coming from one field and that one field is called the unified field.

**The difference between Scientists and Spiritual Consciousness:** Now the difference between scientist and spiritualists is that the unified field is not a dead energy but a conscious energy. It has awareness, it is conscious and it is this conscious energy field that the scientist is referring to as the unified field.

It is really important to understand these forces because they are present right here now. These forces exist in the space where we are. The essence of the whole of creation is contained within the space where we are! The space cannot be destroyed, it is impossible. You can destroy your house, you can destroy your body, you can destroy any material object but you cannot destroy this space. This is the first element of creation from where everything comes.

Everything exists in the space between your thoughts. You have access to the Divine Spirit because in your essential state you are that space. It is the space between your thoughts and the space between these objects and the space between your breath and the space between your movements. All are ultimately the same space.

## Ichinen Sanzen - Life's Unlimited Potential

This principal of three thousand realms in a single moment of life is a Buddhist concept found in The Lotus Sutra. The concept overview:

**The Ten worlds are:** Hell, Hunger, Animality, Egocentric Arrogance, Humanity, Heaven, Learning, Realisation, Bodhisattva and Buddhahood.

**The Ten Factors are:** Appearance, Nature, Entity, Power, Influence, Internal Cause, Latent Effect, External Cause, Manifest Effect and Consistency from beginning to end.

**The Three Realms of Existence are:** Self, Society and Environment.

The explanation that T'ien-t'ai taught in his 'Great Concentration and Insight' is as follows: Life at each moment is endowed with Ten worlds. At the same time, each of the Ten Worlds is endowed with all the others, so that an entity of life actually possesses one hundred worlds. Each of these worlds in turn possesses thirty realms of existence. The three thousand realms of existence are all possessed by a single entity of life. If there is no life, that is the end of the matter. But if there is the slightest bit of life, it contains all three thousand realms.

The Ten worlds are mutually inclusive or contained within each other. One is visible while the other nine worlds are hidden within it. This is why the possibility of one hundred worlds exists. You get the possibility of ten times ten different outcomes at any one moment of existence, this equals one hundred different possible consciousnesses or life conditions.

**Quantum Physics Findings:** I would like to introduce you to this beautiful theoretical concept that explains how life works and is expressed within the whole of existence. What is interesting with the new discoveries recently found in quantum physics is that we are seeing the merging of mysticism with science. From these two different approaches the concepts of life's workings agree with one another.

This is very exciting for those of us who are helping to raise the consciousness of mankind through our own personal transformation; radiating in higher consciousness. As a New Awakening student you are now expanding your consciousness beyond yourself to embrace the whole world in Unconditional Love. Your power and influence will be in proportion to your inner resolve and faith. My advice is to teach as many people as you can about the mystic law of life. In a respectful manner stay away from those who dismiss you, as they will try and pull you, albeit unconsciously, into the lower life conditions of existence trying to maintain the ego's control over life.

Quantum Physics says that the whole of existence comes from the Unified Field, which is conscious. All phenomena in the cosmos come from this field and also return to it. The DVD movie 'What the Bleep Do We Know' is well worth viewing as this illustrates these new findings very well and is available on Amazon.

They have discovered that around this Unified Field, energy exists that is waving in its shape. This is similar to when a stone is thrown into a still lake - it will create ripples on

the water; this waving energy is like the ripples. The still water is like the unified field or empty space. All existence consists of space, particles and waves. As waves, electrons or photons (particles of light) have no precise location, but exist as 'probability fields'. As particles, the probability field collapses into a solid object locatable in a time and space location; daily life experiences.

This discovery agrees with the Buddhist and Vedic concept of the first three components of life:

1. The physical = solid matter or particles
2. The nature or spiritual = the waving
3. The entity or mystic law/Divine = Unified Field or space

The other finding is that when we observe this waving field it changes shape and manifests into matter. This means that our thoughts and desires interact with this field which causes it to change, bringing into life what we had wished for. This explains the Law of Attraction. We bring into existence our own reality!

This also explains the creative relationship with the apparent separate self and the Divine. It shows us that we are really one and that if we develop Divine wisdom, suspending our ego and personal intuition, the outcomes will be influenced from our inner core of Divinity. I know what outcomes I would prefer, how about you?

This also shows us that we bring into existence our own reality, therefore we are the creative source responsible for our life; we live in our own creation. The reality we live in is state dependent. This means that the reality of our experience is determined by the world or consciousness we are resonating in. This concept is explained in the section on the Ten Worlds or Ten Life Conditions. The whole universe is actually Bliss. It is this possibility, the possibility of Unconditional Love with the manifestation of Divine Wisdom that exists for you right now.

The quantum physicists have also discovered that when our thoughts come into contact with this waving field there exist three thousand possible outcomes that could manifest, or be brought into existence, just from a single thought. A Particle, in its waving 'probability field' has been discovered to be in three thousand places at the same time. These three thousand possibilities exist at the same time in the same place. Why they do not displace each other is because they are all vibrating at a different frequency. They are the same but different.

The concept of all-inclusive and oneness now needs to be embraced because these three thousand possible outcomes all exist at the same time and in the same place, the only difference is their vibrational frequency. This explains that it is our consciousness that determines what possibility will manifest from these three thousand possibilities of existence in a single life moment.

This explains that the opportunity for change really does exist; every outcome in your life is dependent on your consciousness, your life condition in the moment!

## The Universal Spiritual Laws

This concept explains 'The Power of Now' because you are experiencing your past in the present and are creating your future in the present. You are an alchemist.

## The Vedantic Hindu View of our Total Being

The **Astral Body** is the exact counterpart of the physical body but it is vibrating at a different frequency; the two are really one as it is just the physical local energy field. It survives the death of the physical body only temporarily. You might like to think about it as the ghost of the physical body. It has organs; it has a heart, everything the physical body has but vibrating at a different frequency level of electromagnetic energy.

**The Subtle Body:** What survives the death of the physical and astral body is the subtle body. The subtle body is made up of mind, intellect and ego. The physical body and the astral body exist in space and time because it has a beginning middle and ending. The astral body together with the physical body is contained within the subtle body. The subtle body exists only in time. It contains mind where we experience emotions and feelings, it contains our ego which is our self-image that is created through a process called object referral. The subtle body also contains the intellect where we experience ideas concepts and beliefs that we hold to be true.

**What is Object Referral?** Object referral means you refer to an object and you identify with the object. For example if you asked somebody on the street “Who are you?” I do not think they would say that they are a holographic expression of the entire universe which is manifesting as a continuum of probabilities for space time events in a field of infinite possibilities! This is quite a good description of who you really are but they are more likely to name the objects of their experience; “I am a female, I am a citizen of the United Kingdom, I own this house, I drive a BMW, I have four children, etc”.

So we collect objects and relate our identity to the object and create ideas about it, and that idea is our self-image, our ego. In the sacrifice of the spirit for the ego is the birth of time because time is the continuity of memory, which uses the ego or self-image as an internal reference point.

**The Soul:** As you break the barrier of time then you enter the level of soul, which is timeless. Soul exists right here beyond space-time because it is eternal. The soul contains the seeds of karmic software, memory, desire and all of your experience (causes and effects). Memory, desire and karma are in fact one because without karma there is no memory and without memory there is no desire. The soul is the source of thought.

The subtle body survives the death of the physical and astral body and is the remaining body of each lifetime that is contained within your soul. The physical body in your daily life is reflected in your soul, the soul stores all of your physical mental and all the emotional experience that you have ever had.

This is an exciting point of understanding because your soul is your personal identity or personality that is not fixed when it is connected to and expressing itself within a physical body. So if you remember the concept of different energy life conditions or consciousness, all of your experience right now will be charged by a certain life condition or consciousness.



So now consider and realise that every moment of your life is an opportunity to change the life condition of your experience to that of Divine Spirit. You do this by connecting to pure spirit and bringing into every moment of experience the Divine Beloved Universal Consciousness.

Whenever your soul or subtle body is connected to a physical body you are undergoing constant change and renewal. So why is it so important to make effort to create a better life condition? Because your soul can become enlightened or merge with the core True-Self. This is the true purpose of your existence!!!

Therefore if you make no effort to change within your lifetime, dismissing any idea of a greater spiritual source, then you will be at the mercy of your environmental circumstances. Your life will be conditioned by those nine life states so if you do not make any effort to change your life you will tend to gravitate towards one of the four lower worlds and upon death that world will become the predominant life condition of your soul.

Without a physical body your soul is unable to change so it becomes fixed predominantly in one of the nine life states lying dormant awaiting the opportunity of rebirth. Upon obtaining enlightenment transforming your soul into the life condition of spirit, the tenth world, upon death you remain alive and are free from the sufferings of birth and death able to choose rebirth or not.

Again this is exciting because it explains that the purpose of your life is no other than obtaining a pure enlightened form of spirit. Once you have obtained this spiritual condition it is beyond the realm of cause and effect and is the realm where all enlightened people exist. It is the home of Christ, all the Buddhas throughout the universes, the Ascendant Masters together with all enlightened beings.

Understanding this model enables you to realise the importance to be placed in respect of your daily life condition and your relationship with Divine Spirit. Congratulations, you are doing it. Every time that you connect with your Reiki healing you are connecting with Spirit. Every time you study this manual and chant the mantra of the Mystic Law you are connecting with Divine wisdom.

## Unconditional Love is Divine Spirit

Enlightenment is the fusion of healing, love and wisdom

Beyond the soul is spirit so you can see that we have now returned to our starting point. So to recap: think of Divine Spirit as the ocean and the soul as the waves on the ocean. It is spirit, the Divine Beloved Universal Consciousness that creates every manifestation of creation. It does this by giving birth, constructing, governing and then becomes all of these levels. It is just different degrees and levels of its manifestation.

If you were a scientist you might say that the universe has different levels of existence; the field of matter, energy fields, transformation fields, information fields and the unified field. The Information fields we would call the soul because that is where the seed of karma exists. The unified field is what we would call pure Spirit, the Divine Beloved Universal Consciousness.

### The Vedantic Yogic Hindu View of Our Total Being Key Points

- The physical body is made up of energy and matter
- The astral body is temporary existence
- The subtle body is made up of mind, intellect and ego
- The soul contains the subtle body and is eternal
- The spirit is the creation of all that there is
- The soul is the generator of ideas
- The mind, intellect and ego are the organiser of ideas
- The body is the deliverer of ideas
- The soul is the observer - turn your attention to who is reading this now
- The soul is your presence that is timeless
- The spirit is the observer and witness of the soul

The spirit is the observer and witness of the soul. The soul is the observer and witness to all of your space-time events. The subtle body processes your observations of life through the mind, intellect and ego, through all of your feelings and emotions. Spirit is the knower, the process of knowing and knowledge.

**Reiki Healing:** Through a healing session you will create balance between all of these levels of existence; your physical body, your environment, the subtle body and your causal body. As you achieve balance you are integrating all of these levels of existence and you will experience them as one continuum of consciousness. Through that balance you will actually experience health, which will become the means to enlightenment.

Enlightenment means fully understanding your identity as pure potentiality as a spirit that has chosen to have a physical experience. You are not a human being having a spiritual experience because you are a spiritual being having an occasional human experience. You are being human rather than human being.

## The Wisdom Course Key Points Overview

**Enlightenment means to become one with light:** Everything, the whole universal energy and information occupies the same space but they do not interfere with each other because everything is vibrating at different frequencies.

**Unity consciousness:** The oneness of life proves existence beyond space and time; from the Divine consciousness events can manifest at the same time in different places. This proves that cause and effect exist at the same time and that everything is contained within this present moment of your life's experience.

Enlightenment is here and now and is only dependent upon your desire and your faith to open yourself to your Divine higher self, thus expanding and melting your individual self with the universal self. The Divine is not outside of you or in a different place because it is exactly where you are. Open the door and allow its fusion with your individuality. I promise you that you will not lose your identity but your ego as your soul (the collective storehouse of your individual karma) will transform its life condition into the Buddha state, the state of the Beloved Universal Consciousness of God. So considering the true holistic inner reality no separation exists.

The secret to enlightenment now is no longer a secret because it is within you right here, right now. If you cannot feel it at first clear your mind and emotions with a Reiki healing session and then chant the mystic law to reveal the mystic truth that has always been inside of you, although as a hidden jewel. Chant 'Nam Myoho Renge Kyo' to reveal this mystic truth.

**The whole is contained within every individual part:** As Spirit moves from the un-manifest (the invisible) into the manifest (your everyday visible reality) it does so in such a way that the whole is contained within every part.

**Holographic example:** The whole is contained within every part. The karmic software of the universe is contained within every cell of your body holographically.

**Spirit manifests into creation at different levels of vibration:** The Divine spirit manifests into creation at every different level of frequency or consciousness; from the unspeakable to the state of enlightenment bliss. All of the different types of vibration of spirit are simultaneously coexisting at the same time in the same place! Opposing energies are all simultaneously present in the same place at the same time.

**Your soul is made up of coexisting opposites:** Within health there exists the potentiality for disease therefore within disease there is the potentiality for perfect health! This explains how many miracles are achieved; by purity of faith with childlike innocence! By understanding the underlying truth of how miracles are achieved you are obtaining the wisdom mind of the Divine.

Reiki combined with the purity of your intention and directing your attention to your client will activate the possibility of a miracle happening. The fusion of wisdom and healing will open the gateway to enlightenment.

Complete remission of illness is possible because consciousness is infinitely flexible and contains polar opposites. This means the reality of your experience depends upon your life's consciousness in the present moment; the predominant life state of your soul.

Practice Reiki healing and chant 'Nam Myoho Renge Kyo' as this attunes your soul into enlightenment wherever you are at that precise moment.

**The objective of spirit is your enlightenment:** The Divine Beloved Universal Consciousness, spirit's intelligence, is non linear because its presence is contained within all things. It is supporting and continuously influencing your life unconsciously to enable you to obtain enlightenment because it is a part of you!

**The Buddhist view of ten life conditions – ten states of awareness:** The supporting evidence to the concept that everything exists in the same place at the same time but just vibrating at a different frequency is beautifully explained in the Buddhist wisdom concept that life exists at ten different states of consciousness.

There are nine different life conditions that are supported and contained within the one unchanging life state of enlightenment; they all occupy the same space at the same time because they are mutually inclusive within each other.

**The practice to achieve enlightenment:** Activate the state of Reiki healing, meditate upon this wisdom philosophy, chant the mystic mantras and you will connect with and activate Divine healing and the enlightenment wisdom of the Beloved Divine Universal Consciousness. This will, over a period of time, transform the nine worlds of duality from their illusory manifestation to reveal their enlightenment condition and function.

You will achieve unity consciousness experiencing Unconditional Love. When this state of life becomes stable and the one world of Divinity becomes predominantly your life condition you will automatically achieve, without any certification, the true status of 'Master practitioner,' you will become a Buddha, you will become a Christ.

**Buddhahood - The ten world's overview:** Buddhahood balances, integrates and transforms the workings of the nine worlds from a state of illusion into a condition of enlightenment.

**You are a choice maker and an interpreter.** Use attention and intention for transformation. In every moment of your life you are an interpreter and as you interpret each moment of your life's experience you make a choice. The choice you make will result in what action you take. It will create your future, it would determine your emotional condition and your interaction and relationships with other people, and it will be reflected in your behaviour. To obtain a life of fulfilment and indestructible happiness you need to charge each moment of your life with Unconditional Love, applying the Divine mind - Buddha wisdom to every choice that you make.

The universe uses your attention and your intention to transform your life in this present moment and also to create your future. When you drop your calculating mind and apply these two spiritual laws to your desires, the universe will respond immediately because there is a direct connection between you and your higher self.

## The Universal Spiritual Laws

Whatever you put your attention (your energy) upon will grow stronger. Likewise whatever you take your attention (your energy) away from will disintegrate. *(Be careful what and who you are focusing your Attention on.)*

When I realised this truth I placed my attention upon the Divine and as a result everything happened amazingly for me. I would advise you to do the same because then the Divine will grow within your life.

Your intention is created in the now, it is not a desire that wells up from within your subconscious, from within your soul, your past; it is present moment conscious awareness of what you are asking the universe to create for you now and in your future. Intention organises its own fulfilment because an intention has infinite organising power.

The secret to experiencing these two truths is based within the realm of faith and trust. It is in your relationship and connection with the mystic law, in the Beloved Universal Divine Consciousness.

You have to drop your mind; your mind's past strategy and embrace the universal higher mind. This will mean you have to drop your ego. Allow your mind to surrender to the idea of knowing nothing. The fulfilment of your desires, the creation of your dreams, knowing or unconsciously, always works through these two laws – Intention and Attention.

Divine Spirit - The Universal Mind has infinite organising power: Infinite organising power means that when you create your intentions and then let them go without trying to work out how they are going to be achieved you are allowing the universal mind, the Divine spirit to organise your outcomes. Your outcomes will now become charged with enlightened Divine wisdom; you will live in enlightened outcomes. The Divine spirit can organise an infinity of things, events and connect them to each other all at the same time because the Divine spirit exists everywhere; because it is unity consciousness. We are now going round in a circle, a cycle because unity consciousness is your personal goal and this was the first point covered by this overview.

**What are you?** You are a holographic expression of the entire universe that is manifesting as a continuum of probabilities for space-time events in a field of infinite possibilities.

**You can become what ever you choose to become - choose a Buddha!!!**

## The Key Spiritual Laws to Learn

When your life becomes an effortless manifestation of stepping into the spiritual space, that gap, the void through getting your ego out of the way, by introducing your attention, by not worrying about the outcome, by allowing the universe to handle the details, you will find that the magical will then start to manifest.

Then your mind has become greater than that of your intellect or ego, your limited conditioned self, and reveals your true holistic mind that includes the universal mind, which includes the Divine mind. Your mind now works like a complete total mind, which becomes the generator, organiser and deliverer all at the same time.

In fact you do not lose your ego or intellect. You have expanded beyond it so the intellect and ego are connected to your greater mind, the mind of the Buddha; then your ego starts functioning as truly intended as an important organ in the body, not as the controller or ruler because you are greater than that. Beyond your ego and intellect - becoming the total mind.

### How the total mind, generator, organiser and deliverer works

The following spiritual laws of success are the way in which the greater mind works. You will find these laws operating in anything that is living; from a flower, a tree, a biological cell, or a star, or a galaxy. This is the way the universal mind works in all things. It is important for you to really learn these spiritual laws, applying them to your daily life, making a habit of organising, delivering and generating in alignment, in unity with the universal mind then you will be using the following spiritual principles or laws. I would like to refresh your mind of these spiritual principles.

#### 1. To activate the Law of Pure Potentiality

The law of pure potentiality; it means your essential state; your real True-Self is pure potentiality which is spirit. This is generator, organiser and deliverer all at the same time.

Pure potentiality also means infinite possibilities, unbounded, unrestricted, excluding nothing. Your ego may have limitations, your body may have limitations but your spirit has no limitations whatsoever.

In order to activate the law of pure potentiality you have to get in touch with it and how you do that is through Reiki healing, through meditation, through devotional chanting, through silence, through intimacy with nature. The quickest way is through the Gentle Touch module.

Freedom is experienced when you let go of making judgements. Letting go of the need to make moral judgements; do not judge yourself, others or situations, in fact life itself. Freedom is experienced when you let go of making judgements. When you feel free you are unbounded.



## 2. The Law of Giving

Potentiality starts manifesting through giving. Giving contains everything; it is all possibilities, it is infinite, it is unbounded, there is nothing it needs because it can only give. Everything begins by giving because the act of giving resonates with the universe, which starts circulation, and that circulation produces a cycle that transforms into receiving. Ultimately the cycle of giving, circulation and receiving is all the same thing.

Most people use their limited individual mind that tends to be restricted by the qualities of failure, fear and greed resulting in the need to possess and accumulate which in turn reverses the universal law of giving leaving the emotional body in a state of impoverished emptiness, fear and isolation.

To activate the law of giving wherever you go, whoever you meet, whatever encounter you have, you give them something. It could be something material if you have lots of money but it does not have to be because the three most important gifts that you can give are three human needs; attention, affection and appreciation.

Give Attention, Affection and Appreciation (*see Love & Relationships*)

Attention means you listen to someone when they are talking to you. You must listen with the totality of your whole being, do not think just listen.

Affection means touching with Love.

Appreciation means whenever you speak or think you consciously appreciate something that is good in that other person. It might be their eyes, it might be the way they smile, it might be their dress sense. Every person who is alive has something that can be appreciated. Look for their positive qualities, remark or think about them with sincerity.

## 3. The Law of Karma Action

In every moment of your life you are confronted with an infinity of choices; you are an infinite choice maker! In every moment of your life you have access to an infinity of choices. For example right now you could stand on your head, you could take off your shoes, you could go for a run, you can heal yourself now.

However there is one choice that is karmically appropriate and that is the choice that brings joy to you the choice maker and brings joy to those affected by your choice.

The way to activate a joyful outcome, to activate spontaneous correct choice making is to ask your heart, ask your body what is the right thing to do at this moment. I am confronted by all these dilemmas, these choices. I don't want to make a rational decision, a rational intellectual decision; I don't want to make a decision made by the intellect because this is a mistake. The ego is a mistake of the intellect so rational choice is actually the choice of your ego and your ego is always going to calculate. It is going to anticipate, it is going to seek approval, it is going to make a fear motivated choice. You need to escape from the clutches of rationality. You want to feel the finest level of feeling, Unconditional Love, and

your body tells you by sending you a message of comfort so that you know you are making karmically correct choices.

You will also begin to witness your choices by taking them out of the subconscious level by bringing them into conscious awareness. Every moment you are making choices but most of them are made unconsciously. So as you begin to witness your choices then they are no longer subconscious and you become free from unwanted conditioning. You have become awake with awareness.

The workings of Cause and Effect are known as Karma. Buddhism explains the workings of Karma revealing our relationship to others. These four components describe the workings of karma and how the actions of the self cause us to shift from one of the ten worlds to another. This is embraced as 'Renge' in the mystic chant.

- Internal Cause – (contains latent effect at the same time)
- Relation or External Cause (the potential for change)
- Latent Effect
- Manifest Effect – Becomes the internal cause with its latent effect

We have already discussed that we create our own reality and therefore the world is the result of our collective creation. This can also be known as our collective Karma; the manifest effect of all our causes and effects.

We have looked at the importance of our consciousness in the creation of our existence in the ten worlds. You will now see the relationship with the ten worlds and the law of cause and effect. The outcome of the planet is dependent upon the collective life condition of everyone on the earth. All social systems, villages, towns, cities and countries will reflect their predominant world or life condition.

One important consideration to learn is that cause and effect exists at the same time! To many the mind is unable to understand this concept because it measures everything in a linear way, through division and separation. You did this to me and as a result I had this experience.

In reality no duality exists. The internal cause contains the latent effect. They are vibrating and manifest into existence like a seed flowering when the external relationship is right to enable it to grow. The four factors of cause and effect, the workings of karma, can be considered as follows.

- The sum total of our life's experiences is contained within our soul.
- Every life moment has been experienced from a certain consciousness, one of the ten worlds.
- Each past experience therefore has been charged with a certain vibrational frequency.
- The past experience came into existence as the result of a relationship, an external cause.

- The external cause or relationship was attracted by the internal cause.
- The result of the internal cause and the external cause coming together created the outcome or manifest effect.
- The manifest effect was already dormant within the soul as the latent effect.
- The opportunity for change is therefore consciousness dependent; this proves life is not fated.
- Fate is the result of no change in consciousness and explains repeated negative patterns of behaviour due to residing in the lower worlds and only reacting to the external cause, the external relationship of life.
- The mystical reality of enlightenment is based upon the inner change. When you change on the inside the outside naturally changes. This means everything is dependent upon your life condition. Raise your life condition to a higher consciousness and you change the latent cause and latent effect within your soul before it has come into contact with the external cause. The manifest effect eventually then becomes enlightenment.

#### 4. The Law of Least Effort

Do less and accomplish more! The intelligence of that which is running the universe, the generator, the organiser and the deliverer functions with effortless ease. The principal is do less and accomplish more. This is Spontaneity. When you look at the flight of a bird in the sky notice how effortless it is, how effortlessly a seed grows into a plant, how effortlessly dolphins glide through the water, how effortlessly trees reach out to the sun or flowers come into bloom. It is all totally effortless; it is 'Naturally You' when you are connected with the Beloved Universal Divine Consciousness.

Do less, accomplish more and ultimately do nothing and accomplish everything. To 'Accomplish Everything' will be achieved when you unconditionally love from the state of enlightened unity with The Beloved Universal Divine Consciousness. In this condition everything is being orchestrated with infinite organising power and all with effortless ease.

Anytime that you are straining or trying too hard you are doing something wrong. This spiritual type of success will create: the realisation of your goals, the expansion of your happiness and the manifestation of desires without any hard work, exacting plans or driving ambition.

This state of existence is experienced at the Masters level. You activate the law of least effort through acceptance in life centred present moment awareness.

Acceptance means I do not accept the past I can revise it. You revise the past simply by reinventing it any way that you want to. Remember it is just an interpretation and your interpretation will be dependent upon your life condition or world that you are experiencing in that moment of reality.

This is why the emphasis is upon being centred in Divine spirit to create an enlightened interpretation of your past experience. You do not accept the past you revise it, you transform its life condition, you transform illusion into enlightenment, and you transform your soul's predominant life condition into the enlightened life state of Buddhahood. You do not accept the future because you can manifest any future you want but you must accept the present.

You have to accept the present, this moment. The present is the only total existence you live in. This moment is as it is because the whole universe is as it is.

Everything is perfect now. If things are not going your way in this moment then if you let go of your idea of how things should be, trusting that you do not know the larger picture, if you then place your attention on what is now you will then see its fullness in every moment of life. When you see the fullness in every moment you will experience the presence of The Beloved Universal Divine Consciousness, the presence of God in every moment. This is what is known as life centred present moment awareness.

So if you can't find God in a blade of grass, if you can't find God in a flower, if you can't find God in a rainbow, if you can't find God in the eyes of another person you would be unable to find God in a book of religion. Everything comes down to the quality, the Life condition of your attention.

Everything comes down to the life condition of your attention. The quality of your attention will determine whether you will find that Divine presence which comes through acceptance of this moment, which has been created and conspired, by the entire universe.

### 5. Taking Responsibility activates the Law of Least Effort

When you take total responsibility for the fact that the environment is a perfect manifestation of your own expression and present moment life condition, that the outside world is an expression of your inner world, your inner world opens into the wonderful world of pure potentiality.

This means that to understand this truth brings the realisation that the creator is inside of you. You have in fact created and are living within your own creation.

There are two elements that affect the experiences of your creation; one is the law of karma and the other is the life condition consciousness or world, from which you make your choices moment to moment. The outcome of your experience will depend upon the life condition that you are vibrating in. (*See the model of the ten worlds*)

Place your attention on 'What Is'; Life Centred Present Moment Awareness. The law of intention and desire contains within it the law of its fulfilment, its outcome. Desire is like a seed that will manifest given the right seasons, given the right conditions because the very fact that you have a desire means that you were meant to fulfil it without any effort.

Investigation more deeply reveals that in reality desires are the result of karma and come from the spiritual evolution of your soul presenting you with the opportunity to transform

the life condition of that desire into enlightenment; or to just experience the joy of your positive creation of your own past karma.

This means that every moment of your life becomes an opportunity for enlightenment, which confirms the importance of bringing awareness to the present moment because only in the present moment the whole universe exists, just like a hologram presenting you with choices and the opportunity for transformation.

### 6. The Law of Detachment

The law of detachment states that in order to obtain anything in the physical universe you have to detach yourself from the outcome. You have to be process orientated not outcome orientated. To do this you have to become attached to uncertainty. Certainty is a prison; it is the prison of the known which is the prison of the past.

Uncertainty is infinite possibilities. For example if you have a preconceived idea of your outcome you will become imprisoned by it but if you can step into infinite possibilities, into the place of not knowing in every moment of your life you are free to create anything that you want.

Detached outcome is freedom from the limitations of your ego, your soul and allows trust in your higher self, the Divine.

### 7. The Law of Dharma - Your Purpose in Life

Your existence as an individual is extremely significant - more significant than you will probably give yourself credit for because you are here for a reason. A French master who said we are not human beings that have the occasional spiritual experience very beautifully expresses that we are spiritual beings having occasional human experiences.

The first understanding is to recognise that you have a higher aspect within you and to seek connection with that through the experience of higher states of consciousness; in fact it is part of who you are at the highest level of awareness.

The second reason for being here is to express your unique talents because everyone who is alive has unique talent and their unique way of expressing that talent. You are no exception because there is one thing that you can do in a certain way that is better than anyone else on this planet earth. Better in this context does not relate to winning because the person standing next to you will excel uniquely in a different way. This really becomes an act of giving when you accept your excellence and that for society's benefit you allow yourself to function as a gift for the benefit of the rest of the world.

Discover your Gift and then live your gift. Your gift is no more than you, exactly as you are; being in your own truth radiating from your true nature. You are the gift! This is the oneness of BE-ING. The benefit you will experience is fulfilment and joy when you are being yourself in your own unique way. This means you are free from social and personal conditioning. You will lose track of time and you will become free from time bound awareness because your spirit is dancing. Remember that there are no spare parts in the universe; it is a jigsaw puzzle that has no spare parts. Offer yourself as a gift to humanity.

## The Universal Spiritual Laws

The last aspect of this law is to put your unique talents to the service of humanity. If you do not know how to do this, start by forgetting what is in it for you and simply say, "How can I help?" By changing your thinking from "What is in it for me?" to "How can I help you?" will connect you to your spirit naturally and automatically remove you from a self-centred ego state of being. What are your unique talents? The manifestation of who you are; the expression the Divine; yes you are everything.

Through doing this you will also feel joy because the spiritual part of your being, of your awareness, is universal residing in a state of oneness. When the ego is so self-absorbed, 'what is in it for me' is cutting itself off from the universal part of you, your divinity. As a result you will experience feelings of isolation, loneliness and depression.

Shift your internal dialogue from "What is in it for me?" to "How can I give to you?" This attitude will automatically create unity consciousness. Unity consciousness is the ultimate connection with the Divine's energy of Unconditional Love. Pure love; not as a sentiment, not as an emotion, not as passion but experienced as Unconditionally Loving; a state of being in unity with all that exists. I have had the privilege of being witness to this state of being and promise you that it is real.

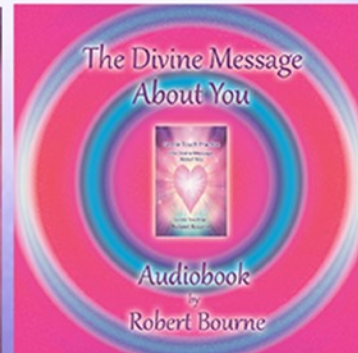
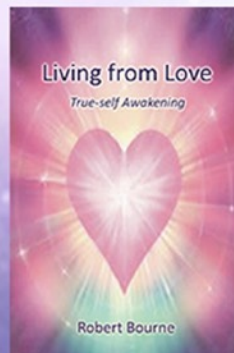
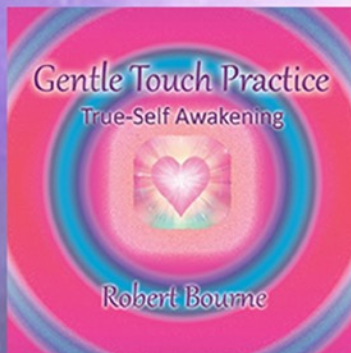
## Universal Workings Key Points

- **Connect with the Divine** a greater consciousness than your own. You have already established two direct pathways of purity; Reiki Healing from the aspect of Divine Unconditional Love and 'Nam Myoho Renge Kyo' from the aspect of Divine Buddha Wisdom. The final direct connection is through the practice of Gentle Touch.
- **Do not judge** others, yourself, situations and life itself. (Use awareness)
- **Give to receive** Allow yourself to remain open to receive the gifts from others; the greatest gift is non-material! Give attention, affection, appreciation, compassion and joy.
- **Witness the choices in the present moment**; what are the consequences of the choices you make and will it create your and others happiness? Listen to your heart.
- **Acceptance and taking responsibility for your own life's circumstances**, feelings and situation: do this without blaming any other person or any outside situation or circumstance.
- **Practice defencelessness**: do not defend your own point of view. Do not try to persuade others to accept your own point of view. Remain open to all points of view and do not become attached to any one of them. Accept what others are saying to you even if it is coming from a point of illusion. Accept their point of view and share your own different point of view. The Divine will always vibrate with the highest truth.
- **Attention energises Intention transforms**. Use intention without attachment to any outcome! This will create life centred present moment awareness. Intention is used for the future and Attention is used in the present. The future is created in the present by your intention. Let go of your intention and allow the Universal laws to create it in the future. Intent is desire without attachment to outcome. Intention combined with detachment creates life-centred present moment awareness.





# True Self Awakening



Robert Bourne

## The Gentle Touch Practice Introduction

There have been many books written by individuals who have reported conversations with God or clairvoyants who have received information channelled from other worldly spiritual beings' communication. In most of these cases there is a sort of question and answer process between the separate person and the spiritual knower which results in guidance about specific things about life on this planet, life after death etc; all of these books are fascinating and are very helpful in leading us to take faith in some concept of a God.

The sacred teachings in this awakening guide are different as they reveal the truth about who we really are. It is the right time in mankind's evolution for these truths to be revealed to everyone on the planet. It is these teachings that are at the core of every living being on the planet.

It is often said by many religions that The Truth will set you free. These eternal truths have been revealed to you for this very purpose, to help set mankind free from the limitation and illusion about what the human race for thousands of years has collectively believed that we are.

Because we are God in God's image our beliefs create what our mind thoughts project into creation, the material world. It is not until a oneness of the human-being and the Pure-unchanging-Divine-Core-Being (named God by many different faiths) is established that illusion is removed. It is our mind which creates from all the various levels of different consciousness (*known as lower consciousness as it is limited*) and it is Divine Love which transforms our mind's illusion into God's consciousness.

The Gentle Touch Practice is about re-establishing Truth through direct experience; through experiencing this oneness we eventually discover that we are all one with God. It is our minds which require transformation from self-limiting beliefs and illusionary concepts about who we are.

The key to transformation therefore lies in connecting with God's Love and surrendering to what we think we know. Our beliefs and knowledge are limited and in most peoples lives their mind is creating disharmony; therefore bringing about unsatisfied desire resulting in their unhappiness.

The Gentle Touch Practice de-clutches the mind allowing True-Self Divine Love Presence awakening to occur and illusion to be seen. When this happens a period of gentle transformation occurs by living life in a certain way. This happens by staying with life's present moment awareness and allowing your inner Divine Love Presence to transform that which is manifesting in your daily life experience.

Of course these sacred truths have to be believed in to give them full power. More importantly, a person reading these truths needs to personally realise them for themselves as the unique human being that they are. This is the purpose of providing a supporting 'Gentle Touch' practice; for those who wish to directly experience an Awakening to Divine Love through the light of pure awareness.

In the book 'The Divine Message About You' the pure awareness consciousness has presented a bullet point statement of sacred mind truths about who we really are! There is no connection to any religion because the universal truths you will read in this guide are the source of all religions.

You could say that this is a new starting point, however these sacred teachings are eternally present so they have always existed at the core of every one of us; they are the foundation source of all enlightenment throughout time. For example Christ was not a Christian, Buddha was not a Buddhist, Guru Nanak was not a Sikh. What did they awaken to? They were all enlightened to the same love and mind of God; the same eternal consciousness where there is only 'The One' manifest in all forms.

You could then ask, "So why are there so many different religions in the world; the cause of so many conflicts about correctness of ideology?" This is very simple to explain. It depends upon the differences of culture and the collective consciousness of a group, or a nation of people as to how the Divine manifests spiritual teachings.

The interpretation within all religions of their enlightened source also tends to lose its mystical awareness, as a more literal sharing according to the disciples mind's understanding of the Master's Divine oneness love presence becomes a teaching. This then becomes a religious text that is also open to editing by corrupt individuals.

The enlightened truth in these texts is often missed because the ordinary lower mind is unable to understand it. By nature a person is at a certain soul stage of evolution; their mind and soul is in a lower state of vibrational awareness consciousness than that of the awakened enlightened Master; it is as if they cannot see the Master's pure light truth because they are filtering and limiting life's experience through wearing coloured glasses.

Having said this there are many believers of different faiths and religions who gain great Divine connection and receive miracles in their lives. The reason for this is in their absolute FAITH in God or their Divine. It is this innocence and humility which creates the mind to fall away allowing the energy of the Divine to manifest. How true it is when it is said that the humble or innocent will inherit the kingdom of God.

Today I am aware of living enlightened gurus and masters who talk about these truths but they are very concerned not to provide any teachings for us refer to, because of this fact. The Divine Message About You has manifested in my life to help you.

In my case it was different. I did not set out to create this set of Divine truths or communicate with God; they just spontaneously became a direct knowingness within my mind. To give an example, using the analogy within the modern world, it would be the same as a new software program being installed on your computer.

The sacred teachings revealed themselves to me around December 2014 over several nights. I would go to bed about 11pm and then wake up feeling amazing, refreshed and full of life with the room full of golden light, thinking that it was morning, only to discover that it was only around 1am.

## About Gentle Touch

Then the download of the sacred teachings into my ordinary mind would start. My mind at the time was not thinking as it was completely still and at peace, it was in this golden state of pure awareness that I had a knowingness arise.

Looking at this a different way you could say I became one with what is eternally existing in relation to where mankind's evolution is today. However you wish to interpret my experience, a visit by a golden being etc my role is to share this with you.

Having an understanding of how sudden inspirations and knowingness can disappear as quickly as they arrive, which happens as a result of the mind's consciousness falling into a lower limiting state of awareness, I quickly got out my iPad rapidly typing away to capture what I had just received.

When the process had finished I started writing them up to create a new book to share with the world (*The Divine Message About You*). The awareness then guided me to also create a spiritual practice which people could easily do to awaken these teachings within themselves.

After completing this new practice called 'Gentle Touch' the awareness then guided me to form a community of people throughout the world who wished to live their lives from unconditional love, living in the Divine presence of universal love.

The amazing thing about this new practice it is easy for anyone to do, and those who wish to run a group do not require any training. An attunement to the Divine healing energy which is included in the New Awakening Process download is helpful.

## The Difference Between 'Gentle Touch' and all other Religions

Traditional forms of meditation are actually practiced within all major religions, although most people are not aware that they are actually meditating. To clarify this truth I will share what the two main types of meditation consist of:-

1. The first type of meditation using your awareness deals with focusing the mind upon a fixed object of worship.
2. The second type focuses the mind upon past changing experience; this is achieved through analysis or reflection to gain insight into whether the past experience is bringing happiness or suffering to yourself and others.

I would like to thank his Holiness the Dalai Lama for this explanation about the meditation types as explained in his book about transforming the mind.

In most religions an object of worship is used plus a past enlightened master with a sacred text containing beliefs and guides in which your life is to be ideally lived. This is a bottom up approach in as much that you are to become something greater than what you already are at some future time event, which can even be after death.

This approach tends to create a lot of suffering and feelings of guilt about yourself through 'not being' that which you have been told you are to become or should be. How can you, a square peg, fit into this round hole? The other key point is that if you use the mind to reflect upon your past behaviour how can you use this same mind that created unhappiness to transform itself? You can't, you require a Divine higher awareness to do that. This is why this approach creates illusion about the truth of who you are.

## The Gentle Touch approach brings instant Liberation

'Gentle Touch' has broken this tradition by presenting a new approach which states that you are already perfectly enlightened right now, exactly as you are, because you have everything within your life's mind's awareness and heart right now to experience your own full potential of unending love and unshakable happiness.

In Gentle Touch the two types of meditation mentioned above are still used, but in a different way.

The first meditation practice of focusing the mind upon a fixed object is used to awaken the Divine within. The fixed object of worship you meditate upon are the two pure unchanging oneness bodies of Divine Love and Divine Pure Awareness.

The second type of meditation of focusing the mind upon your life's changing experience is also used. The big difference is that you focus upon what is happening 'Right Now' as opposed to reflecting upon your past experience using analysis. When you do this you are staying in 'The Now with the What is' happening, which is the only place the Divine Presence exists.

Gentle Touch states that the 'right now' is the past manifesting. Therefore your interaction with the present moment becomes the seed for the future. This is how the mystical concept of the past and the future being contained within the present moment has come about. It is only when you are resting in the perfect centre of your being that you fully experience a knowingness about this truth.

When you know this Truth it becomes obvious that if your past experience has created the present moment then the only way to transform it is to cleanse it with a higher consciousness, the pure unchanging love presence from your own inner Divine self. There is no thinking or trying in this process, only the experience of love and transformation; this is a natural experience after practising Gentle Touch. As one member put it after practicing Gentle Touch at the group "Today I feel like I am walking on air!"

Your true Divine self only exists in the present moment therefore staying with the 'What is happening in the Present Moment' becomes the practice to transform your soul's predominant vibration into a pure spiritual being state of consciousness.

You then enter into a process of rapid transformation by surrendering your life to your inner presence of Divine Love. You activate the presence of your inner Divine love through meditation upon it; the fixed object within your Gentle Touch practice.

Gentle Touch teaches that you are unique therefore your enlightenment is also unique in accordance to your personality. This means your life's uniqueness right now is perfect, it is just like the key that fits the lock that it was made for.

It is found that this approach does not require a faith or belief in a past master or a religious teaching because 'Gentle Touch' states that you are unique, therefore nothing will



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fit you apart from your own life itself. It also states that the living God within your heart is you; it is your True-Self at your core.

It is through awakening to this truth that transformation of your life occurs naturally over a period of time, again this is unique to each human being. The only requirement to achieve this state is to adjust your mind's understanding of who you are in terms of the 'I' and practice this new type of meditation to connect to the presence of love that will transform your life.

There is total respect and appreciation in 'Gentle Touch' for all spiritual teachings and religions in the world as they have provided a solid foundation for the final flowering of mankind's evolution to occur; that of individual spiritual awakening eventually bringing about the much desired peace and harmony on earth we are all seeking.

Please do not worry about understanding what I am saying. It is important to just start practicing Gentle Touch and working through the modules in The New Awakening Process. When you do this, in a natural unforced way over period of time you will gain the direct spiritual experience to self-realise what is being said. This concept is beyond the ordinary linear logical mind.

From an overflowing loving heart of Graceful Pure Awareness may you become a Blessing to Mankind.

## About Oneness Love

The personal development modules in the New Awakening Process are intended to accelerate the process of enlightenment for those wishing to experience Divine Unconditional Love. What happens is that the truths contained within these modules will replace illusions held in the deepest part of the soul body of the person. When your True-Self is embraced through the Gentle Touch Practice a transformation of illusion into enlightenment occurs; it accelerates the transformation process. Gentle Touch therefore is the practice to awaken oneness love and this is contained in the final manual of this process called True-Self Awakening; which is the third stage of The Awakening Process.

Unconditional Love is the core sacred energy and grace that supports the transformation of consciousness and fosters spiritual awakening. This consciousness will enable an individual to transform the individual mind into a state of love and interconnection with all other beings, manifesting as a state of blissful graceful energy and wisdom. This is often described as Divine intelligent consciousness, Truth and Bliss within our everyday lives.

This remarkable spiritual phenomenon known throughout the ages as 'Unconditional Love' can be enjoyed after receiving an inner connection through the divine heart chakra. Unconditional Love can also be transferred through many different approaches. To name a few: 'In the Now' as shared by the presence and awareness of Mooji, Eckhart Tolle.  
*(This can now be self-awakened through the Gentle Touch Practice.)*

All forms of religion agree with one another about the nature of the creation of life having the quality of Unconditional Love, although their approach or pathway can differ quite a lot and in many cases they can only point their finger to the way. This too has a very important role in the preparation of individuals to move directly onto their spiritual journey to discover for themselves what others have been so beautifully talking about.

When someone experiences Unconditional Love for the very first time an instant transformation can be experienced. If that individual has previously embraced and understood wisdom teachings or universal wisdom workings about the higher state of consciousness, the individual will remain in the oneness state for a longer period than is normally experienced. Repeated connections and experiences of Unconditional Love through the Gentle Touch Practice will enlighten the individual over a period of time. This is the very objective of this book; to provide you with a rounded foundation of universal workings to prepare you to experience longer periods of the oneness experience, living from Divine Presence.

Society today, based upon the manifestation of the consciousness of the age of separateness and self-absorption will consider this idea as a mere fantasy, a dream. However the land of tranquil light, the blissful existence experienced between us all is coming closer, and that opportunity will be presented to us within the next few years. In fact I can see it happening now.

I urge you to embrace this dream, this possible reality, because it is very real and by the very fact of you embracing it, making it your own dream together with millions in the world

today, we will manifest it without doubt. I look forward to this day when we can embrace each other in love and oneness, enjoying a blissful, peaceful state of existence on the planet earth.

This book will contain many powerful guides and teachings to enable you, after receiving an Unconditional Love experience and tasting the nectar of its beauty, to remain in the state for a longer period than otherwise would be experienced without a wisdom philosophy. What I am offering is an easy, quick way in conjunction with the experience of awakening divine Presence through the Gentle Touch Practice. It is for this reason that I have made available to everyone free of charge, (you will find in the New Awakening Process download), the attunements to Reiki Healing to enable the flowering of the heart chakra to occur within the individual. This is my gift to mankind.

Any great teacher of enlightenment will be able to give you a wisdom teaching and then allow you to enter into that teaching spiritually. You will experience the teaching from a higher state of consciousness, experiencing it from a state of oneness, bringing it alive, and therefore having a self-realisation moment of enlightenment about that teaching. This is the only true way any teaching can become a truth; through direct experience.

So I encourage you to take these teaching points in conjunction with your preferred Unconditional Love experience to awaken them for yourself. They are not to be read, agreed or disagreed with, they are to be experienced and I promise you that you will discover their beautiful simplicity. I hope this is helpful for you.

**Question:** This concept of oneness appears to be the new spiritual buzz concept. What is Oneness?

**Answer:** When you look at another you will normally see a difference. In a state of oneness this observation will not change, however, a perception can be embraced that the other is the Divine; is God. Therefore whatever you do to that other, whatever you say about that other you are doing to yourself, because they are you, because you are one with them at that expanded level of awareness.

Once you have had this experience you will want to return to it, the question is how do you do this? Maintaining a state of oneness, maintaining a state of blissful condition of being requires you doing nothing. Once you enter or shift into this higher state of consciousness you will naturally do kind things to others, see others in love, no matter what behaviour they manifest.

You can practice this now, fake it now by talking of others with kindness. This consideration is based upon not judging another, only holding another in love. See them as if you are looking at a manifestation of the Divine. This point also contains everything to do with the transformation of the duality and the creation of karma, of cause and effect, into bliss. What you do to others will be reflected back to you, for example as in the popular saying 'As you sow so you shall reap' and is illustrated by all the many quotations about karma. Many books have been written about this; however this one principle will transform everything to do with karma into the consciousness of oneness enlightenment.

See everything and everyone, the trees, the flowers, the sky, the rocks, the natural environment, all life forms animal and human as God, as the Divine. This is a state of oneness enlightenment. The feeling you will experience inside yourself will be that of a warm heart and a blissful mind. Every manifested moment will become a beautiful connectedness of blissful ever changing existence.

**“I am only a prism that reflects the ‘LIGHT’ of your being”**

This idea of LIGHT is a wonderful way to look at this concept of oneness. What does this actually mean? We are all reflecting each other's expressions of life. This is how you end up experiencing exactly what you have transmitted. What you transmit you will receive, what you give you will receive. All these ideas are tied up with this very simple understanding; this oneness understanding. So please take the shortcut and see everything as the Divine; embrace everything with reverence, respect and without judgment. As you read this now, I Am Loving You.

As I have embraced Mooji, Eckhart Tolle, Osho, they have in turn embraced me; because we are one and they are reflected through me. In fact they have done nothing except hold the space of Divinity for me to reflect back to myself that which I give to them. Whatever you embrace is reflected through you, you are one, we are one. All other ideas of yourself as a separate individual being are purely illusory. Become one with Unconditional Love and melt into the oneness then the self will become the True 'I' of existence. I am only the prism that reflects the light of the infinite being.

### **Compassion for others – The transformation of suffering**

Healing occurs in a state of oneness. When you have received Unconditional Love you will experience the emptiness and inner peace, a beauty, an inner grace, a blissful mind will occur. Please give attention whenever a person is talking to you because this is part of true love, of oneness. You could say 'I always listen'; however is it your mind that is thinking as the person is talking? Do you constantly find your mind in a state of comparison and judgement? Are you just internally agreeing or disagreeing with what is being said. Or is there a kind of emptiness there, a space where you feel that person within your whole being?

Oneness listening occurs when there is no judgement, there is no thinking. There is just yourself in a state of oneness with them, in a state of emptiness, holding them in Love, in a state of loving absorption with detachment to time and outcome. It is this state that all healers of all disciplines aspire to obtain. It is in this state of emptiness of mind, in this oneness experience that the embracing of the other occurs naturally as a by-product. It facilitates the transformation of consciousness of what they are sharing with you. You have created the opportunity for the transformation of consciousness. Through holding the space the story they are trying to make meaning of is reflected back to them in an enlightened condition of consciousness, bringing an opportunity for completion to occur. In this state of oneness, in a state of emptiness, with no mind, no individual self, you are Unconditional Love. The Unconditional Love of the oneness condition brings a transformation of awareness to the consciousness of the person talking to you. Their experience of you will be one of being loved, being cared for like a mother holding a child.

You are now healing. You are now a healer. So when you listen become empty. Remain in a state of Unconditional Love. Listen with your whole being. (The 'Gentle Touch Practice' will achieve this state of mind for you very quickly. When I first ran a group for Gentle Touch everyone got there after just two meetings).

### Become defensive-less

Do not defend your own point of view because your own point of view comes from the self, from the limitations of individual or collective suffering. From the limitations of the individual self, which in its isolation is illusionary and unsatisfied; it is pure suffering. This suffering, the illusion it maintains, its hungriness, its seeking is to return to the greater self, the wholeness, the oneness. So in conjunction with the points mentioned above you can realise just by reading this that to defend your own point of view, the very idea of defending your, my, the 'me' point of view becomes quite comical. Language, communication, words from one to another are to be embraced and accepted without resistance as they are just passing through you. All thoughts, all words have their own vibration as they resonate in their own consciousness. One word spoken by ten different people could all resonate in ten different states of awareness. All states of awareness are truth, however only when the word has the awareness of direct oneness, of core consciousness can it be said to be free from conditioning and dependency of circumstances. This is the reason that judgement and discernment will bring suffering.

In a state of oneness it does not matter. If you defend your own point of view when another has said something justifiably or not justifiably, you will have fallen, you will have lost the beautiful state of oneness. The question is "Who is there to defend?" The question is "Who is there to argue with?" When the self has become one, there is only oneness; life becomes pure Bliss. There is no this or that; there is no other to challenge, just different understandings from different points of consciousness. There are just different manifestations of oneness. No individual self is right or wrong because there is only love, there is only experience, there is only truth.

### Your awareness shifts when you experience Unconditional Love

When this subtle shift occurs and it is a very subtle shift, the difference in your energy quality is that somehow there's an inner stillness that enables a space which forms communication, words, as opposed to the mind thinking thoughts, forming structures and then talking and talking fast in an unfocused way, in an uncentered way. This subtle energy change has a graceful quality. A comparison of this would be like looking at someone doing aerobics and then watching someone practicing tai chi. They are both exercising but the energy quality is obviously different. It is the same when experiencing the Divine Oneness energy and experiencing life from within the self, within the limited self of one's own mind, your own head energy.

I see many people practicing many spiritual disciplines trying to be in a place of Unconditional Love, whereby they understand they have to have acceptance for everything that is. The problem arises from the very fact that in trying to have acceptance, the trying comes from the self, because it is the self that is doing the trying. They are trying to live a beautiful idea, something they are supposed to be. It is impossible to try and be

accepting, to try and have Unconditional Love. It is something very beautiful for the individual to aspire to; it is very difficult to obtain it through trying. Trying comes from the self and of course the self is separate; just a bundle of conditioning. Unconditional Love comes from the graceful Oneness energy that accepts the self exactly as it is. The difference is this: one is an experience and the other is false, because through 'trying' you are suppressing something else that is your natural nature.

So what am I trying to share? It is very simple. We need to rest our mind in not knowing in the heart of our being. It is then the Presence of Unconditional Love emerges in our aura as our protector and our shield so that we can experience our True-Self, accept our lives as they are and no longer have the pain of separation. It is when we have this experience, this subtle shift then the transformation of our energy emotions will be extremely graceful. When we have this experience the power behind the expression of all our emotions, whether they are anger, sadness, control, will no longer be a source of pain to others. The hurt and pain contained within self-charged emotions is removed when you are coming from a place of grace. It is through this experience that you then naturally accept all others and you naturally, automatically become unconditionally loving.

### How to understand the phenomena of Unconditional Love

In the western world there are many pre-conceived ideas of what enlightenment is and one thing for sure as a result of our religious conditionings, predominantly Muslim, Catholic, Christian in some form or another, is that there is an emphasis towards being 'good' and moving away from being 'bad'. In other words, separating life into two aspects of experience and therefore inherently waiting to enter a pure world where only good exists, a heavenly state, or a heavenly kingdom.

The enlightenment a mystical master describes is quite different from this because nothing changes in terms of the apparent behaviour of a person except the place in which they are experiencing life from and that place is a place of Divine grace, which flows between all living beings, hence it is called Oneness; it is experiencing life from a state of Unity consciousness. So this is what is to be understood by a subtle shift; it is a subtle shift of awareness. This is all that is changing and through this subtle shift the power that is expressed from negative energies like anger, for example is removed. The emotion is then just expressed in a pure way because it has been transformed by Unconditional Love. Anger's power of pain has been removed from it and therefore if that anger is experienced by another person who is in a state of grace they will actually experience anger as a source of joy and entertainment, just another blissful expression of life. The most important thing is the experience of life in the truth of 'what is'. This means that you are able to become yourself in every aspect of your behaviour, of how you react and manifest to life. The key point is that when you are in this state of consciousness your aura is the presence of divine love.

The acceptance and the joy will naturally arise from this new experience of life because of the subtle shift, which can be classified as an enlightenment experience, because you become lighter and experience a graceful energy condition of oneness. So it can't be emphasised enough to drop all expectations of you changing your behaviour, becoming Godly, saintly, heavenly, divine, without the expression of every aspect of your human



being, of your unique personality being expressed totally. The personality, therefore, is not to be beaten up, it is not to be repressed, this part or that part, but it is to be released, allowed to express itself in all its multi-dimensional ways. The change that occurs is not within the personality. The change that occurs is in the consciousness of the being, of the human-being. So a lifting occurs; a reconnecting in terms of an inner awareness, an experience of life where you experience everything as a state of connectedness.

Once the graceful Oneness energy is experienced and you can allow yourself to be yourself and express yourself exactly as you are, the transformation will accelerate; healing will occur within yourself and your relationships with others quite naturally, without effort. So the secret is to continue receiving Unconditional Love or giving Unconditional Love so that you shift more and more into this graceful energy and eventually you will be lifted higher and higher and higher. The enlightenment experiences that you first expected will occur, the chakras will open, the Divine Being inside will be experienced. Communication with Ascendant Masters, Gods, Buddhas, Christ, Mohammed will be experienced. This will come in time. So it's an ongoing process that becomes evolutionary. Your seed has been planted in the soil of Divine Unconditional Love. The nourishment received by you is a graceful gentleness and you will continue to grow from the very seed of the individual self into a unique being, into a unique enlightened being which you will awaken into. Please remember that as long as you can taste the nectar everything is happening, be confident of that.

### A new awakening is now emerging all over the world

I would like to bring your attention to the much talked about Darwin's Origin of Species. Darwin's great insight revolutionised the way in which we see the world. Today we understand why there are so many different species, why they are distributed in the way they are around the world and why their bodies and our bodies are shaped in the way that they are. Because of Darwin we now understand that bacteria evolve and why they do so. We can disentangle the complex relationships between animals and plants in their natural community and are able to see the genetic relationship that exists between the all of life, although the outer form has evolved with a completely different appearance. Darwin has shown us that we are not apart from the natural world, proving the oneness relationship between self, society and the natural environment. It is therefore a misconception to believe that we have dominion over other species. We are subject to the same laws and processes as are all other animals on earth to which indeed we are related.

When Darwin proposed his theory he was ridiculed, however today he is regarded a genius. The struggle for Truth to become accepted within society's illusory held beliefs can be seen over and over again; the world must be flat etc. How much greater do you think it would be to accept the new findings in quantum physics that agree with the ancient mystics of yesterday? I hope you are able to put aside your currently held beliefs when you read the Truths contained within the Gentle Touch Practice awakening guide. Do not believe in them blindly, as you will be able to have a direct experience of their truths. This is provided that you are able to let go of what you currently believe in today. My advice to you, if you wish to inherit the wisdom of the universe, is to suspend that which you think you know by replacing it with an attitude of 'I know nothing'. Create yourself a gap in your mind to allow the divine truths to enter you.



## Nothing is ever lost although its appearance may change!

I want to share an experience that I had many years ago when I was involved in the evolution of scientific aromatherapy where I was involved with two eminent people, Daniel and Pierre, two wonderful French men who proved scientifically the healing benefit of essential oils.

Essential oils, as you know, come from various plants and trees and they are nature's gift to us, the healing properties of plants; the oneness of man and the environment. What we discovered was very interesting. If you grew a plant, a specific plant, say for example lavender at different altitudes and different places around the world, because the soil would be different in Africa from France, taking into account the different altitudes, also consideration of organic soil or non-organic soil, the outcomes of the ingredients contained within the plants when tested scientifically would be very different, although the cuttings all came from the same plant. So the healing properties contained within the plant, or the oils extracted from the lavender plant would contain different ingredients, according to where the plant was grown.

Today there is a great concern about the loss of plant species, another concern for mankind. The typical anxiety quote goes something like this, "Oh the rainforests are coming down and we're losing all these species of plants that have healing and medical properties". The rainforests are very important, as they act as the lungs of the planet as you are aware, but the loss of the species for natural medicines and for medicine is not a concern. I can assure you there is no concern; nothing ever is lost, because what was the healing property of the plant, the natural plant, is not only in that species, in that one particular plant. If you planted another plant in that location the ingredients of the environment, that which is contained within it, would flow through into another plant, another species, so the healing property of plants is not the outer container, it's that which is flowing through it and that is never lost.

This is very similar to how the mystic law works, how the Divine works, how the unified field works. Its healing properties are its wisdom, its love; it is this that is flowing through us. (Gentle Touch explains this very clearly in 'The Divine Message About You') Every one of us is a container for the Divine which is flowing through us, we only have to look on the inside, open the door and you will get access to a paradise, a jewelled paradise, a goldmine.

The Oneness concept, what is this concept of Oneness? How can the Divine flow through me, you, the grass, the trees, the animals and the plants equally? How can it be so? This theory is no longer a theory, a hypothesis created by Darwin, his concept of life's evolution, the tree of life, it is actually a proven scientific fact because we have now come to the understanding of the double helix, of DNA etc. This is also why the mystics teach us that all other life forms and nature have to be given the same respect as human beings. What we are now seeing is that science and mysticism are agreeing with each other.

But for us as human beings we have to now look at our religious beliefs and the misguided teachings that have been indoctrinated into us from religious texts about the creation of life. This is where we have to really look at ourselves. We need to change our belief

system to that of total inclusivity, of Oneness. Oneness explains there is a link between every living aspect on this planet and if it's on this planet it has got to be universal; it has to be in the galaxies too, the star systems, the Milky Way and the other systems outside of our galaxy, the multitude. It has to be all the same; so there is a Divine force at the centre of all of life and that has diversified in accordance with the environmental circumstances of its time and this is what has been proven today, as reported by Darwin. So if we can only love and respect ourselves and if we can do this, we naturally only love and respect everything, because everything is one. Everything is the same and everything is different and both of those aspects are to be embraced and celebrated and loved.

Much talk has been given to the speeding up of planetary consciousness in relation to the devastation of the environment and Mother Earth's impact upon mankind as a result of our continued abuse. The environment is not separate from society as it supports and sustains us all. We are killing and destroying ourselves. The Mayan calendar that many people refer to finished in 2012 and there was much speculation as to what would happen at this time. We had two choices, two possible outcomes: the transformation of consciousness to a spiritual state of being or the other, complete devastation to mankind as we know it.

It is for this reason the Ascendant Masters are drawing close to us all and giving us this opportunity to transform ourselves spiritually. There has never been a greater opportunity in the existence of mankind for each of us.

The idea that inside of you dwells an enlightened self, an enlightened aspect supporting, sustaining and providing you with Divine qualities such as Unconditional Love, unshakeable happiness and eternal life is an idea that appears unobtainable when you look at your current life with all its conditions of good and bad, positive and negative emotions, suffering and pleasure.

**How to live in this world of duality and experience freedom from suffering? This is the biggest riddle of all time**

The reason for all suffering in the world is very simple. The problem is purely the beliefs, the pre-conceived perceptions we hold in our mind about the workings of daily life. Many great mystics encourage us to drop the mind because it is the mind that contains the illusion of our life and therefore the mind is not real! This line of thinking will actually compound our feeling of inferiority and worthlessness as a human being, although there may be an element of truth within what's trying to be said. What is really trying to be said is that the lower self in isolation is blocked off from the higher self, which is the True-Self that is lying dormant beneath your heart chakra. This is incomplete and separate from the total holistic self who you are; so the True-Self is lying dormant within the illusionary mind we come to know as the person.

The great enlightened mystics provide us with a connection to their Divine presence and tell us to drop this mind, this illusionary self which you think you are and to fall into the great ocean of Divinity. We become so attracted to this idea because we want to escape our suffering life and taste this idea of the bliss of the Divine. How do you do it and what are they talking about?

To unconditionally love you is more than just throwing you out of yourself into the great ocean of divinity because what happens then to the self? It has been dumped, again it has been rejected and more importantly it is now unloved, even being hated and ridiculed. What would be the response of the self now? You already know the answer to this question. Just look around you into society and you will see the suffering of the unloved self; a self without a heart.

To truly love unconditionally is to introduce a Divine energy connection to the individual that is loving and gentle in nature that will prepare the self with knowledge, Divine wisdom, so that the individual can transform into an enlightened being holistically. This involves the self being integrated with the higher self in a gentle, loving way; all aspects being respected for their unique role they make up within the whole, within the oneness of existence.

This oneness message was delivered by Neale Donald Walsh. What I heard went something like this. "It's very clear that I was called on to be a messenger. I'm very clear now that in fact that's what I have always been, a messenger, and that there's no place I can allow myself to be except in the front of the room because I have a very important message to share with everyone whose lives I touch.

And here is the very important message I've come to share. All of you are a messenger! And there's nowhere else you can allow yourself to be except in the front of the room. And all of you have come to share a very important message with everyone whose lives you touch and here's the important message that you have come to share. All of them, each of them is a messenger. Here's the message that all of us have come to share with each other.

Hello - wake up! Do you know who you really are? Hello, wake up, do you understand? This is the message we've come to share. You and I are one. There is only one of us in the room. If you think that we're separate, cut it out. We're not separate, there's only one of us in the room. There's no difference between us and if you think there's a difference between us cut it out because there's no difference between us. And stop trying to create an artificial difference where there is none.

When you get that you and I are one and there's only one of us in the room and only one of us on the planet and only one of us in the whole of creation, everything that causes you pain, causes you misery, heartache and struggle, your problems and difficulties will disappear. They will simply go away!

So stop thinking that you're over there and I'm over here and get that there's no place where you end and I begin; such a simple elegant message. That changes everything. When will we get it? We'll get it when we send it. If we're not careful we're liable to forget who we really are and we're liable to play a game called 'I know and you don't'. I'm not willing to play that game now or ever. I'm very clear that there's nothing I have to say that you don't already know!" You just have to wake up!"

Love without wisdom is blind, creating illusion and suffering. Love with wisdom is enlightenment, creating Bliss

Remember there is nothing to get rid of but everything to illuminate! The new shift in the understanding of God and Divinity is changing as we enter into the beginning of a new Golden Age of civilisation; an age when everyone will become enlightened to their true nature; an age of spiritual enlightenment for everyone.

The main understanding that is emerging in society today provides a total freedom for the individual from being controlled by social conditioning. This comes about from a shift in our spiritual understanding, from our belief and understanding in relation to our definition of 'God'. When we can change our belief in relation to our concept of God, everything changes. The major shift to take place in our belief is this:

"We are living in a world that is a result of our personal and collective creation. There is no God or some greater being 'outside of us' that has created the reality we all live in. The world is the way it is because of the collective consciousness of humanity. The divine consciousness is the creator God within all of existence."

This new golden age spiritual understanding will be; "God created all phenomena and then created all of life, including human life; the material existence we live in has been solely created by our own thoughts and beliefs in accordance with our consciousness."

The shift in awareness is in the understanding that God is the consciousness of Unconditional Love, Bliss and Wisdom, existing at the centre of all creation; the life support of every molecule of life within existence. God is therefore an infinite being, non-changing, non-judgemental, a resource, an opportunity for the whole of existence to reconnect with; the core consciousness of our lives.

The creation of existence is not brought about by something outside of you, but as a result of your thoughts and beliefs. Change your thoughts; change your concept of God; change your consciousness and existence changes. The secret to a blissful happy fulfilled existence now lies in the quality of our inner connection with the Divine and our ability to manifest the inner qualities of this Divinity; to have a life condition, a presence radiant in Love and Wisdom, experiencing the oneness of all life; the environment, society and ourselves.

Once this new concept has been embraced it needs to be transferred from knowledge to a direct spiritual experience. This shift in consciousness, this new spiritual experience will bring about a fundamental change to society! The merging of this relationship to an experience of oneness can only happen when we have had an experience, an inner awakening to the knowing that the existence we are living in now has been created by ourselves and not by a God outside of ourselves.

God has provided us the infinite possibilities of outcome in every moment of our lives. You could say the consciousness of the Divine acts as the power within life and the self is the creator; experience is being created by our earthly desires and thoughts. The two become one whereby we are the expression, the energy of the Divine. The following is a definition of the creation of existence.

**Question:** So I struggle with a notion of an indefinable God, for if I'm to design my own God how do I fit that into this nebulous idea of God that I have?

**Answer:** The idea of creating a God, having your own personal creation of a God is a concept. It is purely a concept, it's an attachment, and it's a relationship. It's a relationship between where you are now as a unique individual, with your conditioned self with its belief structure appropriate to you, albeit whether the beliefs are true, false or illusory but it's always going to be limited. The point of manifestation where you are as a human being is going to be a limited perception.

Therefore it is extremely important to form a relationship with the Divine, with God, with whatever name you want to attach to this aspect of existence. When I say God, some people will start thinking of a Christian God, a Muslim God according to their limited point of view. They will judge the word from their individual personality, their self with their conditioning and their belief system. So the word God, just saying 'create your own God' will create tremendous differences in everybody's perception.

We could say God but let's use another word. Say someone says "I don't believe in God". "So what do you believe in?" "Well the Divine, Oneness, a voidness, an emptiness. I have a scientific mind so I believe in the quantum mechanical universe so how about the unified field?" It's all the same word. Different words for the same thing.

So the purpose of creating a unique God is very simple because you are a unique human being that will transform into a higher state of consciousness. It is through a relationship with something that has a higher state of consciousness that cannot be perceived within the limitations of our belief systems, conditioning, religious conditioning, and cultural conditioning, which all express an idea of it. More or less everything agrees that the Divine does exist, but the Divine relationship is not explainable in a common description, because we are all uniquely different.

Now if we try and fit ourselves into any common description proposed by others, and this is where societies go wrong, trying to make us conform and comply with a uniform method of explanation of something that is uniquely individual, we will never be able to make that special connection which we can personally feel and experience.

Uniquely individual means that the Divine will manifest for you uniquely differently to how it will manifest in me. Therefore my relationship with this higher self, this greater source, this label of Divinity, whichever label you wish to put on it and that will again be determined by your relationship with yourself, your own experience, your own limited perception, will be different and limited. That limited perception isn't wrong, but it has to be meaningful. Nothing's wrong; the only wrong thing you could say is not to have a relationship with a higher source.

So if you take somebody else's model of relationship from self to higher source it may not be meaningful to you and so you will reject it because your beliefs and your experience and your conditioning which are limiting you, would reject it because of those differences. I did it my way. Here we go again. "I did it my way", which is the only way to fully experience the Divine; this is why I value the ego so much as the key to your transformation. So you

need to do it your way and you need to have a relationship and create your own relationship with that source so that you can believe in it. Encouragement for the ego's differentness is the true understanding of Unconditional Love.

Now we bring in the element of belief and the power of meaningfulness and when you have that you have passion; you will activate your belief, passion, meaningfulness to you as an individual. The channel can be opened because it's your belief which opens the door to the higher self. The reason for this is because you surrender in belief. You're passionate in belief. And that's how consciousness can then be transformed. The whole objective is to elevate yourself to a higher consciousness. The ego is the same, it is the awareness that changes.

So when you then transform to a higher state of consciousness you will see it from a different point of view and your perception and relationship to it will be different. When you look back from the place in time when you created this unique individual different God relationship, the belief you held that gave you the experience will naturally melt away; you will transform. You will come to a state of glimpses of God, then you will come to a state of unity in consciousness, of Oneness in consciousness and then you will go to a higher state of totally enlightened light-being, like an Ascendant Master, Christ or Buddha. Trust me this is what you really are. When you awaken to this truth you will discover that you have arrived home.

You will become that and then you will realise a Oneness, that we are all going to the same point but we are all transforming uniquely differently. This is where the concept of sameness and differentness comes into true meaningfulness; it is beautiful and this provides the foundation for the expression of Unconditional Love.

How you arrive at that point is through taking your own unique vehicle to it, so if it is not uniquely meaningful and significant to you, the transformation will not occur because you have already rejected it. Because if I try and explain to you how it is for me you will say "Yes but ....No but ....." and then you will either agree or disagree because it has gone straight into your mind. Your mind will have that faculty of agreement or disagreement and you won't be able to use what I am offering because it is not yours. Although it works for me, it doesn't work for you because it is not that unique lock and key to release you from the prison of your own mind, your own ego concept of self in isolation.

We have all got that unique lock and key to our higher self and that lock and key is the very thing we are trying to put together to create our transcended bliss experience. It is the limited self, the conditioned self, that very aspect that is disrespected by so many enlightened masters that you are going to use. I disagree with those masters who say the mind, the self is rubbish - just dump it! This is impossible because if you do you will be split into two; a spiritual schizophrenia now just replaces the self in separation, which has become repression into a sort of human schizophrenia as a result of social conditioning that is devoid of a Divine connection and awareness. The belief that is held by New Awakening is that the self and the Divine are one, therefore the self is an expression of the Divine; it is the Divine living from a certain consciousness. The way we worship the Divine needs to be applied to the way we address the self. This will create a union between the two aspects; two but not two - in reality these two aspects are what oneness really is.

It is the conditioning, the belief system that is the very aspect which can be transformed from something that creates your suffering into something that creates your Bliss. It becomes the key to the Divine lock; your own Divine lock and only you can undo it. I can't undo it for you. Only you can undo it. I can inspire you that it's there, I can assure you that it's there but I can't unlock that lock for you. But what I can do is transfer through me a Divine aspect to you, a Divine energy, a Divine graceful energy, a consciousness that is already greater than you and me, working through me being transferred through to you. You can then feel it and sense it and you will be transformed by it. But that final unlocking is still uniquely yours.

God is a name that is used to represent the source of all existence that is the centre of all living beings. Modern quantum physicists would call this the unified field, Buddhists would call this the void, Christians and Muslims would call this God. When you look more deeply into each different religion you will discover that the nature of their God that they are referring to has the same function.

When people awaken to their inner divinity they understand that all religions are referring to the same essence which is at the centre of all of existence. The source of all of creation is the same unchanging consciousness that is flowing through everything in existence. When you have a direct experience with this life force, that is contained within you as an individual, you awaken to God; you have a direct experience and it is only through this direct experience that you can ever understand the oneness of life otherwise it would be just purely a theoretical concept.

Once you have experienced the direct connection you will also realise that everything can be called the Divine, irrespective of the different behaviours of people, whether it is the sun, the moon, a human, an animal, everything that is in existence is this life consciousness of the Divine. All that there is, is the Divine. This is what we call God realisation and God experience, a direct connection with the Divine. This is within the realm of possibility as it is a real experience that you can have. It is not philosophical speculation, it is a day to day living experience. This is where our courses and practices will eventually take you. This is what we see as being the ultimate human destiny; a spiritual human existence.

In this age spirituality is bringing forth a new experience for individuals in that they find that the Divine is not outside of themselves, but is within themselves and they are in fact the Divine. He or she is in fact the Divine. This is going to happen not as a belief but as a day to day living experience. Through this inner new awakening this spirituality will bring the awareness of the equality of the male and female; total equality.

The most important thing you can do, if you wish to directly experience your Divine connection, is to take action. What action should you take? Develop and directly experience your relationship with Divinity. How do you make a start with this?

The purpose of a Gentle Touch spiritual community is for members to hold regular group events to support the three stages of a human being's spiritual evolution. These three events are a Reiki Healing Share Group, A Sat Guru Sacred Mantra Chanting Group and a Gentle Touch Practice group.



## The First Step is to Create Your own concept of God

Most people find that they are drawn to a representation of God that reflects their own personality in some way or another. You have to remember that an individual's personality is a result of their personal conditioning together with their social conditioning, plus conditioning and beliefs that are brought forward from previous existences. Therefore in life generally an individual will be drawn and attracted to that which resonates with them on the individual soul and personality level of life. This is the reason why you need to create your own God in the image of your own personality; otherwise a relationship will be difficult to be established. Your prayers will not be answered and you will come to believe that the Divine or God does not exist.

When you can see the reason behind what works for an individual you can then embrace this idea of creating your own God. This also explains why some people brought up for example as a Christian may not have success in their religious practice and discard that practice that they were conditioned into. This is because it does not resonate with their soul beliefs. This principle applies to all religions and personal conditioning.

What is being said here is the first step, and as you evolve your relationship with the Divine, with God, it will change and evolve into something quite different. The most important thing is to develop a relationship. If you are drawn towards a feminine God you will discover that your prayers are answered as if by a loving mother. They will be answered much faster; mothers respond to their children in a quick, loving way, much kinder and more compassionate than perhaps a father would. If you are drawn towards a masculine type God you may discover that your prayers take a long time to be fulfilled. You may even embrace a strict masculine God. The point is this; it does not matter whether you create a feminine God or a masculine God or even a God that contains both aspects. What matters is that you create a God that you can become passionate about and as explained further on, passion is the key to unlocking a meaningful responsive relationship with the higher source of your existence.

The point to understand here is that whatever your own individual perception of the Divine is, i.e. strict or kind, loving or distantly wise, the response you will receive in your life will be of that nature. What does this really mean? To go a step more deeply into this, it means the Law of Attraction is working as taught and experienced on the New Awakening course 'Creating Abundance'. What you give out and what you believe in is returned to you through this Law of Attraction. The reality is that God doesn't do to you; it will provide for you whatever you so believe it to do!

The advice is to do this, to build up faith, to get proof. Once you have achieved this you can then go on to become adventurous and creative and say, for example, "I want my prayers answered more quickly." You can then build this into your God relationship and you will then soon discover that this will start happening. What you are actually doing is bit by bit expanding the limitations of your own thinking and your own belief system until eventually you will discover you can have anything and everything and any question can be answered instantly. Your consciousness will grow and your desires and wishes of what you want will change.

## The second step is to establish communication with the Divine

For most people prayer is the first step to experiencing their divinity. To ask someone who believes that 'God' is outside of them to say or believe 'I am one with God' would normally be totally rejected and for good logical reason. They appear not have any control of their conditioned lives. The world is full of tragic unexplainable experiences and they have no way to relieve their sufferings or the sufferings of others. The question also always comes up to oppose any idea that they have the power of 'God' within their own lives, "If God is so good why did the beautiful child die, or my relation die so young, or why are there so many wars in the world, or why is there starvation on the planet, etc., etc., etc.?"

This is the very reason I have created 'The Seekers Guide', to provide practical ways to help you raise your consciousness, introducing you to these most effective essential teachings that embrace personal success, Unconditional Love and Divine Wisdom. It makes sense that to fully awaken you need proof; evidence in terms of your own personal experience, otherwise faith and new beliefs will not be able to reside in you. The mystical dance of life is now just about to begin; the start of your journey in personally experiencing the truths contained within this guide. It is not enough for me to share my own experience, you need your own. Prayer is a relationship between the personality and the Divine. The glue that binds the two together is one that has a deep emotional meaning to the individual.

The heart needs to open to be able to receive love and wisdom, therefore emotion and passion need to be present in prayer. Emotions are the communication medium that resonates with the Divine. You must therefore first create an emotional meaningful connection with your own concept of the Divine. You will then be opening your heart with an empty open mind to receive Divine guidance and inspiration.

This relationship can be anything depending upon the personality, the background, the culture, the conditioning of each individual. The important point here is that if an individual continues using what they already believe in, they will be comfortable with that relationship with God. They will also be passionate about that relationship with God. This is going to serve them well when they receive the Unconditional Love energy openings, as they will be open to experiencing the higher consciousness. Taking somebody from where they are, accepting them where they are is Unconditional Love. Therefore, when an energy attunement opening is given, or an Unconditional Love transfer is given on a New Awakening workshop, or is experienced by our free videos, the experience can be nothing else but blissful; blissfully Unconditional Love. The whole process becomes one, because acceptance is present. (The Gentle Touch Practice is the fastest and most direct way.)

When you look at the ingredients of prayer the first step to understand is to have a question or have an intention before you start; to formulate what you want to know, or what you want help with. It's like talking to the angels for guidance. 'The Excellent You' module will help with this aspect. What you want can be spiritual or material, your intention can be as simple as "I want to have the feeling of inner Love".

In the early stages you must have a question or intention before clearing your mind to receive Divine guidance and inspiration. After all to develop proof you need outcomes from

your prayers. There is a simple reason for needing to know what you want before entering into prayer. I will use the analogy of a ship without a rudder to explain. If you do not know what you want or seek from the Divine your unconscious conditioned mind will very happily fill the gap that you have just created. The message or impression you receive will then be from conditioning, whether it is your own conditioning or social conditioning, it makes no difference; it will be that of mind and will probably be in a state of illusion.

There are two things you need to consider when formulating your prayer; a) do not limit what you want and b) realise that the Divine is only concerned in transferring a higher consciousness to you. The higher consciousness you will experience will have the effect of healing you physically, mentally and emotionally with love. You are also going to be connected to Divine wisdom. When you experience higher consciousness your desires will naturally change from what they are now.

Once you have received sufficient proof that something greater is happening to you and as you develop in trust, as your relationship develops more closely, just to experience the Divine connection will be all you seek. Formulating your prayer with this and that will change for you and eventually prayer will no longer be required. A deeper mystical experience of oneness will then be experienced. When you fully awaken to the divinity within you, you will realise that you are 'The Avatar' and that your life will automatically express itself as a gift to mankind, you will become one.

To sum up this point about the use of prayer to develop a direct relationship experience with the Divine, I would recommend the following; there is one best way for you to call up and connect with your higher self.

The most important point is to develop a strong bond, a strong meaningful relationship with your own belief in 'The Divine'. This could be through your own religious preference such as Jesus, Buddha, Allah, Mohammed or if you are a Hindu many Gods are available to you. For others it could be 'The Universal Life Force' etc.

I would recommend continuing using any devotional practice and rituals that are helpful to you, but if they are not working stop using them. It is up to you. Total freedom of personal practice is embraced in the New Awakening Process. When you do what you are comfortable with the transfer of Unconditional Love is very fast and this is what you are going to experience.

When people awaken to their inner higher self, religion changes into spirituality. So the religions that exist today will change and transform into something much more alive and beautiful. There is a section about the definition of Religion, Spirituality and Mysticism in The Gateway to Enlightenment you will find in the manual for Soul Evolution (Stage Two of the Process).

When God realisation occurs miracles happen. When the relationship between yourself and your higher self merges you become one not only with yourself but with all of existence. When someone comes to you with a problem you listen to the problem, you understand the problem, you have compassion for the situation as you can feel what they are feeling and you want it to change. This is the whole process that is involved at the

highest level of change because then changes happen which to others would appear as miracles.

**Question:** You can see an age of beauty and grace that is being termed a golden age. What is going to happen to all our negative emotions, especially the destructive nature of anger?

**Answer:** When your consciousness starts to rise up and transform there becomes a new understanding in your life in relation to our human expression of emotions. A very, very subtle shift occurs which most people are not able to understand.

When people have experienced their Divine connection they say that their experience of everyday life is the same, but subtly different. They still experience all of their emotions; in fact they experience them more fully. They embrace everything in their life because they have understood that the whole of life is one, therefore how could they not embrace everything that is human, including all of their emotions. The difference that occurs is that the poison, the negative charge, the sting is taken out of all their emotional expression.

## Experiencing Relationships from a Higher State of Consciousness

When you can experience the Divine energy of Unconditional Love within your heart a new relationship occurs between all of existence; fear is replaced by love. The separateness of existence created by the illusion of the self, thinking it is in isolation in this world, has come about from the mind with its personal conditioning; the sum total of everything you have been and experienced up to now in your many lives. We are very good at living life from the fear of being hurt again, so we learn to limit our lives and to experience the known and what is regarded as safe. Many great masters talk about freedom from this personal and social conditioning, that which is regarded as being the cause that stops us connecting to the Divine within us.

Eckhart Tolle describes this very well as the pain-body; other masters try to achieve this by getting you to drop the mind, the self. The New Awakening approach is very gentle as it teaches you to re-condition yourself with universal laws of Truth so that your soul/mind then becomes the key to the Divine connection. I want to encourage you to develop your loving heart so you will become inspired to continue with this re-conditioning of your mind; of your limited isolated self.

I will share with you some of the beautiful connections of love you will experience when your life is radiating with a compassionate heart and a mind full of Divine Wisdom; yes, just as the mystics and prophets describe to us, a life of pure Bliss and Divine Truth. What is happening, when you experience this connection, is that your heart will become the centre of your intelligence and will be sending new messages to your mind based upon love and wisdom. The mind and your ego, your soul will be expressing love, a deep relaxation and comfort, with the fear from the past being completely dissolved. The mind will take on a new role, one of directing the expression of your true life's purpose fulfilling your true life's mission, discovering that you are one with existence. You will discover that you really do place your desires with the Divine to create the reality you have chosen, for your unique expression of existence. You will live in a life of your dreams without effort.

Your life's mission is nothing else but to enlighten your own life! The idea of mission in the West is often confused with the conversion of other people's faiths, saving others from suffering. In true mystical understanding there is no one outside of you. When you change on the inside the outside naturally changes.

What a wonderful understanding, now your ego will be happy and at ease because it has been trying to get you to think about you, all of your life. With this new connection the role of the self has not been distorted as it now functions in conjunction with Divine Wisdom. When the Divine heart intelligence is opened within you, not only will the self be satisfied but you will create value for other people, in fact for the whole world because your consciousness will be higher. You will then contribute to the planet's welfare. All of your relationships will become healed because you can now offer others love and compassion, even if they are unable to accept you in this new state of loving presence. Love will be your life, your protector and your gift to humanity, to the animal kingdoms and to mother earth, all of existence.

The importance of healing your relationships now takes on a very important and exciting new meaning. When you are one with love inside of you, your entanglement with others will be not of bondage and ego-centrally needing to score points over others, but it will be one of true compassion, attention and appreciation; able to really listen to another, feel and appreciate for the other person. Your gift to them will be your love and appreciation of their life. Love really does transform consciousness. The only thing you have to change is your own consciousness!

**Question:** How will I experience my emotions after I have experienced this Divine love connection?

**Answer:** The most important thing that will happen to you is that you will no longer get emotionally hurt. You will experience a freedom from the past and you will truly experience love and relationships, as is fully described in the Love and Relationships chapter. You will discover that many thought patterns trapped inside of you now, containing past emotional hurts are trying to be expressed in a higher consciousness. These painful past patterns of memory need to be understood to enable the negative painful charge to be released. What normally happens in most people's lives is that they suppress these past experiences. This is because they have no way to bring release to their past experiences. The higher consciousness solves the problem, because then Unconditional Love is introduced and you will be able to create a detachment from the past situation. You will then be viewing it from 'the now' in an emotionally safe place inside of you. You will then be able to listen to the story that is inside of you, that it is trying to talk to you. Once you can listen with new awareness to your inner stories you will then bring a new understanding to the past situations. A freedom occurs, love and wisdom emerge and the emotional hurt has now been evaporated.

What has really happened is that you are viewing the past situation that you had created from within illusion and pain, which was created from a lower state of consciousness when the self was existing in isolation, to a new state of consciousness whereby the self and Divine are in partnership; in true oneness. It goes without saying what will happen to the past experience; what has changed is nothing except your consciousness; your awareness.

You will discover that the mind will no longer be so active in terms of experiencing life as such a personal experience. You will become freer from judgemental-ness, from selecting what the other is doing to you; it is in this state of being so tightly attached to the self that hurt arises. This is because the ego will not allow any expression of life that is not in agreement with itself. This obviously is the cause of so much emotional pain and suffering; love replaces old hurts and fear disappears.

When love is introduced you discover that you will experience a more creative space to relate in your relationships. The acceptance of the other's emotions will not be taken so personally, you will just appreciate their expression of their life as it is. This is the introduction of Unconditional Love. Anger is a very good example as to how you can come to accept the reality of an emotion in daily life and its expression within relationships. You will come to appreciate anger as a beautiful expression of another's life. Our uncomfortable relationship with anger is only as a result of the relationship with anger

inside of ourselves. When we have made peace with our own anger, accepted that anger is a part of us, the anger of others no longer hurts us. The interesting thing is once you can express your own anger in comfort, the more love and wisdom that enters into your life, the less angry you become. What is anger anyway? Only personal frustration about experiences or events not being the way you want them to be! You don't have to do anything except accept and make friends with all of your emotions, discovering and awakening to the root of all emotions in your life. This emotion is love and when you introduce love you will transform naturally without effort or will power. Anger then will be experienced less and less. Your relationships will take on new meaning, one of connectedness. A new glue manifests, one that binds in an appreciative way for everyone you have a relationship with; in fact eventually the whole of mankind. This is the state of Unconditional Love.

After your new awakening connection, you will discover that emotions such as anger will no longer cause you any pain. For example when your partner is being angry you will be able to accept their emotional expression without being offended or feeling angry about it. You will also be comfortable about expressing your own anger without feeling bad about it. The need to punish yourself as a result of not being, so called 'good' for expressing your frustration and confusion as anger, will no longer exist.

The more Divine love that enters your heart, the more your heart opens, the frequency of being angry will diminish and eventually you will discover that very rarely these feelings will occur, but when they do occur you will be able to express them freely. Your freedom will be in being able to be with 'What IS', even when feelings are negative, such as irritation, frustration or anger etc., you will just be able to be with what is. When you are comfortable and happy within yourself you will be comfortable with everyone else, especially with your intimate partner. When you express your negative emotions, for example anger, you will not hurt your partner because you will be just expressing anger from within yourself. The key here is that you are not blaming another person outside of you for the cause of your anger. When this happens you are not projecting that powerful painful energy to the other, this is why they do not get hurt as a result of you expressing anger. The charge has been removed that would hurt another, because you are still holding them in love.

You are also centred in your own self and have taken responsibility for your part to play within the creation of life. Your view changes to, 'whatever life gives you will just be a joy to experience'. This state will then change to understanding how you are creating your life in conjunction with your state of consciousness, in relation to the Law of Attraction. You will understand that there is no such thing as good or bad, unenlightened feelings, because everything is dependent upon the consciousness of the mind of the individual. The mind you will cultivate is that of Divine Wisdom; the Divine Mind. Your experience will be one of inclusiveness and oneness, embracing everything as perfection, just as it is; you will experience life in a state of golden bliss.

(If you like this section then 'Gentle Touch' really is for you as it accelerates the whole process talked about in Question and Answer 2015.)



**Question:** I am confused about the idea that anger for example can become positive. I have always believed that anger is bad and is not to be expressed at all. Can you explain a bit more about this?

**Answer:** The normal tendency with spiritual practices and the normal tendency towards enlightenment and our conditioning within various religions are for us to actually be good. To live your life as a good person is only half way because what happens to the so called bad aspect of ourselves? We have to actually behave in a positive way; to express our lives only through emotions and behaviour that are pleasing to other people. This is apparently Godly; in reality it's only half the picture of course. This is what I would term as the spiritual and religious practices that can actually create schizophrenia, because it splits a person in half. It splits a person between what is good and what is bad. I still deeply have respect for these practices by seeing them as spiritual, leading people to a heavenly experience or a state of humanity. There is a great explanation in the section about the ten life conditions in 'The Gateway to Enlightenment' chapter that will illuminate this concept more deeply.

In these partial leading practices we are attracted to the goodness; to the light and therefore we try and become good; we try and become heavenly; we try and become saintly. However we have suspended a part of our nature because we are no longer whole; we are no longer expressing all our emotions in their totality, such as anger; that is no longer allowed. So this idea is a very confusing one of expressing all of your angers and all of your behaviours, all of your emotions and that they are all beautiful, blissful and joyful. When you have not had this blissful experience of anger, you would say such a view is madness!

How can this be? How can anger become blissful? Well what actually is happening is that you have become your true whole-self. You have been elevated to a consciousness that is more holistic, hence in terms of spiritual unfoldment, the oneness with all things. From the phenomena of Divine Unconditional Love you can then actually experience life in its totality and all its experience, hence our manifestation as an individual being, within duality becomes joyful. When this happens everything becomes a play; playful. Everything becomes fun; everything becomes enjoyable, all those differences no longer trap us within them.

Therefore the power of our whole being is not actually projecting that energy of anger in a negative way, into another in a way that would hurt the other. It has just become an expression of the moment, a play for the other to enjoy; a dance for the other to enjoy.

When this shift occurs its natural by-product is acceptance; this is part of Unconditional Love. We talk about love and acceptance in spiritual practices. People try and accept but the very fact of trying will never work, because they are in their judgemental mind of discerning what to accept and what not to accept; as opposed to being in this subtle shifted place where it naturally is acceptance. So if acceptance is there, Unconditional Love is also there without any effort; effortlessly. So this is the shift that is going to happen.

Key Teaching Point: The teaching in this of course is to practice ACCEPTANCE of everything even though the mind may not understand.

## What is real Love, as experienced from your inner Divine connection?

It is therefore probably best to share what is often considered as love, but in fact is really fear or possession. The module on Love and Relationships goes into this subject in great depth. For example if I desire that the other must belong to me alone, must not talk or relate to anybody else and I force the other into loving me, that is not pure love. If we love someone because we find some qualities in them that we don't find in ourselves, that too is not love. All of these examples have one thing in common, they are conditional.

On the other hand if the heart were to flower, no matter who the other person is, no matter what kind of person the other is, you will continue to love them. That is true love because it is Unconditional. To love unconditionally is only possible after you have had an inner spiritual experience.

## The significance of Healing your Relationship with your Parents

**Question:** It is said that the quality of your Divine connection is very much dependent upon the relationship an individual has with their mother and father. It is also said that if that relationship isn't put right, the experience of your Divine connection will stop at a certain level and you won't receive the full benefit of it. Why is so much importance placed upon having a loving relationship and positive respectful attitude towards our parents?

**Answer:** If we consider that all human beings at a certain level of existence are basically children, we have been born from a male and a female, (putting aside test tube babies and genetic engineering, although they still have a male and a female gene quality, even if it is seen at a cellular level). So we have got this duality of male and female energies within us. The male and female energies from our parents are reflections of the Divine expression of life. The Divine manifests two aspects that can be considered as male and female, these are: Unconditional Love, healing and compassion manifesting as a female quality and Divine Wisdom Truth that manifests as a male quality.

So the male and female qualities are very important to have right at the very base level of our lives. If you are blocking an energy flow of a male nature and even resenting it, or having hatred towards it, or ill feelings towards the male energy it is going to limit the Divine Wisdom quality that is going to come into your life. Any aspect of male expression in society will then become distorted with negativity, and it will therefore behave as such. Your work and your relationship with income and money will be negatively manifesting. This will manifest as your struggle and personal life experience. This is now very real for so many people in the world today, preventing them from achieving their full potential. This same principle applies to the female aspect of Divinity, the mother qualities of nurturing and love. Look at your life and see if you struggle in your relationships, in your love life. The problem will normally be as a result of your relationship with your mother.

So I think that's the root of it, that basically every human being has within them a hurting child. The idea of the inner child which evolves from the baby still exists within them and if that hasn't been healed or the relationship between the male and female energies put right, then that will affect the Divine Unconditional Love and Wisdom relationship. It acts as a block to the Divine because the Divine expresses both male and female qualities within our lives.

So I think this is really at the bottom of it. You are blocking your own relationship with the Divine yourself because you are blocking a male or a female energy. So you are limiting the manifestation of it in your own life. If you put right your relationship with your mother, your relationship with your father, healing the inner child, you will automatically be content and happy and feel a completely new flow of Love with a sense of oneness between your mother, your father and yourself.

After this relationship has been understood, the relationship with the mother and the father, you can then go on to your own personal creativity and sexuality. So issues with sexuality have got the very same relevance. You need validation of your true enjoyment of sexual

expression, whatever that might be, subject to the only one rule which is never to enforce or hurt another being, or do something without another person's permission.

So the whole issue about sexual acceptance, sexual self-knowledge and self awareness as to how to bring release from any self limiting beliefs, guilt, self punishing, self sexual repression now takes on the same issue as the relationship with your mother and your father. This relationship again is from the point of view of the male and female energy, which will block the flow of the Divine source energy into your life if you do not provide your relationship with sex and sexuality total love and acceptance. So we get the whole concept of sex to super-consciousness, the kundalini Tantra issue now makes sense.

Life becomes very simple when you can see the deep meaning of being able to embrace all aspects of life's male and female manifestations. This simple truth becomes so obvious when you are able to detach from your inner hurting past and see life very simply and clearly. Yes it all comes down to one thing, having love for all of life.

The Divine has manifested into duality as two aspects, the masculine and the feminine also known as the female Mother and the male Father aspects. These two aspects manifest as Unconditional Love and Divine Wisdom. Divine Wisdom is concerned with the transformation of your consciousness into a state of enlightenment. Unconditional Love is concerned with your daily affairs, fulfilling your desires, solving your personal problems. When the heart flowers Unconditional Love is experienced in the form of feeling love towards all things equally. No matter who the other person is, no matter what kind of behaviour the other person displays, you will continue to love them. This is Unconditional Love.

These two qualities can only be experienced after you have had a spiritual experience. All of mankind is really one being, manifesting in many different parts, in different appearances. When you realise that we are one body and mind, to hurt another being is to hurt yourself.

The relationship with your parents is a reflection of the Divine's two aspects of Love and Wisdom. It is therefore essential to heal your relationship with your parents to awaken and deepen the pathway to the Divine.

To ignore this relationship causes all sorts of problems in life. Material and work problems come from problems with the father, while problems with the mother create emotional and personal difficulties in love relationships with others and yourself.

(In 2015 when Gentle Touch was received from the light of pure awareness it revealed the Truth of this situation very clearly. I hope this section has expanded upon the Truths in the book you receive in the Gentle Touch Practice called 'The Divine Message About You'.)

**Question:** What is the vision for 'The Golden Age'?

**Answer:** In a Golden Age when people are totally transformed they would have an understanding of their connectedness with all of life. This would result in people no more being just concerned about self-centred activity; as they will only live for the whole of mankind. As the individual transforms into a higher consciousness no one will be

interested in greed, power and control because of the new awareness they experience. The direct experience of the inter-connectedness to all of life; the individual, society and the environment, will be the spiritual general common state of consciousness within society.

When mankind has raised its level of consciousness, a new understanding and experience will be expressed in daily life. The qualities of this will be very apparent to everyone; there will be an abundance of food and material wealth for everyone, physical health and emotional well-being will be much improved with an amazing decrease in illness.

There will be a love of the environment with a new understanding of its connection and sustaining properties to mankind. The environment will behave very differently as it will be directly affected as the human being becomes the spiritual human being with a higher consciousness; it will act as a mirror to our life condition; reflecting our state of consciousness.

The family life will become full of love and respect for our elders and for our children. New forms of sustainable energy will be discovered that do not deplete the environment.

When the higher consciousness is experienced collectively in mankind the individual becomes free from social conditioning. How we describe society's conditioning of the individual is that you are conditioned as an American or a Frenchman, a Christian or a Buddhist. Your parents' conditioning, the school's conditioning are all kinds of conditioning that exist within you which limit your perception and influence your choice making unconsciously.

When you are free of this conditioning you will have respect for all races and nationalities irrespective of colour or creed. You will have respect and tolerance for all religions and spiritual practices. You will have respect for all educational and law and order systems. You will no longer be able to be controlled or manipulated as you will have the wisdom and detachment to understand what is being presented to you.

Society will improve because the respect for the whole of mankind will exist. The main reason for this is through the direct experience of understanding the oneness of life. The individual will be unable to do harm to others because they will understand the connection between the whole of life. This would mean through the higher state of consciousness the realisation would be that to harm another would only be hurting yourself.

## About The Oneness Concept of Life/Existence

Before my direct experience one of the biggest problems I had when trying to grasp this concept of Oneness is that the mind tries to carry out all the guidance literally about how to practice and obtain this beautiful state. This is impossible because the seekers mind/ego always takes a dualistic limited approach to guidance offered and consequently misunderstands what is being shared.

For example stop taking action or being the doer and that this world of duality is just an illusion. This can be misunderstood leaving people just sitting looking at the wall and not doing anything and getting depressed because they can't figure it out.

Maybe this is why Gentle Touch manifested thorough me to help solve this problem. In the Gentle Touch Practice an awakening of the Divine Presence of Love is experienced. This is not a mind experience but an emotional heart sensational experience. This is your natural aura, the emotional quality of your Divine self, the Bliss body of a human-being; the place from where all happiness is experienced within your life. Once this is experienced you stay as this Presence and surrender all your life experience to this Presence for transformation of consciousness into Pure Divine Awareness; your True-self. As this is within all, it is known as Oneness.

### How do you then live?

Well, you continue as you are but you no longer engage using your thinking mind in what is manifesting in the present moment, as you have given everything to Divine Presence. This is the transformation of your life into your True-Self of Divinity. Enlightenment is the result with the oneness of body, environment and God then being experienced. You may experience some connections to other people falling away which is a result of transforming Karma that has been binding you to unhealthy life patterns. You have to be prepared to trust and accept this change. Remember you are not doing it as it happens naturally all by itself. Acceptance is now required without reaction, just stay resting in your True-Self awareness being.

### What do you need to believe?

1. That you are already enlightened, that God is within you at your core. All that is required is a shift in attention to your God-Self; a surrender of the ego.
2. God is in everything inside and outside of you. Your current identity as a body and mind separate person is limited just living life from DNA ancestral programs using the five senses. This is veiling your true identity as God.



3. Everything is perfect which means you have to accept all of life's manifestations. All ideas of good together with any beliefs have to be dropped. This does not mean you have licence to go around killing everyone or that abusing others is all right as the law of cause and effect are still in play. Therefore do not act out any desire without the permission of another.

It means if you become accepting of what is in the present moment and unknowing in your approach to life without judgement. Embrace everything as if it is God and then the Divine Presence of Love will be able to transform your life without the limitations of the mind from interrupting and blocking your transformation into God's Pure Awareness consciousness.

The following is a quote from Sankara, the great Indian self realised master about Vedanta (Oneness).

For one who clearly sees all beings in his own self and his own self in all beings, everywhere - To him who has realised Oneness, what delusion is there, what grief? Or how can there be delusion or suffering when Oneness has been realised?

**Non-duality does not mean the non-existence of a second thing,  
but it's non-existence as other than yourself**

Non-duality does not mean the non-existence of a second thing, but its non-existence as other than yourself. The mind must know that it is of the same substance as the objects.

The Indian Vedanta states this reality as the identity of Brahman and Atman. The Atman is the individual Self within, the eternal witness of all. The Brahman (God) is the Self without, the Universal-Self of all.

The whole message of Vedanta is this supreme Knowledge: that I am by nature the formless, all-pervasive Self. That I am the ever-free, Pure-Conscious-Self Absolute. And that I am always one with the Brahman, the Absolute. At no time ever are you not one with the Brahman/God.

The final message of Vedanta, then, is this: Know who you are. Know that you are Pure Consciousness and Absolute Awareness, and be free! To know oneself as absolute awareness is to be established in Self-knowledge. And to know oneself therefore is to realise one's True-Self.



# The Divine Message About You



Sacred Teachings  
Robert Bourne

## The Divine Message About You

We are constantly in an ever changing process of evolution with all of existence. It is important to understand that you are enlightened now, however the two pure oneness bodies of 'Eternal Love' and 'Pure Awareness' are not normally fully shining in your life. You do however connect with them at times without realising that it has happened, but for most of the time they are laying dormant, just waiting for you to put your attention upon them; this is what the practice of 'Gentle Touch' will do.

This means most people are blocking off two parts of themselves from being experienced. Therefore an adjustment to what you believe about yourself is initially required. In truth you are perfect now because you are these two bodies plus your own unique human body; the three create your true one being self. These two pure bodies are regarded as oneness bodies because they are the same within everyone.

**The First belief to embrace** - The two pure oneness bodies create an equality within the society of the world. They exist equally in everyone alongside the differences that each human being uniquely expresses.

**The Second belief to embrace** is that you are already connected to the two unchanging pure bodies. It is your body which they are trying to manifest through to enable you to have your unique human being existence.

It is these two pure bodies you are going to reconnect and open through your practice of 'Gentle Touch'.

The first body of pure unchanging oneness consciousness is the body of pure awareness. This is male in nature and as such its light shines out throughout the whole of existence and is the light of pure awareness. It is this light which creates all of life. As it shines it creates form. As it slows down it changes into a waving form which becomes the second body of Love. As this light comes into the duality of life it creates all life forms. This light in the 'Gentle Touch' practice will reconnect you to inner contentment and stillness of mind, Pure Awareness.

The second Body of unchanging eternal love is connected to your heart through your emotional body. It is this energy which is very gently waving in form and is reflected inward, being feminine in nature. The 'Gentle Touch' energy practice will reconnect you back to the universal emotional body of unconditional love.

## Three Stages of the Human Being's Evolution

**The First Stage** of evolution 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.

**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, this can be the same.

**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 are 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.

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### We have Three Different Bodies

**Physical Body** (containing our emotions and mind): This body expresses our behaviour and will reveal where our consciousness is within the three stages of evolution. Where we are within the three stages of evolution determines the state of emotional life experience; whether it be suffering or contentment, joy, bliss or happiness.

**Energy Body of Love:** This acts as a bridge connecting our physical human selves to our pure Spiritual Formless Body. Many spiritual and healing practices or martial arts teach us how to connect and become aware of this comforting beautiful energy, which the person's mind can block and ignore.

**Formless Spiritual Body:** This is the unchanging pure source of all creation contained within all things. In religion it is known as God, in spiritual teachings it is known as our higher self and in Mysticism it is fully experienced and flows through our physical body.

## The Nature of the Three Different Bodies

The First Body is the Physical Body (mind and emotions). We all know this with the mind's thinking, having very fast movements of thoughts. The various emotions that we feel through our everyday relationship experiences.

The Second Body is the Gentle Touch Energy Body. This energy moves at a slower rate and is pure in nature, it is the energy of love and healing. Therefore to become aware of this energy the mind and body has to slow down. For many people this is quite difficult but it is quite easily learnt or awakened in you through another awakened one who could provide an attunement to this pure energy body. It is feminine in nature and transforms the emotional body, which is inward, into love. It is compassionate in nature and provides healing to the physical body.

There are many ways to experience this, such as healing, martial arts, tai chi, etc. The problem that always emerges when this energy is first experienced is that the mind will require an explanation about what it is. Because of this, many explanations have been presented to us which become a sort of teaching to be believed in. Over history this multitude of various teachings and explanations have come about because of the different religions and cultures in the world. This has had the effect of giving the mind something to believe in which has caused a limitation to the true purpose of the energy body. Holding beliefs about this energy has had the effect of over complicating this connection and causing arguments about what it is.

The truth is that this energy is a bridge between our physical body and our still pure eternal self.

The Third Body is the Pure Eternal God Consciousness Body. This third body is in complete stillness. This body shines outwards so is creative or masculine in nature. This is where the concept of the light comes from. Therefore most people are never aware of this state of awareness because their minds are never still, because their mind is always thinking.

Having fully experienced pure stillness of the mind, experiencing life from a no thinking fully aware mind and the loving healing beauty of the Gentle Touch energy body, I realise that two approaches are required to share this experience with others, so that you can fully empower your life with all that is universally possible, enabling you to have the ability to express your unique human being-ness in daily life.

Learning to connect with the 'Gentle Touch' Energy body is the first step as this will bring comfort to you in the form of love to your emotions and healing to the physical body and mind. This will have the effect of slowing the mind, preparing it for the greater awareness of pure awareness stillness; oneness with your God self.

The Gentle Touch Energy Body will gently bring the qualities of the Pure Awareness body into your mind, body and emotions, freeing you from personal limitations, emotional suffering and limited mind-conditioned awareness. Out of Divine love, pure awareness arises within each moment.

Pure Awareness stillness practice is learnt to bring the body, mind and emotions together as a whole unit. A perfect alignment of the Physical body with the emotional pure body of love and the Pure Awareness body occurs. The three become integrated and become one unit working together. Once this integration has occurred your life will become fully awakened and transformed into who you really are. You will become a living God! Just like all the enlightened masters we have known in our planet's history; Christ, Buddha, Mohammed, Guru Nanak, etc.

You have these three bodies exactly like these examples only you have not integrated them. You may have heard about the idea that 'being in the now' is important and that the future and the past are not alive but just memory or imaginations of the mind. Why do all enlightened beings make so much about this? Because of the teaching you have learnt about the three different bodies, it becomes very simple for the mind to grasp.

To live fully integrated in the three bodies you have to be in the moment, as it is the only place where complete stillness and alignment exists. Therefore learning stillness is the key to this experience known as enlightenment.

I hope you now understand and start to believe that you are enlightened now. The reason you don't fully experience this state of being is simply because you are just out of line with your three bodies and because you miss it you are then running on conditioned programming - you start believing that is not possible for you.

When I say that you are enlightened now and that you are God, this is true once you align and integrate your three bodies. How could you be anything else? Right now you are God in potential like the caterpillar not yet transformed to the butterfly. 'Gentle Touch' accelerates the transformation process. You cannot escape this process of transformation. Many Masters say: "You are it. Just awaken to the God within you" and wonder why in three years time their followers are still asking the same questions from the person's mind state that they did when they first accepted this truth. Then a supernatural miracle approach is presented to help them make the leap. To me this only causes more separation as they enter into another relationship with their inner God and themselves. This has a wonderful place but what I am offering is a direct awakening with a process of transformation. The time it takes to transform you will vary according to the lifetimes the person has had plus their ancestral conditioning of the body they have inherited.

If your three bodies are disconnected or not aligned you remain a person trapped in the first body, just experiencing life through your physical, emotional and conditioned mind body.



Without awareness of your 'Gentle Touch' energy body or your Body of Pure Awareness you will believe you are a separate person living for survival in a jungle of other separate people all competing against each other for a larger share of the pie. It is this disconnection which causes you to feel isolated, experiencing suffering, emotional pain, the need for self protection, and self interest for survival. This person state of isolation is the cause of all the world's problems we experience on earth today.

In the light of Pure Awareness we are one. The light shines forth into this world and the whole of existence bathes in a sea of eternal love. The physical separate body is intended so we can meet each other as unique different human beings enabling us to dance and play together, bound together in a oneness body of love and compassion, being guided by the light of Pure Awareness in each single moment of our togetherness.

- The Pure Awareness Body is one with all of life at the core all of existence.
- The loving Gentle Touch energy body is one and the same within all living beings.
- There exists an infinite ocean of Love in which we live!
- The physical body is separate and expressing life uniquely individually.

This explains that we are all connected together by love and pure awareness as one being, known as oneness but expressing its nature differently according our uniqueness.

The purpose of life is to enjoy the relationship of each other in the qualities of the two oneness bodies. It is therefore obvious that life cannot be enjoyed if we are not connected to our two oneness bodies.

Once this realignment occurs life is a dance of the ever changing moment to moment love, bliss, contentment, peace and pure knowingness. When this is experienced sameness and uniqueness fully express themselves.

The natural world automatically supports us and is healed as it changes as we change in consciousness. This is like the analogy of the body and the shadow, wherein we are the body and as we move through changing our consciousness the shadow or environment follows.

## Equality and Difference

The first belief to embrace: The two pure oneness bodies create an equality within every living being in the world. These two pure oneness bodies exist equally in everyone within the physical body which reveals the differences that each human being uniquely expresses.

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### Creating inner peace and contentment

- The highest awareness in the whole of creation exists inside of you
- The highest awareness in the whole of creation exists equally in everyone else
- You are unique
- Everyone else is unique
- Everyone is different from each other
- Accept the differences between everyone
- Respect everyone as they are because they have the highest pure awareness inside of them
- Believe this truth and your life will flower into the unique human being you are meant to be
- We are one being displaying different unique aspects

## Three Understandings to Liberate Your Life

There are three key things you need to know that are the main causes for preventing your pure bodies from freely flowing into your life. Understanding these three key points will bring a new opportunity for you to change your attitude, belief and thinking in your life. This will have the effect of aligning your beliefs and thinking with the truth of the universal mind of pure consciousness.

Just by changing your beliefs and knowing these three truths you will automatically align your personal conditioned mind to the pure body of Pure Awareness and your emotional body to the body of Pure Love.

What happens when you do this is that you are now ready to activate these two bodies when you practice the 'Gentle Touch' practice, without any internal resistance held by illusions and past hurts stored in your limited computer mind. When you practice 'Gentle Mind' it will immediately clear the internal memory of its negative patterning program, which has been causing you limitations and suffering in your life, without any effort or probing around any of your life's problems.

The first understanding is that any problems in your relationship with your Mother will cause problems in your relationships with other people.

The second understanding is that any problems with your relationship with your Father will cause you problems in your material life, such as work money and possessions.

The third understanding is that any problems of guilt or personal identity about your sexuality can prevent your connection to pure awareness and pure love to become blocked.

I would like to give some known examples about these three understandings with explanations as to why I am saying they hold the key to your liberation.

Tantric Yoga uses sexual union as a practice to fully activate the pineal and pituitary glands in the brain to cause the awakening of the inner dormant state of enlightenment within the mind. This method is used and known in some Indian Tantra and Taoist practices. This is about the kundalini/pineal gland activation spiritual awakening. It is therefore crucial to be free from guilt in relation to orgasm.

Having read many eastern explanations of the three bodies, although practices may vary, there is a common agreement that the human body is connected to the spiritual enlightened body by the energy body known as chi or prana. This is fantastic news because this chi energy body is so easily accessed by anyone who wishes to experience it. The chi body is connected to the 'Gentle Touch' practice. This Universal Love Energy is

the basis for all meditation and enlightenment. The practice of 'Gentle Touch' has been created precisely for this purpose.

The good thing is that no faith, religion or spiritual practice is required to practice it. In fact it will enhance any belief you may already have. If in doubt ask your religious or spiritual leader if they object to you experiencing more love in your life, developing a clear and still mind so you are able to experience life in the present moment with perfect clarity, being held and comforted by a loving guiding energy. How can they say no? They might secretly wonder how you can achieve this, which is a state reserved for saints and enlightened masters!

Unfortunately in western society it is based upon science and neuroscience. Alone their methodology is unable to access this energy connection because it is not of the mind, because it is emotion of the Universal Love Energy. This energy is then left to be explained and experienced through faith, religions and spiritual practices.

This leads onto three very important solutions to personal suffering which are caused by not understanding the main reasons that block the person from connection with their two pure bodies. I have written another book that goes into this more deeply 'The Seekers Guide for a New Awakening' - Robert Bourne (*in the free download*).

The first point to learn is that it is important to understand that the Universal Body of Love is inward and feminine in nature. It is represented as our Mother.

The second point is that the body of Pure Awareness flows outward and creates existence and is masculine in nature. This is represented as our Father.

The third point to learn is that our sexual energy is the source of our awakening in the brain connecting the two pure bodies of love and awareness.

Our body is not our body, it is the combination of our Mother and Father through sexual union. Any problems or issues with our Mother or our Father or our sexuality are reflected in our daily life more than we realise. For example our relationship problems can be the result of problems with the Mother, and work and material accomplishment can be the result of problems or issues with the Father. Problems with our sexuality generally keep us locked into our conditioned self and can prevent awakening from occurring. This produces inner guilt, inner conflict and emotional suffering.

When you see that your physical Mother and Father are just a reflection of the two pure bodies you have incarnated inside of you, your attitude needs to change. Change your attitude to acceptance of your Mother and Father with deep appreciation for giving you life.

You may say that you have been mistreated by your parents, or they have abandoned you, or that you have not been supported by them. For these reasons you say that they are not nice people. Society will do everything it can to support this truth, however for you to experience liberation from this hurt a new approach needs to be taken. This solution I am offering is the fast track to freedom from personal suffering and ancestral conditioning.

- I am saying yes, what your parents are is most probably true therefore the first thing to do is accept their suffering and limitations.
- Now give thanks to your parents for giving you life. Because of this life you have the opportunity to become free from the negative conditioning and programs you have inherited and awaken to your two pure bodies of Love and Awareness.
- When you see you Mother as an energy which represents the pure body of Love, to reject that energy rejects all female energy. This is why it causes problems within relationships.
- When you see your Father as an energy which represents the pure body of Awareness, to reject that energy will cause you problems in your daily life with your career, finances and fulfilling your material desires.

Knowing this it becomes even more important to accept these truths. Then the inner pure bodies will react accordingly. Remember the pure male and female aspects of Love and Wisdom are waiting to guide you. They are waiting to flow through your body so that you will flower into the unique human being that you are meant to be; not the conditioned programmed person you have inherited from your ancestors. The other side of this coin is that not all of your conditioning is negative, therefore gratitude towards all your ancestors, including your parents is required for the positive aspects that are naturally within you.

Regarding your sexual gender, again you are a mix of both male and female aspects. These two beautiful energies combine and create a unique expression for your relationships with others, especially on an intimate sexual basis. I know many people who struggle with being in a male or female body as they express the opposite inner sexual energy or both equally. We do not fit into a certain box. We are all unique combinations of male and female energy.

There is a lot of conditioning about this issue which is limiting and therefore not the truth. Regarding your liberation or your enlightenment and contentment just embrace the attitude of knowing this truth and embrace everyone with acceptance, without questioning. Having this attitude will accelerate your freedom when you carry out your daily practice of 'Gentle Touch'.

## Ancestors

### Friends and Family who have died

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- You never die, life is always changing and evolving
- Upon the death of your physical body your mind/soul continues to live
- Without most peoples knowing, some family and friends are still connected to you and are still influencing your life choices
- This proves that your body is a vehicle gifted to you for you to live and experience your life.
- The body contains behaviour conditioning known as programs; many of these were created by your family ancestors and not you
- Some inherited conditioning and programs in the body are positive and some are negative
- The body you have now is a gift from your family; your ancestors - be grateful to them for your life opportunity
- Having a physical body gives you the gift of having the power to change anything in your life's mind/soul
- When your ancestors die they are still connected to you through your body and mind/soul
- When you change to a higher awareness you can 'Liberate Your Ancestors', your dead family and friends. This is achieved through your daily practice of 'Gentle Touch'
- When you change or switch off the negative programs you pass this on to your deceased family and friends, this is known as mind-body-soul evolution

## The Purpose of Life

The purpose of life is to evolve into Oneness Love and live life from your True-Self being. This results in resting in your True-Self Beingness from the pure light of awareness no-thinking mind, free from the lower constricted consciousness of the egoic mind's attachments. There cannot be any other purpose of our existence. But what does this mean?

The practice of 'Gentle Touch' has been created to help you to live in your fullness, in oneness with your True-Self. You most probably now are not living from your fullness. You think you are alive but in a sense you are dead to the full potential of what you really are.

Only when you become awakened can you really start living, until then you do not know what it is to live! So why or how did you come away from the awareness of what the light is? The individual mind is a part of the Divine Self; it is using the light in a weaker reflected form to live out and create daily life experience within the collective consciousness of every living being on the planet earth. The light created this separation so we can start playing and enjoy our existence, not to get lost in the separation within the uniqueness of physical life; this mind has become a thief and fallen into illusion. Because it has the power of creation, using the Divine Light, it creates a material life within duality based upon its own interest. This is how a soul consciousness is created as it is the result of the egos creation. What most people do not understand is that after the body has died the soul/mind ego consciousness still exists but it will be in a lower restricted state of vibration; for those who have made good causes it will be a positive heavenly realm and for those who have misused others for their gain will be resting in a more unpleasant realm. Many near death experiences have confirmed that they had to travel through several lower realms, containing many souls, to get to a higher realm of love. All realms are connected to the light. This is why rebirth exists to have the opportunity to evolve the souls consciousness.

All problems on earth are because very few people appear to be playing from their awakened state of Being. The person believes it is only a separate person and as a result everyone has become serious about daily life because the collective consciousness is holding them in a lower constricted vibrational frequency and they not awake to Oneness.

The solution is for you to become awakened as a direct experience, only then you will know the contrast, the difference between a separated life, one that is living from societies and DNA conditioning or by living from your True-Self, living life from your two pure spiritual bodies. When you are fully connected in awareness of your True-Self as a direct experience you will then be living in fullness and completeness naturally, without effort.

Separation is empty with a constant struggle with yourself and others. Oneness is the integration of your three bodies. This True-Self consciousness creates a life of play, of love, of dance, of co-operation, of compassion, of completeness, totally happy and content. This is being alive and living your true potential effortlessly.



## Freedom from Guilt

It is important to realise that nobody is responsible for what we are. In a society where the collective consciousness is low there is blaming and judgement about those unfortunate people who appear negative and who are behaving in a negative way.

Once you stop slandering and putting others down who behave negatively you stop adding to negative low consciousness. Yes, just by putting others down who are less fortunate than ourselves you add to a lower state of consciousness, causing even more negative behaviour to appear in every day life.

When the level of consciousness rises then the by-product within society is that unwanted behaviour changes and even stops completely. The way to raise consciousness is with your own life condition. This is the purpose of your daily practice of 'Gentle Touch'. It is very liberating to know that in just changing yourself you affect everyone in the world in a positive way.

The reason for this is that we are all one. We are living in a collective consciousness whereby different people live out different parts according to the collective consciousness we have all created.

This explains that the most important contribution to mankind you can make is to change yourself. One great step is to stop judging others and accept what is here and that what is happening is perfect!

It is judgement that is causing all the problems. This is the result of your mind being the communicator which causes noise. Once you develop the pure awareness state of mind you are communicating in the Divine consciousness of silence, which is transformational upon society.

## Dropping all Concepts and Beliefs

What prevents awakening from happening is that mankind's mind has been filled by too many ideas and different beliefs about life. Once you can empty yourself of everything you think you know and believe in, Awakening and Enlightenment is naturally there.

Continue to practice daily your 'Gentle Touch' to clear your mind of all beliefs. This is where attending a group will help by receiving Love from another as the power in the room is amplified by the square root of the number of people attending a share. Awakening will happen naturally, very fast, and all by itself.

I remember that my own awakening came about because of saying that whatever I think I know is limited and in truth I don't know if anything I believe in is true. I then had a direct experience of unconditional love and pure silence. My person dissolved and I have lived in a state of mind where there is no thinking, an inner mind silence without trying. For many years I attended development group meetings where everyone was having experiences except me. I always had the same no thinking mind of silence. Only recently have I fully realised what had happened to me.

## The Mind, Beliefs and Imagination

Without the imagination there would be no horror! The personal mind of the body tends to work in an earth bound past, present and future basis. This is what gives us the idea that life is linear and is set upon some time line. When this mind has aligned itself with the mind of Pure Awareness then only the present moment exists. This is known as living in the now. Most people's suffering comes from emotional and mental torture as a result of having experienced past negative experiences. How many people are unable to have positive loving relationships because of past hurt? How many people are unable to trust others because of past betrayal or deception? This personal mind is protecting you to its best ability but is unable to do anything more than create limitations for you to live your life from. Building protective barriers is all well and good but they prevent you from living in love and contentment; you are handicapped from living your life to the full potential.

Aligning your three bodies will protect you by moving your mind into contentment, confidence of living, blissful joy with the gift of knowingness or universal wisdom. This gives you the confidence to know you will always make the right choice for your life in every single moment of it.

To help you live in the now a very powerful teaching for you to practice is this. Whenever you are feeling past pain of a bad experience become aware that, 'It is not happening now' but only in your memory. Because your Pure Awareness body does not know time it

creates anything you ask it to create, so it creates the memory again for you, hence the painful emotional experience is re-experienced.

**Help Practice:** Catch your mind dwelling on a problem or past trauma and ask yourself **“Is this Happening Now?”** Then snap yourself back into what is happening now and you then say, **“This is not happening now - so it is over.”**

Beliefs are one of the most difficult to overcome as they are lodged in the deepest part of the computer mind. What tends to happen is you are having a daily life experience and to make meaning of it you revert back into the computer mind to find out if you have anything there that relates to what you are experiencing. Then the beliefs will come forward to judge what is happening, turning your experience into good or bad. This disconnects your life from your pure bodies of Love and Awareness and causes unpleasant emotions of agreement or disagreement, anger or rapture to be experienced in the emotional body. To go a step further you may then take some action according to your reaction to what you have encountered. All of this is based upon illusion caused by the beliefs that you hold.

How to deal with this is very simple - acceptance of what is happening. To accept, although you may not understand at the time of the experience, will realign you to your two pure bodies of Love and Awareness. In time as you continue to live life by accepting what is happening without interpretation, higher awareness will naturally arise and you will intuitively without thinking gain an understanding of the perfection of what is happening.

**Help Practice:** Accept what is happening as perfect. Drop all interpretations about everything and accept that your knowledge is limited. Understand that your beliefs have come from what others have taught you or are ancestral inheritance and may not be the Truth of ‘What is’.

By doing this together with your daily practice of ‘Gentle Touch’ you will speed up the transformation process for your total alignment of your three bodies. In truth the two pure bodies are already in harmony and aligned together; it is your physical body that needs to come into alignment with them.

**Help Practice:** This is where surrender of our limited mind’s conditioning to the universal knowingness of Pure Awareness is practiced. It makes sense to create a space in our mind, to quiet and slow down our mind so that the inner silence and contentment comes forth. A mantra is provided for this purpose in the Gentle Touch practice.

## Wealth Consciousness

“What is meant by wealth consciousness is not just about money. For example your parents are wealth, your children are wealth, your husband or wife or partner is wealth, your house is wealth, all that you have is wealth and you become aware of that.

It is just like the practice of gratitude. This you must do on an individual basis. By doing this you are developing wealth consciousness which causes the inner pure consciousness to create more of what you have or what you desire.

Understanding this is a very powerful practice to obtaining inner contentment. Doing this in conjunction with ‘Gentle Touch’ practice will create miracles.

As you develop wealth consciousness this will also have a positive effect on your family and country which will cause a positive change in society.”

## The Difference Between Awakening and Enlightenment

Question: What is the difference between Awakening and Enlightenment?

Answer:

- Awakening is when you can stay with the 'What Is' without effort. This refers to the level of awareness. How aware you are determines the amount of changes that have happened in the brain. This is why Awareness is referred to as a journey to awakening.
- Enlightenment is when all day dreaming has stopped.
- Transformation is the flowering of the heart where you no longer see yourself separate from the other.
- Complete transformation is the disappearance of the self, the senses getting disjointed and the personal self is gone, being replaced with the pure presence of unconditional love.
- Transformation happens very easily when you experience the suffering of others and start helping them.

## Pure Awareness

### The First Pure Body

‘Gentle Touch’ Practice connects with this Pure Body

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#### The Vital Source

The Light of Pure Awareness comes from the formless unchanging aspect of all of existence described as God, Universal field, The Void, etc. I call all previous reference to God, etc the Vital Force because there are no mind references for this term. If I mention God many will start arguing about what God is. The vital source now can take on the meaning you give it. Its name suggests it is the life giving centre of you and me and all that is in creation. It is Pure Consciousness, Pure Awareness coming from the light of truth.

When you lose your limited mind, your limited personal mind is exchanged for your natural mind and everything flows in perfect harmony. Your life is just put before you and this happens automatically. This mind is known as the awakened mind, being awakened and living in the presence of love is this experience.

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#### Pure Awareness Practice

- Dropping all of what you think you are
- Accepting yourself exactly as you are
- Accepting that you can never be understood as the unique being that you are. This relates to personality, body mind aspect. However, because of the two oneness bodies we are the same as everyone.

Doing this allows the alignment to reoccur with your pure body of Pure Awareness. When a connection is made to Pure Awareness this stimulates your true energy emotional body of Love to be experienced. This unchanging pure body is common to all living beings. This is why we are never alone and can have love for everyone.

The enjoyment of the other then emerges in appreciation for their unique expression or flowering of Love.

Connection with this oneness body of love is achieved through the practice of 'Gentle Touch'.

Deep within you, at your very core, the centre of your uniqueness is in total stillness of the universal mind. In your third eye you may see the light that never goes out, the eternal

flame within all of life. In fact it is life before Love. It shines from nothingness outwards, hence it is the creator of all that is. It is untouchable hence it is constant. It is this which created you, me and everything.

Pure awareness practice is simply re-connecting to this eternal light to create a stillness, an unmoving mind of pure contentment and peace.

You become the creator without needing to desire anything because everything you need is put before you effortlessly. In religion it would be said you have inherited the Kingdom of God. All our past prophets, our past enlightened Gurus have awoken to this truth. It is at this point of stillness that the thinking mind stops and the questioner disappears. In its place arises the contentment of not knowing, however when required in the moment, the wisdom of the external now arises to guide your choice making in the moment. The external light is the knowingness of all that is.

From this state of centred stillness or emptiness of mind everything is perfect as it is. This perfection is experienced in its many different expressions of lower consciousness which are constantly moving. From this state there is no duality, although duality of cause and effect still exist.

It is in the stillness of being that you experience the golden coming together of cause and effect so that the moment is expressing cause and effect at the same time. This is living beyond the person's conditioning, beyond the personal mind which is in constant movement.

Living from the personal mind is what causes problems and creates trouble as it is always reflecting upon known memory before taking action to live your life. It is this thinking mind that draws upon and misuses your creativity to project some future security, wherein one day everything is going to be all right.

It is this mind that knows nothing about the perfection of the now, because it exists outside of what it is! You could describe it as a computer calculating machine, which only knows what has been experienced or learnt and borrowed from others.

If you are to live in freedom and express the beautiful unique human being that you are you have to place your attention upon that which is at your very core right now.

Only when your awareness becomes still are you experiencing the core of your pure awareness, unfiltered, non restricted by ideas and concepts about life. It is then you experience causeless joy and bliss of the golden perfection of all there is!

The intended purpose of all meditation is arrive at this experience

- You are the peace in silence
- You are the silence in peace
- You are the light of consciousness that causes all things to be seen
- You are the perceiving love devoid of objective identity
- You are the wisdom and love which shines from the source of existence
- You are Unborn Awareness Self

~ Mooji

When reading these truths the Oneness of True Self could also be known as We instead of You. This is because the two pure oneness bodies of Love and Pure Awareness are the incarnated same in all life forms within the whole of creation. It is the uniqueness of our human being which is the You - the I being expressed in total alignment with the two bodies; this is enlightenment. The conditioned person is no longer there, however uniqueness still exists. Suffering or lower consciousness is known as the mind ego, a state of existence out of alignment with the two pure bodies of Love and Pure Awareness.

A lot is made of spiritual practices to cause transformation of the mind's ego but all you need to know is the truth that you are it now and return to stillness; then expressing love for all mankind and existence will naturally follow.

I have included a mantra used in healing called Cho Ku Rei. A full explanation will be given in the essential practice technique section. This mantra has a symbol which describes the light coming from pure awareness through our crown chakra into the perfect moment. This energy is rising up through our rainbow body through the seven energy chakras from our feet. This happens in a spiral which is represented in the symbol. This creates the physical body to enable the two pure bodies of Love and the Light of pure Awareness to be experienced in this world as a love play.

Most people are not aware and have been conditioned to believe they are separate individuals without spiritual pure bodies. This causes the blocking off from pure awareness which reverts the person to become reliant upon the lifetimes of memory including ancestral memory stored within the limited personal mind. The emotional body is now restricted and separated from pure limitless love and becomes dependent upon a person's love experience coming from another person, instead of being in a constant state of love, which is not dependent upon a single person.

I have repeated this truth several times because I want you get the concept even if you have not yet experienced it. Once you can have a realisation that this is a truth you will be able to transform any previous illusory beliefs that your mind is holding your life as the prisoner of conditioning. This is a get out of jail card.



As you carry out your daily practice of 'Gentle Touch' with the simple belief that YOU ARE pure love and pure awareness, although currently your conditioning is probably blocking you off from fully experiencing this integration, you will discover a very quick transformation taking place in your life. Very soon you will awaken to, and be living in the presence of love as a daily life experience.

You are the light of all understanding. The light comes from within you at your very core. The very fact that you can communicate in some way proves this to be true.

There have been a lot of teachings which go into great detail to explain the experiences we have in life and what we are to do with them, but all this misses the very important point that it is this Pure Awareness, the light that is always there within all things but always missed. It is missed because it can't be this simple. The mind wants something fantastically distorted away from reality with fireworks and all those supernatural bells and whistles.

To fully experience this unchanging eternal light of truth and understanding first of all requires an openness in your attitude, in your approach to fully experiencing the joy that spontaneously arises when you are one with this pure body of awareness that is at the core of all within creation.

The difficulty comes in the way we experience the manifest creation that we see before us. This apparent reality is unstable in nature because it is always changing, and once we know what something is it becomes stored within our computer mind memory, thinking that it is fixed and permanent.

One of the mind's beautiful functions is to help us identify with what we are experiencing, what is happening in our lives. The object we meet is identified along with our past emotional relationship identification. The computer mind is trying to be helpful by protecting our life at a basic survival level of living.

We know that living in this way causes a tendency of life being divided into two categories nice or good and unpleasant and bad. This is fine as a basic level of life where you need to survive and reproduce as a separate person who is living in competition with all other people on this planet.

You are reading this because you are looking for more than the limitation of separation with the loneliness that it brings with it.

Yes, you are looking for more, for freedom to discover contentment and love therefore it is essential to be able to recognise this way of thinking and living. Once you do this you can approach your moment to moment experience in a new way. This is what to do.

- Whatever is happening you need to stay in the moment and just observe it.
- You need to first of all discover if it is really happening or if your computer mind is distorting the real truth of the moment by bringing a past memory to the situation and hence distorting it and turning the experience into something positive or negative.
- Remember you are enlightened now and if you can see the present moment from your Pure Awareness without filtering it through your computer mind then a Beauty will arise as you will be seeing the truth from your highest consciousness. The light of truth of all knowingness is shining out of you all the time.

With this understanding you will start transforming your past hurts and memory into happiness and joy. You will set yourself free from your limitations and computer memory. Of course it will all still be there, but the emotional effect on you will not be there. You will be free from suffering because you will be living in the now of Pure Awareness. This is pure seeing from the eyes of what has been called God. This is enlightenment.

The thing to be aware of, which can cause people to say this is not true, is the issue of the time for transformation of your soul, of your mind and lifetimes memory. This also brings in your inherited conditioning from your ancestors and the genetics within your body. It is this which has created a memory program that is running automatically in your life. This explains why we feel trapped and are unable to free ourselves from these limitations. This program has positive and negative aspects. It also has a certain consciousness to it which means you will be vibrating in a certain frequency of consciousness. Your objective is to realign yourself to your Body of Pure Awareness and live from the stillness experienced from your very core.

The light of Truth will then shine in the present moment, transforming the past which is being put before you now. Yes, your current life moment when living as a person from your conditioned memory is a past event trying to be set free and transformed in the light of your core truth which is shining upon it. This is why the guidance of living with the 'What Is in the present moment' is so often used but no one has really taken the time to explain why it is so important.

When you do this the conditioning may be very strong, so this is where your 'Gentle Touch' practice will rescue you. It will anchor you in the present moment emotionally with the emotion of Love energy; any pain or past suffering will now be dissolved. The Divine Mother of compassion and healing will bless you, liberating you from your suffering. This is the place all miracles happen. It is all within you. The other energy of pure awareness will anchor you in the present moment, for this light of transformation will bring bliss, joy and contentment to your experience.

This practice transforms the past memories and patterns not only for you but for your ancestors as well. This is how you liberate your ancestors. This is how you liberate others on the planet who have a connection with the same issues.

How beautiful for you to know that through changing yourself you are also helping so many others. This happens because we all draw upon the collective thoughts and memories from mankind's existence. You transform that which is flowing within you and you enlighten and free yourself from its bondage.

How long this takes depends upon the unique individual. Do not be concerned about this but you rest in the assurance that it is taking place. The time will come when this program has been completely dissolved.

When this occurs Awakening arrives whereby you have aligned your emotional body to the body of Love and you live from the presence of love which guides your daily life. Your Pure Awareness body now transforms the illusion of ideas and concepts in the thinking mind into the pure truth of eternal knowingness. In this state enlightenment occurs naturally. This is very beautiful.

It is this state of awakening to the presence of love when you allow love to run your life. You go into automatic pilot whereby your uniqueness can flower into daily life without effort or the need to plan or strategise your future. This point changes from the limited mind running your life giving you choices based upon past knowledge, to living from no choice and having everything you need put before you for your happiness. This change in living only comes about once the transformation of your mind conditioned program has occurred.

In truth this state is what masters refer to as 'no person there'! They are referring to the limited conditioned separated self which in truth is just a collection of past memory experiences.

## Mooji

I wish to quote Mooji who eloquently explains this very important truth, the fact that you are already the truth, that you are already enlightened.

"The light of understanding dispels the darkness and this is already within you. There is a joy which arises when this light hits its mark and dispels the darkness of ignorance. It cannot give you the light because the light is already present within you.

You are here, what more can you say? Whatever you describe will only be another phenomenal thing. We know that all phenomenal manifestations are impermanent by nature. Something inside of you knows not to pursue that, don't get involved or stuck into any of that because it is not reliable. Moods are changing, feelings are changing, thoughts are changing, identity is changing.

Everything is changing, everything just comes and goes. Has anything ever changed? No, it comes and goes but when we have a particular fascination for a thing it is as though you give it longevity, you give it life which it doesn't naturally have. We impart life to it because that life arises from your own aliveness, your own sentient-ness, it gives life or apparent life to even inanimate things. Such is your power. It is largely unrecognised - we are still naive about ourselves.

When you discover what actually is, your mind cannot argue with it. This is the purpose of staying with the What Is. This is not a promise about the future, this is about showing you what is here now. The mind is the instrument of comparing, of measuring, of interpreting, but how can it evaluate that which is formless? Where is the location of that which is perceiving inside and outside simultaneously, where is its location?"

Mooji explains - "That which goes out and comes back, which presently you are referring to you as yourself, is not yourself it is your ATTENTION. It is the idea you have of who you are, it is your self image that goes out and comes back. When it returns to you it is happy, it is complete. When it goes out, an energy goes with it, an energy goes with it, an identity goes with it, it has the power to create a secondary identity and reality and that is what we are taking to be our self.

Your real self is that which is here. It looks like it is behind this secondary identity, the ego self. Your true self does not know behind or in front it is so pure, it just Is! Behind and in front happen in the realm of consciousness of the mind, the dynamic consciousness which is always changing.

There is only consciousness. Even the ego is consciousness, however it is consciousness which is severely limited by identifying with the limited body and obviously the limited conditioning. It is residing in a narrower or lower state of

consciousness. Because of that it embraces the limitation, as a part of what it is and believes that to be real.

What gives the person the sense of reality? The feel of reality is the vital force and the fact that consciousness is always there. This makes the ego feel real because it is also consciousness. Much of its reality is a construction of changeful or impermanent elements. It is afraid of those elements because it cannot keep them to be permanent because they keep changing and dying. Every time something dies off which is natural for that thing because the consciousness associates and identifies with that thing, it feels the pain. Oh this is going, it is dying, but it is only natural for it to go. You must find the thing that cannot go!"

To understand anything in these teachings you don't understand you have to go over and over it again until it awakens within you. This is the purpose of learning the 'Gentle Touch' loving energy connection because it will become a bridge between the limited mind and body and the pure truth of your core being.

This transforms you by dissolving the limited understanding to awaken the inner eternal light of truth within your being. You will return home to your core. You will know when this happens because you feel a freedom like a space opening up. Then you have got it. You will know you have got it because you become so totally content, so totally present, life becomes very sweet in this space of freedom from the conditioned and limited personality.

## What is God-Infinite Being?

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### Awakening Your True Potential

- The truth is everything is Infinite Being!
- This means you, your friends and family, in fact every living being is God.
- You will probably have a lot to say about this. I would be very surprised if you didn't.
- The Ultimate Truth is that You are God/Infinite Being!
- Life comes into existence from a formless God/Infinite Being.
- The physical, mental and emotional You is the ever changing part of the pure, loving, all knowing, formless, eternal, unchanging inner you, which is God; the two aspects make the total God!
- The daily experience you have in your life plus the condition of the natural environment, nature, depends upon how you create your life experience.
- This is because you are the creator God-Infinite Being!
- For example, what you are now inside of you is what you get. What you believe about yourself is what you get back to you from the outside, others in the world.
- This inner conditioning you carry affects everything in the world, not just people and animals but the natural world, trees flowers, water, rocks, air, etc.
- Why? Because you are God the creator!
- Believe, think and feel poverty and yes you get and experience poverty!
- Feel, think and be abundance and yes you get and experience an abundant life!
- For example I am not rich, in fact I am considered poor, but I live in abundance and always get what I want! I live in total contentment, inner Love and Happiness. Because I am one with God-Infinite Being I receive contentment, love and happiness.
- You are not able to just think this, you have to become this on the inside!
- Many questions will come now if you are living or vibrating from the first or second stage in evolution out of the total three stages of evolution.
- To learn more about this start with 'Creating Abundance' contained in 'The Seeker's Guide' because you need to understand this to be able to change where you are now. The question is, "Who wrote the Program you are living from?"

## Relationships and Love

'Gentle Touch' will help awaken and transform the heart into a deeper awareness and most importantly a direct experience of universal love. Once this is experienced you will notice a profound transformation in yourself where it will affect the way you relate to others on a personal level.

After a short while you will not be the same person you are now in so many ways. You will have a profound effect upon how you relate to other people, on the way you communicate with other people without making any effort or trying to be different, it will be natural, without making any effort. This is a very beautiful transformation.

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### 'Gentle Touch' is Pure Love

Gentle Touch is common and within all forms of life. What is it? It is the connecting or bridging energy between the unchanging Pure Awareness body and the moment to moment ever changing physical body of the Human Being.

Every living being on the planet knows very well about the physical body which allows us to experience our daily lives. Mankind has become extremely aware through scientific discovery as to how this body works.

The life giving unchanging aspect of life, which gives life to all that is, has only been known throughout history by a few enlightened human beings on our planet. These handful of human beings have left a message through their lives which has displayed beautiful behaviour in terms of love and compassion towards all of life. They have displayed a profound wisdom towards life and the whole of existence having within them an ability to magically heal others, providing life changing experiences to those who come into contact directly with them.

These special beings have left mankind a memory of their living proof of what the human being is capable of being. You too can have this experience once the human body is directly connected to the Pure body of its creation.

Today we are seeing the early stages of mankind awakening to a new evolutionary phase in our known history. We are seeing many people living in a new way, whereby they have awakened to the third stage of our evolution through becoming directly conscious of the Pure unchanging eternal body.



## Relationships

### Love and Suffering

- Love is always trying to emerge between all people, in fact it is your natural state
- When two people experience this love, a form of overwhelming occurs
- Each person will feel a sort of losing it
- Two people decide they both want to experience more of this emerging
- It is natural for 'a separate person' to want to regain control, to set rules and conditions wherein this love is then allowed to be expressed
- Love knows no rules or limitations it just knows love through total acceptance
- Suffering occurs by these controlled couples when the agreed rules are broken
- Two reactions are typical, expression of hurt towards the other, expression of hurt towards oneself
- To become free from suffering first recognise that any projected nasty words or behaviour are purely an expression of pain in the other or you
- You are not that which they say you are, therefore allow them to express their pain without reaction!
- Total freedom from emotional suffering is experienced when you become the love you experienced from another without them being there!
- The Love you seek is seeking you all the time because it is at the centre of your heart
- This Universal Love is the Divine Mother. Ask her to comfort you when you are suffering and she will
- Ask her to feed you love and it will be given
- Ask her to open your heart and it will be opened
- Ask the inner Divine Mother of Universal Love to heal you and she will. This is the source of all miracles and this source is always within you, eternally
- The key to this transformation is in your surrender, Om Namo, Namaha (to bow)
- To accelerate your experience of Love, give love to the Divine Mother because Love attracts Love, Become Love and you will only experience Love in all things

## Sex and Relationships

- Personal emotional security is the secret to fulfilling relationships
- When you are dependent upon another for your fulfilment and happiness you are emotionally vulnerable
- It is a beautiful thing to enjoy the experience of being in love with another
- To enhance your relationships emotional security is required, this is only achieved by a connection to inner love
- When you feel love then acceptance of the other is automatic
- No matter what they do you will not be threatened or project their behaviour upon yourself believing you are the cause of them being the way that they are
- The inner love connection achieved through the practice of Gentle Touch will bring emotional security to your life and the creation of happy relationships

Personal issues in relation to orgasm often are related to childhood conditioning. Discovering that masturbation creates a beautiful emotional experience of orgasm is often in conflict with what parents or teachers have warned you about having sex. This is of course based upon their concern for the young child or teenager about the possibility of them getting pregnant in the case of a girl or in the case of a young boy fathering a child.

Many people suffer from conflicts with having an orgasm, brought about by themselves or within a relationship. The conflict is in the fact that the orgasm is a beautiful experience, bringing a lot of pleasure to the body. Having been told not to do this, for whatever reason, creates an emotional conflict causing the person to have emotional feelings of guilt and even self hatred, etc.

The truth is, once you have emotionally entered into a relationship, intimacy is required to maintain a natural exchange of love. It is this area of relationship where the orgasm is required to be accepted for the truth of what it is. When the heart is open orgasm is required to take the experience of sex to the experience of pure universal love and Bliss.

The sex drive is a life inbuilt program to maintain the continuation of the species. An orgasm is therefore natural and in a human form the coming together of the three spiritual bodies in one moment of creation. To deny or repress this as unclean, bad, dirty, etc is to repress your emotional inner life of Love. This causes all sorts of problems of intimacy within human relationships.

Accept orgasm as being natural and experience this from love. The experience then becomes very blissful with your partner, if you both approach sex from love. Use your

practice of 'Gentle Touch' to share love with another in order to experience something greater than the personal orgasm. This is the subject of Tantra.

Basically the woman's element is like water which needs to become warm before sex takes place, this is why often there is the requirement of loving foreplay 'Gentle Touch'.

The male tendency or element is that of fire which bypasses the heart coming straight from the mind, having been stimulated by the woman's bodily form or sexual images, causing sexual excitement. The tendency for the male then is to get carried away by passion or lust wanting only to penetrate and ejaculate. The male sexual drive is just nature's need to procreate. Men who are only rooted in their human body have a tendency to get overwhelmed for the need to have sex, without the consideration if the woman is receptive to receive him at that time for the sexual act.

To fully overcome conditioning about sex being negative, a strong, inner security is required in both partners. This is achieved through the practice of 'Gentle Touch' to develop inner love in themselves first.

The other requirement is to accept that sex is natural and very beautiful, it is creation itself in play; at the highest level of consciousness, it is Love.

When a person is locked into their conditioned self, two things can happen with sex, it is either used to release negative personal insecurity issues or for providing the ego with a sense of power and domination over the other. For example common place issues like relief of past hurt and inner pain, personal insecurity and anger.

This is the case for both male and female but the behaviour is very different in the way it lived out.

Another point of consideration in a male and some females is that when survival is threatened lust tends to manifest. For example a man who has just lost his job can experience overwhelming lustful thoughts and desires. This is nature raising the sexual energy to recreate itself, as the body feels threatened therefore may die. The need to reproduce the species comes into play. In today's society however we do not die with this type of threat but the primal instinct still exists and behaves accordingly.

The solution to these issues is the inner emotional security being rooted in love.

## Love

### Opening the Heart

- To support another is more important than telling them what to do
- You already know Love, for you are that Love at the centre of your heart
- The more you surrender to that inside of you the more your heart will flower in universal unconditional love
- Love only knows love therefore love attracts love
- To experience love from others you must first discover love inside yourself
- You are Love, therefore You are precious - Experience this and you will fully experience freedom from all emotional suffering!
- To fully awaken to Love, to fully experience Love you have to learn 'Acceptance of everything as it is, or has been'
- Acceptance comes when you 'stop judging others or yourself'
- Catch and stop your mind talking bad about others, stop gossiping and spreading rumours about others, accepting them as they are
- Allow others to be what they are
- Start by being grateful for everything in your life, no matter how painful your experiences may have been
- Live in the present moment as this creates freedom from past suffering. This is because the event that caused the suffering is not happening now
- Surrender to the 'Love inside of you' that only exists in the now and ask the inner pure love to give you the experience of its unchanging Unconditional Love
- Love does not possess
- Love does not Judge
- Love only attracts Love
- If you want Love, become Love
- Within the energy of Love radiates the energy of Healing
- When the Heart opens, your inner knowingness or intuition of the great universal wisdom mind, 'Pure Awareness Mind' will arise in the present moment and guide your life on it's unique path

## Uniqueness

A distressed woman goes to see a marriage guidance councillor. To try and reconcile and re-create loving intimacy the therapist suggests "Why don't you go on a vacation?"

The woman being annoyed at the suggestion states "My husband does not go on vacations!"

The truth of this situation is that the therapist acting on knowings from her own position or training she had received about relationship counselling, offers general advice that is supposed to be the solution to make a couple happy and rekindle their relationship.

The truth is that this does not help whatsoever and has the opposite effect by getting the client wild and feeling misunderstood.

Because all living beings are unique no one can offer advice to another. You can listen and ask questions to discover what the other already knows about themselves. In truth the wife has no understanding about her husband because we are uniquely different, although she might have invested a lot of time in trying to know him.

All human beings are unique therefore no one can offer advice to another

The only commonness between human beings is the inner love and the source of light which created our life, pure awareness

All solutions to problems come from reconnection to universal love, once this is again felt no matter how the other is, all is right with the world

If the person is not connected to their own inner source of love they will compound the suffering of not being able to be understood by their significant other

The solution is Divine love presence awakening - The 'Gentle Touch' Practice

This is the root problem for all relationships. The only solution is love and awareness. The amazing thing is this universe is full of love. It is very close and very personal. Once you are open to your inner love, then uniqueness becomes beautiful, not something to be understood but something which you share with others in a beautiful way, because we all become very, very special. There is no one exactly like you, this uniqueness then becomes your gift to mankind.

Please be mindful that you do not do what so many do and beat themselves up because they want to be like someone else. This is impossible. The answer is in nature. Go into a flower garden and look at a flower. Does the rose try and be anything else? Is one flower more beautiful than another? Ask people and everyone will have a different choice as to

what they prefer. This is beautiful. One thing is for certain you will never see a flower in therapy!

### The Love which you are seeking is seeking you - Right Now

Please remember this, so many seekers of God, of divinity, of pureness frantically enter the spiritual journey to escape the loneliness felt within the personality, denying their uniqueness because of the suffering they are feeling, because of the loneliness they experience. In truth once your connection to universal love and pure awareness of true self is established your understanding and perception will change completely. At this point in your life you will get out your celebration drink, scream "Hooray" knowing that you have escaped from the limited separated self.

Just imagine the other side of this, if only the pure self was felt and experienced how boring existence would be then; just sameness, no contrast! I know that when I first had my awakening experience being bathed in eternal love, my mind was still asking questions about the beyond until a point of stillness arose and the questioner disappeared, being replaced by total contentment. After that a Golden perfection of everything in my daily life, in this world, was experienced. I am unable to tell you about life after death because to me there is no such thing because I am always eternally existing, right here, right now. The only change I experience today is in my body which is what creates the beauty of all this life experience.

Therefore the answer lies in awakening to love, awakening to your pure awareness self and living life uniquely for a lifetime. Yes, the truth is you need both because you are both. One without the other is emptiness without juice. I cannot tell you about your experience because you are unique. We are so privileged to have this short life containing everything of purity in our unchanging self connected to our uniqueness self, flowering into life in perfection.

In truth there is no separation between anything. Once the controller leaves the body/mind you flower in the radiance of the Divine naturally. There is nothing to obtain, there is nothing to achieve, there is nothing to do. Once you become one or should I say you reconnect with the love that is seeking you, everything happens by itself and you just become 'the seeing' of the ever changing paradise of the moment to moment perfection.

What an amazing life we have! Let go and wake up to love and then everything will happen automatically, perfectly for your uniqueness. *Oneness Blessings of Love*

## Follow Your Heart

### Inner Awareness and Inner Love

- It is natural for others to tell you what they want you to do
- Listen to others' points of view and respect their view
- Only act on your inner awareness and not what others are telling you
- You will know when it is right for you as you will get a nice feeling somewhere in your body, normally in your Heart
- Inside your body-mind-soul there is Pure Awareness which will guide you in your daily life
- You are perfect as you are
- Connect with this inner pure awareness
- Happiness and Love come from pure Awareness
- Pure Awareness does not think of what to do, it just knows the perfect thing to do in every moment of your life
- Love and Happiness exist within you, right now and never leave you
- This is known as inner heartfelt feeling or inner listening without thinking
- 'Pure Awareness' replaces thinking - it is experienced more in the head area
- 'Pure Love' comforts and transforms all emotions and is felt in the heart or throughout the body

"The sacred flame in my heart burns eternally, it never goes out so I am forever warm in the hands of my Beloved". *Robert Bourne*





# Gentle Touch Practice

## True-Self Awakening



Robert Bourne

## How 'Gentle Touch' Approaches True-Self Awakening

The Gentle Touch Practice is based upon Self-Awareness, pure consciousness which is not perceived as a form or an object. We can all experience being Aware so the guidance is to stop thinking and being the doer and just stay like this, don't name it, just Be it. Remember you are already this, it is just a shift of attention that is required. There is nothing super-natural about this natural state of Being, no mind vision of God to manifest, no spiritual practice for enlightenment in the future.

How to live from the Gentle Touch Practice is by our True-Self Divine love Presence. Divine Love Presence is also just there without a form but you will feel it. In fact just Being in Awareness is required first to experience Divine Love. You are the Divine at your core, so it all starts with just Being - Stillness in mind. Then the Divine Love Presence will emerge as a natural aura which arises when you are resting in your Pure Awareness-self.

Peace and Contentment, causeless joy, bliss and happiness, are other natural experiences which are felt when you are in this natural state of Being.

You will also notice that there is a sense of freedom because you do not have to do anything to be happy and contented; that is your True-Self natural state. You will also be wrapped in the presence of Divine Love. It is then when you are resting in your True-Self Awareness that this state of being will naturally be there; you will be able to sense this Presence. Use the Gentle Touch Practice to connect with it.

When you are resting in this state there is no doer of actions there is only transformation. Your daily life experience will be met by this Divine Love Presence. The power of transformation of consciousness into Divine Truth occurs by the presence meeting your daily life experiences. Action now will be automatic without the mind's involvement. Living like this allows the transformation of consciousness of past karma to take place, this brings new positive life experiences into your life and frees you from entrapment of negative experiences/relationships.

When you live in this new way you are home and dry because you are now living in the peace and contentment of Being. It is important that when you are Being in your Awareness-Self and that you can feel the presence because then the presence will become the doer in your life. God is living daily life as Love. This will free you from the binding karma you have become trapped in. All you have to do is Stay as You Are!

Regarding the enquiry 'Who am I' when the thinking mind asks this question it is confused because it thinks of 'I' as a separate person with a body. If the question was changed to 'Where does this sense of I arise from' then the Oneness state of Pure Awareness would be realised without the mind getting confused. This is the discovery of the God-Self 'True-Self' within. From this initial discovery the teachings in Gentle Touch can be applied because the struggle is then over. Life now is lived from the state of Pure Awareness. Sri Ramana Maharshi teaches the direct way to the Knowledge of the Truth of enlightenment which is that God is here and now within you, requiring a shift of identification.

The truth is always simple if only the mind can drop this past attachment to ideology. The truth is that we are all 'The God Self' at our core experiencing a mind and body co-existing within a natural environment. All is within us right now to be able to live life from our God-Self. The question we have to ask ourselves is do we want to live in contentment and happiness or struggle with life from our limited illusory separate mind awareness within the body that is constricted to lower consciousness. We are meant to evolve and wake up.

We come from the oneness, unchanging, eternal, self luminous, absolute being and it is that which you are returning to. It is only through the reflected light of God that our mind is illuminated and our life is then experienced through the five senses of the body. When this occurs the mind tends to turn outwards and grasps onto existence as duality. As the brain is only a function within the body it believes itself to be a separate person as it identifies itself with the body; hence the emergence of the ego as the new creator for self serving desires. Life experience is now caught up in personal survival and procreation, which is the cause of all suffering in the world. Once the mind takes this leading role a veiling occurs from the True-God-Self that we really are. We then drown in the darkness of illusion and ignorance as to who and what we really are in a realm of lower consciousness.

Freedom is achieved simply by making a simple shift back to our God-Self. The only knowledge we require is to know that God is already one with us, drop the ego as I am the doer and turn the mind inwards to the self, resting back into our pure awareness Self. It is like we are living as a person stuck in the first gear of a car, not realising there is much more immediately available to us, right now. Undo this knot and fall into the heart of oneness love and pure awareness.

Once this shift has happened then transformation will take place and it is then that the guidance in the Gentle Touch teachings come into play. The teachings in Gentle Touch become the supporting knowledge to educate and re-condition your mind, as you will now be living your life in a totally new way.

The moment you start looking for the True-Self and go deeper and deeper, the real Self is waiting there to take you in. Then whatever is done is done by something else and you have no hand in it. In this process, all doubts and discussions are automatically given up just as one who sleeps forgets all his cares.

No theory is necessary, apart from this knowledge, for the man or woman who seriously desires to approach God or to realise his own true being. It is just a discovery. This discovery starts with the belief that our true nature is God; it is where we have come from so it is with us now.

Once we surrender our life to our True-Self, which is God, then the struggle is over. Then what needs to be done in our lives is then done by God.



## Gentle Touch Practice Support Guide

We are constantly in an ever changing process of evolution with all of existence. It is important to understand that you are enlightened now, however the two pure oneness bodies of 'Eternal Love' and 'Pure Awareness' are not normally fully shining in your life. You do however connect with them at times without realising that it has happened, but for most of the time they are laying dormant, just waiting for you to put your attention upon them; this is what the practice of 'Gentle Touch' will do.

This means most people are blocking off two parts of themselves from being experienced. Therefore an adjustment to what you believe about yourself is initially required. In truth you are perfect now because you are these two bodies plus your own unique human body; the three create your True-Self-Being. These two pure bodies are regarded as oneness bodies because they are the same within everyone.

The First belief to embrace - The two pure oneness bodies create an equality within the society of the world. They exist equally in everyone alongside the differences that each human being uniquely expresses.

The Second belief to embrace is that you are connected to the two unchanging pure bodies. It is your body which they are trying to manifest through to enable you to have your unique divine human-being existence.

The first body of pure unchanging oneness consciousness is the body of Pure Awareness. This is male in nature and as such its light shines out throughout the whole of existence and is the light of pure awareness. It is this light which creates all of life, as it shines it creates form. As it slows down it changes into a type of waving omni-present form which becomes the second body of Love. As this light comes into the duality of life it creates all life forms. Through your Gentle Touch practice the Pure-Awareness-Self will reconnect you to this inner light bringing inner contentment and stillness of mind. The eventual realisation is that you and God are one; this is the Enlightenment of all spiritual masters. The key to this state is stillness of mind.

The second body of unchanging eternal love is connected to your heart through your emotional body. It is this energy which is very gently waving in form and is reflected inward, being feminine in nature. When resting in your Pure-Awareness-Self divine love presence becomes your natural aura. This presence of love actually transforms consciousness back to its highest form of True-Self. This becomes your daily life spiritual practice. This is the Gentle Touch energy practice to reconnect you back to the Universal emotional body of love; the Spiritual Mother. This confuses the mind as it has nothing to do except rest in True-Self body of pure awareness.

It is these two pure bodies you are going to reconnect with and open through your practice of Gentle Touch.

## Pure Awareness

### Divine Light is the First Pure Spiritual Body

The Light of Pure Awareness comes from the formless unchanging aspect of all of existence described as God, the Universal field, Void or whatever name you give it.

Deep within you, at your very core, the centre of your uniqueness is in total stillness. In your third eye you may see the light that never goes out, the eternal flame within all of life. In fact it is life before Love. It shines from nothingness outwards, hence it is the creator of all that is. It is untouchable hence it is eternally constant. It is this which created you, me and everything.

When you lose your attachments created by your limited mind as the controller of your life it is exchanged for your natural mind of pure awareness and everything flows in perfect harmony. Your life is then just put before you and this happens automatically. This mind is known as the awakened mind, being awakened and then living in the presence of love, life just becomes a very beautiful experience.

### Preparation for Awakening Pure Awareness - Know Nothing

- Drop all of what and who you think you are
- Drop all your beliefs and concepts about life

Doing this allows the alignment to reoccur with your Pure Awareness Self. When a connection is made to Pure Awareness this stimulates your true energy emotional body of Love to be experienced. This unchanging pure body is common to all living beings. This is why when experienced we never feel alone in a natural quality of meditation, inner peace and contentment. In stillness of pure awareness our natural aura is a Love Presence. Our body from the base chakra to the third eye is then filled with love which overflows into society which is why we can have love for everyone.

You become the creator without needing to desire anything because everything you need is put before you effortlessly. It is at this point of stillness that the thinking mind stops and the questioner disappears. In its place arises the contentment of not knowing, however when required in the moment, the wisdom of the external now arises to guide your choice making moment to moment life experiences.

If you are to live in freedom and express the beautiful unique human being that you are, you have to place your attention upon that which is at your very core right now. It is not hidden because it is your pure awareness, eternally existing. This Gentle Touch pure awareness practice will simply re-connect you to this eternal light to re-awaken a stillness ,an unmoving mind of pure contentment and unshakable happiness.

## Om Namō Bhagavate Vasudevaya

### Mantra for Liberation connecting to Pure Awareness



Salutations to the Indweller who is omnipresent, omnipotent, immortal and Divine.

Mantra for liberation from the lower survival self as it calls upon the higher self to reside in the third eye, producing Pure Awareness, Divine universal wisdom. This mantra is called the Great Liberation Twelve-Syllable Mantra. It frees our minds and souls from negative patterns.

Regular and consistent practice of this mantra gives us complete spiritual freedom: it frees us from the cycle of rebirth by releasing the mind from its attachments and helps us realise ourselves as a manifestation of transcendent Divinity.

**Namo:** Salutations to (the lower-self lets go and embraces the inner divine-self)

**Bhagavate:** This is referring to the body of Pure Awareness (See Moola Mantra)

**Vasudevaya:** Is the individual aspect of divinity that dwells inside of us. The energy that incarnates as an Avatar, the inner Guru God Self to help and guide us. This is our higher wisdom body self.

Remember that you are already enlightened; love everything without attachment or judgement, know nothing with certainty, make an inner space for your Divinity to manifest inside of you; allow your higher self to reside within your third eye to guide your life, whilst your mind rests in your True-Self.

**Om Namō:** I bow to the subtle Divine inner wisdom. This part of the mantra is saying that you surrender your ego in an attitude of graceful humility. You accept that your personal mind has to be surrendered, to be dropped to allow the light of pure awareness, of the Divine Truth to illuminate your limited mind. You can now see the connection and importance of 'Om Namō'.

The more you can accept that you 'know nothing' in relation to the highest Divine consciousness the greater and quicker the transformation will occur.



## The Presence of Love is the Second Pure Spiritual Body

Divine Love Presence arises from Pure Awareness. The Gentle Touch practice connects to the highest source of eternal love. The practice opens the energy connection through the divine oneness crown chakra and awakens the heart chakra in the body. The pure energy will not be felt at the highest level but after you have chanted the Moola Mantra it will manifest as a natural aura.

The energy soon travels directly to the heart chakra causing it open, radiating pure love for all that is. Over time this causes a beautiful flowering of the heart to occur quite naturally without the need of any mind interference whatsoever.

When awakening happens your Divine-True-Self takes over your life. This means your mind will be resting in the centre of your pure-awareness being and the aura of divine love will surround you. Who would not want to live in causeless joy, bliss, peace, happiness and contentment with all your needs put before you without effort?

What has happened up to now is that your mind, thinking it is a separate person has been using the reflection of the divine light to create attachments with others based upon personal survival needs and personal desires; these desires are normally based upon the judgement of others.

Through awakening divine love presence all your connections and attachments will be transformed into divine consciousness. The body of love will then be the first connection to all others in this world.

Your mind/soul is now being transformed into the light of pure awareness. Your mind is going home to merge with your True-Self allowing the Divine to flow through your being without being controlled or limited by the minds attachments, especially those which are negatively binding to you.

Life's purpose is to live in endless eternal love, in the stillness of Pure Awareness. This is the Oneness of existence being expressed through its individual unique different life forms. We are all this.

Once experienced you can enjoy all other human beings, animals, the natural world and all of creation becomes an awesome wonder. It becomes a grateful privilege to be a human being. It becomes an eternal joy to be alive, right here, right now.

## The Moola Mantra

Om Sat-Chit-Ananda, Para-Brahma

Purushothama, Paramatma

Sri Bhagavati Sametha, Sri Bhagavate Namaha

The Moola Mantra represents a statement of the highest truth of all existence. The Moola Mantra explains in stages how the one-being becomes the many. It explains the spiritual workings of the whole of existence.

OM:	<i>inviting the higher divine energy</i>
SAT:	Divine Truth or Absolute Being
CHIT:	Pure Consciousness <i>infinite</i>
ANANDA:	Bliss
PARABRAHMA:	The Supreme Creator
PURUSHOTHAMA:	The energy that incarnates as the Avatar to help and guide mankind
PARAMATMA:	Supreme inner Divine consciousness in every living being; our pure all knowing higher self
SRI BHAGAVATI:	The female aspect, which is characterised as the supreme intelligence in the action of transformation; the power of pure love presence
SAMETHA:	<i>together with, in communion with</i>
SRI BHAGAVATE:	The male aspect of creation, which is unchangeable and permanent, this is the Pure Light Awareness - Truth
NAMAHA:	Saltations, I surrender my egoic mind to welcome and greet my inner divine-self. To join in union with our two pure bodies of Unconditional Love and Pure Awareness
HARI OM TAT SAT	OM, The Divine Absolute Truth

**Basic interpretation:** Oh Divine Force, Spirit of All Creation, Highest Personality, Divine Presence, manifest in every living being, Supreme Soul manifested as the Divine Mother and as the Divine Father, I bow in deepest reverence.

The Gentle Touch practice awakens the two divine bodies; Sri Bhagavati which is the body of Pure Love together with Sri Bhagavate which is the body of Pure Awareness.

## The Moola Mantra Various Interpretations

Because this mantra is the core practice to achieve liberation and Awakening through the Gentle Touch practice, I was guided to provide as many interpretations as possible so you can obtain the understanding which best resonates with you.

My spiritual friends all over the world have taken the trouble to share this with us through their websites. I have not made any amendments to their postings apart from anything which I have seen as discriminatory in nature; for example referring to the Divine as masculine.

This mantra evokes the living Infinite Being, asking protection and freedom from all sorrow and suffering. It is a prayer that adores the great creator and liberator, who out of love and compassion manifests, to protect us, in an earthly form. This Moola mantra has given great peace and joy to people all over the world, who have chanted, or even listened to it.

It has the power to transport ones mind to the state of causeless love and limitless joy. The calmness that the mantra can give is to be experienced, not spoken about. This mantra contains the key with which any door to spiritual treasure will be opened. A tool which can be used to achieve all desires. A medicine which cures all ills. The nectar that can set man free! All auspiciousness and serenity is yours simply by chanting or listening to this magnificent Moola mantra.

Whenever you chant this Vedic Sanskrit Mantra, even without knowing the meaning of it, that itself carries power. But when you know the meaning and chant it with feeling in your heart, then the energy will flow a million times more powerfully. It is therefore important to know the meaning of the Moola Mantra when you use it.

This Mantra is like calling a name. Just like when you call a person he comes and makes you feel his presence, in the same manner when you chant this mantra the Supreme Energy manifests everywhere around you. As the Universe is omnipresent, this Supreme Presence can manifest anywhere and anytime.

It is also very important to know that having a certain attitude of mind and emotions when chanting the Moola Mantra is important to activate the best connection with your inner Divine. This approach is in having deep humility, respect and a strong emotional desire as this will create a more open body mind, making the Divine Presence stronger.

## The Moola Mantra Meaning

**Om:** It is the primordial sound or the Universal sound by which the whole universe vibrates. Om also means inviting the higher divine core being energy.

**Sat Chit Ananda:** The beginning of the mantra is 'Sat Chit Ananda Para-Brahma' which refers to the infinite being's state of consciousness. This state is eternal and unchanging. All those who have awakened to this state of being experience the same quality of ultimate enlightened Truth, pure consciousness at the highest enlightened state with the emotional experience of Bliss and unshakable happiness, no matter what is happening in the

consciousness realms of constant change. This is the pure centre of our being and the core of all existence.

**Sat:** Truth or Absolute Being. Sat describes an essence that is pure and timeless, that never changes.

The all penetrating existence that is formless, shapeless, omnipresent, attribute less, and quality less aspect of the Universe. It is the Un-manifest. It is experienced as the emptiness of the Universe. We could say it is the body of the Universe that is static. Everything that has a form and that can be sensed, evolved out of this Un-manifest. It is so subtle that it is beyond all perceptions. It can only be seen when it has become manifest into existence and has taken form. We are in the Universe and the Universe is in us. We are the effect and Universe is the cause and the cause manifests itself as the effect.

**Chit:** The Pure Consciousness of the Universe that is infinite, omni-present manifesting power of the Universe. Out of this is evolved everything that we call Dynamic energy or force. It can manifest in any form or shape. It is the consciousness manifesting as motion, as gravitation, as magnetism, etc. It is also manifesting as the actions of the body, as thought force. It is the Supreme Spirit.

**Ananda:** Bliss, unshakable happiness, love and friendship nature of the Universe. When you experience either the Supreme Energy in this Creation (Sat) and become one with the Existence or experience the aspect of Pure Consciousness (Chit), you enter into a state of Divine Bliss and eternal happiness (Ananda). This is the primordial characteristic of the Universe, which is the greatest and most profound state of ecstasy that you can ever experience when you relate with your higher Consciousness.

**Parabrahma:** The Supreme Being in its Absolute aspect; one who is beyond space and time. It is the essence of the Universe that is with form and without form. It is the Supreme creator.

**Purushothama:** This has different meanings. Purusha means soul and Uthama means the supreme, the Supreme spirit. It also means the supreme energy of force guiding us from the highest world. Purusha also means Man, and Purushothama is the energy that incarnates as the Avatar to help and guide Mankind and relate closely to the beloved Creation.

**Paramatma:** The supreme inner energy that is immanent in every creature and in all beings, living and non-living. It's the indweller, the inner Sat Guru or the Antaryamin who resides formless or in any form desired. It is the force that can come to you whenever you want and wherever you want to guide and help you.

**Sri Bhagavathi:** The female aspect, which is characterised as the Supreme Intelligence in action, the Power (The Shakti). It is referred to the Mother Earth (Divine Mother) aspect of the creation.

**Sametha:** Together or in communion with

**Sri Bhagavathe:** The Male aspect of the Creation, which is unchangeable and permanent.

**Namaha:** Salutations or prostrations to the Universe that is Om and also has the qualities of Sat Chit Ananda, that is omnipresent, unchangeable and changeable at the same time, the supreme spirit in a human form and formless, the indweller that can guide and help in the feminine and masculine forms with the supreme intelligence. I seek your presence and guidance all the time.

**Om Tat Sat Definition:** Om Tat Sat is a mantra in Sanskrit that is translated to mean the 'Supreme Absolute Truth' literally 'All that is'. This Sanskrit mantra is translated to mean the 'Supreme Absolute Truth', everything in creation 'All that is'.

Om refers to the Supreme Infinite Spirit or Person.

Tat refers to 'that' or 'all that is'.

Sat refers to 'truth', that which is eternally constant, never changing, as opposed to the aspect of life which is in constant change. This is the underlying basis to existence which is most fundamental and universal.

**Hari Om Definition:** This is sometimes chanted is Hari Om Tat Sat (Hari, the Lord, is infinite spirit - that is the truth) is also spoken as a variation, especially amongst followers of the Bhakti paths.

Hari Om: 'Hari' is another name for the Divine which can only mediate upon itself 'Om'. Therefore Om can follow Hari as Om usually comes first in a mantra.

Two words that are part of most mantras:



**OM:** This sound is usually chanted at the beginning of every mantra. It is known as a 'seed sound'. A seed sound is extremely potent and expresses a particular energy. A translation will always fall short and is actually impossible. Om is the sound of the sixth chakra, also known as The Third Eye. Here is where the masculine and feminine energies meet. It is called the Soundless Sound, or the Sound of the Universal (God/Divine) essence.

The King of mantras of a single syllable is 'Om'. It is the sound of infinity and immortality, containing within it all the scriptures of the world. 'Om' is often used at the beginning of meditation to focus the mind, or as a prefix to other mantras.

**NAMAHA:** A common ending to many mantras, means 'I offer my self'

**NAM or NAMO:** Used at the beginning of a mantra to state I embrace my life, to open and reveal the highest Divine nature. Namō means 'I bow' (to surrender the ego) taken from Namaste – 'The Divine in me greets the Divine in you'.

# The Gentle Touch Practice Explained

## The Pure Awareness Body of Light Preparation

The 'Pure Awareness Body of Light' connection starts by accepting that whatever you think you know and believe in can become your barrier to the ultimate Truth. This is why centring yourself in the present moment is the starting point to dropping the thinking mind. A surrender is required by accepting a state of mind, that of not knowing, the enlightened mind of pure awareness self can then manifest.

Preparation of Intention - You pre-set one goal. Know what you are wanting to manifest before you start. Your desire is to have anything you wish to manifest for yourself; materially, physically or spiritually.

You now surrender your ego, your limited thinking mind to your inner God-Self *(dropping all beliefs and any form of spiritual practice, visualisation or meditation techniques you have previously learnt)*.

You enter into a passive, humble, receiving mode of not knowing.

You now start the CD and let it play

## The Gentle Touch Mantras

01. Chant with - Om Namoh Bhagavate Vasudevaya
02. Stay in silence and listen to the ashram version - Listening Bhagavate
03. Chant with loving emotion - The Moola Mantra
04. Stay in silence whilst listening to the - Divine Presence Integration

It is AFTER you have chanted the Moola Mantra and you have entered into silence that the Divine Love Presence can be felt or sensed.

The creation of your goal is now taking place. No thinking or trying is required, the highest state of creation will do this for you from out of the mystical silence. Any negative aspects of the conditioned self are switched off when resting in this pure awareness state of consciousness.

Just allow your inner Divine-True-Self to do what it has to do to transform your life. Just rest your mind in its love and start living from Being, not doing!

## The Function of the Gentle Touch Mantras

To activate the process of awakening you need to take action. To allow the effects of your action to take place you need to stay silent, resting the mind and do nothing at all. You will see this pattern happening as you take part in the Gentle Touch Practice. First you chant a mantra and then you stay in silence; this is being active and then passive.

**Track 01** Om Namo Bhagavate Vasudevaya: The purpose of chanting this track is to detach from and slow down the chattering mind to connect with the stillness of your Pure-Awareness-Self.

**Track 02** Ashram Om Namo Bhagavate Vasudevaya: Stay in silence with this track. The purpose of this track is to rest in the natural inner silence of your Pure-Awareness-Self.

**Track 03** Moola Mantra: This is the key track to chant or sing along with using passionate loving emotion. This mantra will align you to Universal Unconditional Oneness Love body through the divine chakra.

**Track 04** Love Presence Integration: Stay in silence with this track. This track allows for a direct Love Presence connection to be anchored into the body to allow transformation to take place. Pay attention to the energy presence around your body. Stay in stillness of mind, Pure Awareness.

This energy could flow between your hands through the chakra system but you may not experience it in this way, it all depends upon the individual - both are okay. The presence is more of a natural loving aura surrounding all of your body. This presence arises naturally because you are resting in the stillness of your True-Self. It is like the fragrance of the Divine itself manifesting to interact with all in your daily life with the presence of love.

This track was created for energy integration as it allows time for you to integrate the pure invisible Sat-Chit-Ananda energy experience by staying in silence. You may want or need to lay or sit down and just stay in silence to integrate the Divine energy.

Because everyone will experience this uniquely you will have to go with how you are being moved. There is no wrong way to experience this.

For maximum benefit a daily practice is recommended



## Gentle Touch Group Practice

### Synchronised Remotely and Practiced in the same Room

We have experienced that out of the three main group practices; Reiki Healing Share, Sat Guru Sacred Mantra practice and the Gentle Touch practice that the Gentle Touch practice is the only one that you can synchronise with others to practice together remotely.

If you are unable to meet together in the same room as a group then you can arrange a date and time to practice which will start all at the same time. It is certainly a benefit to synchronise your Gentle Touch Practice with like minded others. When you are carrying out this practice please do not use an online meeting option such as Zoom or Skype as it causes distraction from your own experience. Just make sure you all start at the same time, allowing for world time differences. The coming together for this practice will surprise you as to how powerful it is. You could arrange an online sharing a few days afterwards.

I have found the benefit of practicing in a group together or by long distance is that the transformational power is increased and awakening is more easily achieved.

I have suggested that after downloading the New Awakening Process you start a community or support group. The Gentle Touch Practice is recommended to be one of the practices you come together to share within a group once a week.

### Should we share our experience after a Group Practice

Please remember if you are in a group that wants to share experiences everybody is unique, therefore you cannot compare your experience with another in terms of how you are doing. What you are experiencing is always perfect because you are unique.

Some people only notice the real effect a day or a few days afterwards, therefore sharing should be spontaneous and certainly not a ritual. This practice is coming from the unfelt, unseen, unmanifest Core Being, therefore it is beyond the five senses and its effects are mystical in nature.

When we have shared in the past what I have noticed which is interesting is that there will be some common phenomena happening, although there can be many differences.

For sharing please split into small groups of four, otherwise if the group becomes too large then there will not be enough time to listen to everyone who wants to share.

The other point is that some people need to integrate the energy through lying down in silence and may not want to share. After the energy is activated, the body tends to become very relaxed, as if in sleep. When this occurs it is a good idea to keep yourself warm. A blanket is good for this so you may need to take one to your group. If you are in your own home on your own have one ready to use in case you need it.

The key is to be flexible and just go with how you are feeling at the final stage of the oneness love integration of the body/mind stage of the Gentle Touch practice.

## Life After Awakening - Transformation

The reason why most people are out of touch with their natural emotional centre of the love body of their True-Self is because today's society requires our attention to be focused on the outside. Because of society's demands, people's minds are moving too quickly, consumed with constantly thinking about the future or the past through the use of mobile phones, social media networks, work, etc. Not being in the present moment is causing them to block off their emotional body, moving them away from the universal love heart energy to become stuck in the thinking judgmental mind.

Life after awakening? This is where so many spiritual seekers who are at the third stage of evolution have so much trouble.

It goes like this, "I have experienced bliss, causeless joy or have experienced the sense of freedom from the mind but unpleasant things are still happening, or the mind is still chattering so I maybe have not made it?"

The problem is that the early stage of awakening is delicate and it is very easy to be pulled back into past unwanted behavioural patterns or other people's traumas and life's expectancies, beliefs and experiences. The mind is still in existence with its illusionary attachments and it is this which needs to be transformed through daily life.

Now a person has learnt for many lifetimes that they have to be the 'doer' because they are all alone in this world. How can this habit be broken when you are told that you are in your perfect centre of your awareness-self and you are now witnessing life from this place of True Self?

At the time when awakening first occurs through your regular practice of Gentle Touch, when you become de-clutched from the thinking egoic mind, real transformation of the mind begins.

You need to stay alert so you don't react in a defensive protective personal way. As soon as you recognise the situation is uncomfortable you surrender your response to allow the presence of divine love to meet what is happening and transform the situation. This will also start your real transformation of the mind's attachments.

Life at this stage of awakening now gets met by your inner God-Self which is pure love and pure awareness.

Let me repeat what you do one more time. When you meet an unpleasant life experience you immediately rest the mind, don't react in your normal automatic personhood state of mind. You now pass the experience to the presence of love which will transform the situation. Doing nothing becomes everything happening and is transformation of consciousness!

If you identify with the present moment as yours, or your entangled life experience with others, (known as mind attachments) you will normally get caught into the pattern of your previous response and re-create it again.

## True-Self Awakening Practice

The key to change therefore is to stay detached and become a witness to what is happening. When you do this, provided you are in your pure awareness self, the Divine presence will greet the moment and transform it into Divine consciousness.

Staying with the present moment, resting in your True-Self, will allow the presence of Divine love to transform you completely. Over time the mind/soul will unfold until it completely dissolves all attachments and comes to rest as a pure enlightened being. This is the state of all enlightened masters.

Patience, acceptance of what is manifesting in your life without judgement and most importantly trust are the keys to establishing faith in your True-God-Self. Until such times as a stability occurs and there is no-thinking-mind, an acceptance of everything as it is in its perfect Divine flowering of various states of consciousness is required, without judgement.

A daily practice of Gentle Touch is the solution to a rapid transformation.

## Creating a CD for Your Gentle Touch Practice

### Technical Help using iTunes

You could create a CD for your practice using iTunes.

You will need to create a new playlist in the order listed above. The following pathway in iTunes is how you create a playlist: File - New - Playlist. You then need to add the four tracks to the playlist, as in the Gentle Touch Practice Mp3s provided.

01 Om Namoh Bhagavate

02 Listening Bhagavate

03 Moola Mantra

04 Divine Presence Integration

Once you have created a playlist you can create a CD. Select the following pathway and settings: File - Burn playlist to disc - Disc format = Audio CD (Use a CD-R 700MB 80 min disc is fine)

### The difference in selecting the Audio CD format and not Mp3

By selecting Audio CD format it will play in any CD player. The older units do not play Mp3 files. If all your players including your car are modern they will all play Mp3 files.

The difference between a CD and Mp3 disc is that you can only get about 12 songs or 80 minutes playing time in the conventional CD format, whereas an Mp3 disc will play about 120 songs on the same disc!

So for the Gentle Touch Practice both formats will fit onto a standard CD disc.



Sri Ramana Maharshi

# The Teachings of Sri Ramana Maharshi



## Foreword

By Robert Bourne

### Sri Bhagavan's Life (1879-1950)

I wanted to write this foreword because I see many followers today trying to realise the True-self directly by trying to copy Bhagavan's teachings (pointings) by just using the Self-enquiry of 'Who am I'? Without Bhagavan's Presence only a few have made it using this method. There are many who for years have followed this line of enquiry and have not realised the Self, resulting in their life becoming very dry as a result.

Why is this? The True-self does not manifest into duality. The individual mind rises into the body using the reflected light from the eternal mystical Source of Oneness. In our waking state the six senses are activated by the personal mind using the divine light in a reflected weaker form. The manifest world is now seen and experienced. Relationship connection with others are formed to live out our survival, personal desires and ambitions. This is known in physics as quantum entanglements. Quantum physicists now realise we are creating our reality by our imagination, beliefs and desires. The attachments become binding and create positive or negative karma depending upon the consciousness of the individual. *Please go back and study this as explained in The Universal Spiritual Laws.*

In our dreaming state during sleep the manifest world is not seen. What happens is that the senses of the body are resting while the individual soul consciousness integrates the daily experience with the higher overriding oneness consciousness or soul grouping to help with the evolutionary journey. Dreams can be remembered upon waking with either relief or joy depending upon their nature. You will also notice that you can make anything happen in this dream state as the physical laws of this world are no longer binding the soul consciousness. You could say your mind/soul consciousness is free from restrictions as it is now out of the body.

In our deep sleep state no memory is retained upon waking this is because the mind/soul has returned to the oneness heart of existence, your True-self. This is why you wake up refreshed for another day as a separate person. Depending upon the consciousness of the individual there are some people who gain solutions to problems or receive bodily healing when in this oneness state of deep sleep.

This means an individual person residing in a lower consciousness the presence of love is not manifesting. It is the presence of Love that transforms consciousness back to your True-Self-Being. When you understand this it is obvious that a person



in lower consciousness trying to trace the source of the mind of 'Who am I' back to their True-Self will not have the presence of love to transform the attachments within the mind. Remember that we are expressions of the Oneness Being and therefore to surrender the personal thinking mind by focusing inwards and not outwards is the solution, together with the understanding that Divine Love Presence is everywhere. The previous teachings in this manual explain these concepts.

There are some Gurus today who have awakened to their True-Self just say, "relax as you are it" and in their presence people have experiences. They think that that is enough, throw away your books, stop all your practices as you are already the True-Self. This is True, however one thing they do not teach is that when a person leaves the ashram and returns home their old attachments come out to play binding them once again in their lower consciousness duality. Teachings and knowledge are required to educate the mind as to who we really are. These then become correct beliefs in the subconscious mind. Spiritual practices are also required to raise the consciousness of the individual until the evolution of the soul/mind is residing in a higher consciousness. This allows the presence of unconditional love to manifest so that mind attachments are met and transformed by Divine Love Presence. Full awakening is then possible.

To investigate if this knowledge is true we need to look at the events Sri Bhagavan took to arrive at his incredible mission of realising the True-Self; revealing his life as a living testament of True-God-Self manifestation. This was his life purpose to prove that the individual can awaken to their True-Self. The key realisation I have personally experienced is that the True-Self is not in this world. I saw that the person goes on a journey to find God and that every spiritual practice comes to a dead end. Practices have the positive effect of raising consciousness of the soul.

Sri Bhagavan was asked "What is the nature of the Self?" He Replied "What exists in truth is the Self alone. The world, the individual soul and God are appearances in it."

Sri Bhagavan only died in 1950 which makes him the most recent publicly known proven manifestation of the divine True-Self we can refer to. His life's mission and teachings cannot be corrupted in terms of any alteration to sacred texts as there was no Sri Ramana foundation of monastic order created to pass on his teachings.

Bhagavan was born in Tamil Nadu, India in 1879 into a family who practiced the Smarta tradition which is aligned to Advaita Vedanta regarding Adi Shankara as its founder or reformer. It is important to mention Adi Shankara because there is a threaded connection to Sri Bhagavan and how we can realise our True-Self today.

### Adi Shankara (733-746 approx)

Shankara travelled across the Indian subcontinent to propagate his philosophy through discourses and debates with other thinkers. He established the importance of monastic life as sanctioned in the Upanishads and Brahma Sutra, in a time when the Mīmāṃsā school established strict ritualism and ridiculed monasticism. He is reputed to have founded four monasteries (*maṭhas*), which helped in the spread of Advaita Vedanta of which he is known as the greatest revivalist. Each monastery was headed by one of his four main disciples, who each continued the Vedanta Sampradaya.

He also explained the key difference between Hinduism and Buddhism, stating that Hinduism asserts 'Atman (Soul, Self) exists', while Buddhism asserts that there is 'no Soul, no Self'.

Adi Shankara is also believed to be the organiser of the Dashanami monastic order and unified the Shanmata tradition of worship. Let us look at what this is.

### Dashanami Monastic Order

Monastics of these ten orders differ in part in their beliefs and practices, and a section of them is not considered to be restricted to specific changes made by Shankara. While the Dasanāmis associated with the Shankara maṭhas follow the procedures enumerated by Adi Śankara, some of these orders remained partly or fully independent in their belief and practices; and outside the official control of the Shankara maṭhas (*monasteries*).

### Shanmata Tradition of Worship

Adi Sankara's followers worship one divine power, Brahman in all its six manifestations. It centres around the worship of the deities belonging to six agama schools, Shiva, Vishnu, Shakti, Genesha, Surya and Skanda as One. This is based on the belief in the essential oneness of all deities, the unity of Godhead, the one divine power, Brahman.

## Ramana Maharshi lives overview

Ramana Maharshi (30th December 1879 - 14th April 1950) was an Indian sage and jivanmukta (*liberated being*). In 1895, at 15 years old an attraction to the sacred hill Arunachala and the 63 Nayanars was aroused in him, and in 1896, at the age of 16, he had a death-like-experience where he became aware of a current or force (*avesam*) which he recognised as his true 'I' or 'Self', and which he later identified with the personal God, or Iswara that is, Shiva. This resulted in a state that he later described as the state of mind of Iswara or the jnani (*Self-realised*). Six weeks later he left his home in Madurai, and journeyed to the holy mountain Arunachala, in Tiruvannamalai, where he took on the role of a sannyasin (*though not formally initiated*), and remained for the rest of his life.

*(The divine had taken over his life completely as Bhagavan was now acting from no-mind compulsion)*

*(Note: The Nayanars were a group of 63 saints, also saint poets, in the 6th to 8th century who were devoted to the Hindu God Shiva in Tamil, Nadu)*

He soon attracted devotees who regarded him as an Avatar and came to him for darshan (*the sight of God*), and in later years an ashram grew up around him, where visitors received upadesa (*spiritual instruction*) by sitting silently in his company and also through asking questions. Since the 1930s his teachings have been popularised in the West, resulting in his worldwide recognition as an enlightened being.

Ramana Maharshi approved a number of paths and practices, but recommended Self-enquiry as the principal means to remove ignorance and abide in Self-awareness, together with bhakti (*devotion*) or surrender to the Self.

## Early Years up to 16 years old (1879-1895)

When Venkataraman (*Bhagavan*) was seven he had his upanayana, the traditional initiation of the three upper varnas into Brahmanical learning and the knowledge of Self. He had a very good memory, and was able to recall information after hearing it once, an ability he used to memorise Tamil poems.

Narasimha notes that Venkataraman (*Bhagavan*) used to sleep very deeply, not waking up from loud sounds, nor even when his body was beaten by others. When he was about twelve years old, he may have experienced spontaneous deep meditative states. *Sri Ramana Vijayam*, the Tamil biography that first appeared in the 1920s, describes a period a few years before the death of the ego experience:

*"Some incomplete practice from a past birth was clinging to me. I would be putting attention solely within, forgetting the body. Sometimes I would be sitting in one place, but when I regained normal consciousness and got up, I would notice that I was lying down in a different narrow space, to the one where I had first sat down".*

When he was about eleven his father sent him to live with his paternal uncle as he wanted his sons to be educated in the English language so that they would be eligible to enter government service.

**Note:** The phrase "incomplete practice from a past birth clinging to me" includes the Tamil term vittakurai which the Tamil Lexicon defines as "Karma resulting from acts performed in a previous birth, and which are considered to be the cause of progress in the current birth". The implication is that some spiritual practice performed in a previous life carried forward and drew the young Bhagavan into states of absorption in which he was unaware of either his body or his surroundings.

#### Adolescence and realisation(1895–1896)

In November 1895 Venkataraman (Bhagavan) realised that Arunachala, the sacred mountain, was a real place by reading Tamil version of the very famous Kannada epic poem Prabhulingaleele. According to Arthur Osborne, a new current of awareness started to awaken during his visits to the Meenakshi Temple at Madurai, "a state of blissful consciousness transcending both the physical and mental plane and yet compatible with full use of the physical and mental faculties". But Ramana later stated that he remained uninterested in religion or spirituality until his awakening eight months later.

According to Narasimha, in July 1896, at age 16, a sudden fear of death befell him. He was struck by "a flash of excitement" or "heat", like some *avesam*, a "current" or "force" that seemed to possess him, while his body became rigid. He initiated a process of self-enquiry asking himself what it is that dies. He concluded that the body dies, but that this "current" or "force" remains alive, and recognised this "current" or "force" as his *Self*, which he later identified with "the personal God, or Iswara".

In one of his rare written comments on this process Ramana Maharshi wrote, "Inquiring within *Who is the seer?* I saw the seer disappear leaving That alone which stands forever. No thought arose to say *I saw*. How then could the thought arise to say *I did not see*."

Later in life, he called his death experience sudden liberation (*akrama mukti*), as opposed to the gradual liberation (*krama mukti*), as in the Vedanta path of jnana

yoga. It resulted in a state of mind which he later described as the state of mind of Iswara or the jnani.

*“After reading the language of the sacred books, I see it may be termed pure mind, unbroken experience, true knowledge, etc.; that is the state of mind of Iswara or the jnani.” Sri Bhagavan*

After this event, he lost interest in school studies, friends, and relations. He was absent-minded at school, imagining and expecting God would suddenly drop down from Heaven before him. Avoiding company, he preferred to sit alone, absorbed in concentration on this current or force, and went daily to the Meenakshi Temple, ecstatically devoted to the images of the 63 Nayanars and of Nataraja, wanting the same grace as was shown to those saints, praying that he should have the same bhakti that they had and weeping that God should give me the same grace He gave to those saints.

Knowing his family would not permit him to become a sanyassin and leave home, Bhagavan slipped away, telling his brother he needed to attend a special class at school. Venkataraman boarded a train in September 1896 and traveled to Tiruvannamalai where he remained for the rest of his life.

### Acknowledgements for the history of this introduction

Wikipedia and David Godman

## Tiruvannamalai Temples

(1896–1899)



Arunachaleswara Temple, Tiruvannamalai

### Arunachaleswara temple (1896–1897)

On arriving in Tiruvannamalai, Maharshi went to the temple of Arunachaleswara. The first few weeks he spent in the thousand-pillared hall, then shifted to other spots in the temple, and eventually to the Patala-lingam vault so that he might remain undisturbed. There, he spent days absorbed in such deep samadhi that he was unaware of the bites of vermin and pests. Seshadri Swamigal, a local saint, discovered him in the underground vault and tried to protect him. After about six weeks in the Patala-lingam vault, he was carried out and cleaned up. For the next two months he stayed in the Subramanya Shrine, so unaware of his body and surroundings that food had to be placed in his mouth or he would have starved.

### Gurumurtam temple (1897–1898)

In February 1897, six months after his arrival at Tiruvannamalai, Ramana moved to Gurumurtam, a temple about a mile away. Shortly after his arrival a sadhu named Palaniswami went to see him. Palaniswami's first darshan with Bhagavan left him filled with peace and bliss, and from that time on he served Ramana as his permanent attendant. Besides physical protection, Palaniswami would also beg for alms, cook and prepare meals for himself and Ramana, and care for him as needed. In May 1898 Ramana moved to a mango orchard next to Gurumurtam.



Arthur Osborne wrote that during this time Ramana completely neglected his body. He also ignored the ants which bit him incessantly. Gradually, despite Ramana's desire for privacy, he attracted attention from visitors who admired his silence and austerities, bringing offerings and singing praises. Eventually a bamboo fence was built to protect him.

While living at the Gurumurtam temple his family discovered his whereabouts. First, his uncle Nelliappa Iyer came and pleaded with him to return home, promising that the family would not disturb his ascetic life. Ramana sat motionless and eventually his uncle gave up.

In September 1898 Ramana moved to the Shiva-temple at Pavalakkunru, one of the eastern spurs of Arunachala. He refused to return even though his mother begged him too.

### Arunachala (1899–1922)

Soon after this, in February 1899, Ramana left the foothills to live on Arunachala itself. He stayed briefly in Satguru Cave and Guhu Namasivaya Cave before taking up residence at Virupaksha Cave for the next 17 years, using Mango Tree cave during the summers, except for a six-month period at Pachaiamman Koil during the plague epidemic.

In 1902, a government official named Sivaprakasam Pillai, with writing slate in hand, visited the young Swami in the hope of obtaining answers to questions about "How to know one's true identity". The fourteen questions put to the young Swami and his answers were Ramana's first teachings on Self-enquiry, the method for which he became widely known, and were eventually published as *Nan Yar?*, or in English, *Who am I?* (*'Nan Yar?' 'Who am I' is included in this book*)

Many visitors came to him and some became his devotees. Kavyakantha Sri Ganapati Sastri, a Vedic scholar of repute in his age, with a deep knowledge of the Srutis, Sastras, Tantras, Yoga, and Agama systems, but lacking the personal darshan of Shiva, came to visit Ramana in 1907. After receiving *upadesa* from him on self-enquiry, he proclaimed him as Bhagavan Sri Ramana Maharshi.

In an appendix to *Self realisation* Narasimha wrote that in 1912, while in the company of disciples, Ramana had an epileptic fit, in which his vision was suddenly impaired three times by a 'white bright curtain' which covered a part of his vision. At the third instance his vision was shut out completely, while his 'head was swimming' and he felt his heart stop beating and his breathing seizing, while his skin turned



blue, as if he was dead. This lasted for about ten or fifteen minutes, whereafter 'a shock passed suddenly through the body' and his blood circulation and his respiration returned. In response to strange accounts about this event, he later said that it was a fit, which he used to have occasionally, and did not bring on himself. According to Arthur Osborne, an English writer on spirituality and mysticism, it marked the final completion of Sri Bhagavan's return to full outer normality.

## Sri Ramanasramam (1922–1950)



From 1922 until his death in 1950 Ramana lived in Sri Ramanasramam, the ashram that developed around his mother's tomb. Ramana often walked from Skandashram to his mother's tomb. In December 1922 he did not return to Skandashram, and settled at the base of the Hill, and Sri Ramanasramam started to develop. At first, there was only one hut at the *samadhi*, but in 1924 two huts, one opposite the *samadhi* and the other to the north, were erected. The so-called Old Hall was built in 1928. Ramana lived there until 1949.

Sri Ramanasramam grew to include a library, hospital, post-office and many other facilities. Ramana displayed a natural talent for planning building projects. Annamalai Swami gave detailed accounts of this in his reminiscences. Until 1938,

Annamalai Swami was entrusted with the task of supervising the projects, and received his instructions from Ramana directly.

Sri Ramana had a modest and renunciate life. However, according to David Godman, who has written extensively about Sri Ramana, a popular image of him as a person who spent most of his time doing nothing except sitting silently in samadhi is highly inaccurate. From the period when an Ashram began to rise around him after his mother arrived, until his later years when his health failed, Ramana was actually quite active in Ashram activities such as cooking and stitching leaf plates.

### Discovery by Westerners (1930-1940)

In 1931 a biography of Ramana Maharshi, *Self Realisation: The Life and Teachings of Ramana Maharshi*, written by B. V. Narasimha, was published. Ramana then became relatively well known in and out of India. When Paul Brunton, the pen name of Raphael Hurst a British theosophist and spiritualist, first visited Ramana in January 1931. Brunton describes his affection toward Ramana:

*"I like him greatly because he is so simple and modest, when an atmosphere of authentic greatness lies so palpably around him; because he makes no claims to occult powers and hierophantic knowledge to impress the mystery loving nature of his countrymen; and because he is so totally without any traces of pretension that he strongly resists every effort to canonise him during his lifetime".*

While staying at Sri Ramanasramam, Brunton had an experience of a sublimely all-embracing awareness, a Moment of Illumination.

### Final years (1940–1950)

In November 1948, a tiny cancerous lump was found on Ramana's arm and was removed in February 1949 by the ashram's doctor. Soon, another growth appeared, and another operation was performed by an eminent surgeon in March 1949 with radium applied. The doctor told Ramana that a complete amputation of the arm to the shoulder was required to save his life, but he refused. A third and fourth operation were performed in August and December 1949, but only weakened him. Other systems of medicine were then tried; all proved fruitless and were stopped by the end of March when devotees gave up all hope. To devotees who begged him to cure himself for the sake of his followers, Ramana is said to have replied, "Why are you so attached to this body? Let it go", and "Where can I go? I am here."

## Quotes from Sri Ramana

*Your own Self-realisation is the greatest service you can render the world.*

*No one succeeds without effort... Those who succeed owe their success to perseverance.*

*The degree of freedom from unwanted thoughts and the degree of concentration on a single thought are the measures to gauge spiritual progress.*

## Maharshi's Gospel Self-Realisation

**Question:** How can I attain Self-realization?

**Sri Ramana Maharshi:** Realisation is nothing to be gained afresh, it is already there. All that is necessary is to get rid of the thought, 'I have not realised'.

Stillness or peace is Realisation. There is no moment when the Self is not. So long as there is doubt or the feeling of non-realization, the attempt should be made to rid oneself of these thoughts. They are due to the identification of the Self with the egoic illusory not-Self. When the egoic illusory not-Self disappears, the True-Self alone remains. To make room, it is enough that the cramping be removed; room is not brought in from elsewhere.



Sri Ramana Maharshi reclining in the Old Hall where he lived from 1927 to 1950



Ramanasramam  
Arunachala Hill - Tiruvannamalai

## Insights

After watching many YouTube videos presented by David Godman and reading about Bhagavan's life it becomes very apparent that his mission was to reveal the True identity of 'Who we are' so that mankind can have no argument about this within a spiritual quest and you will be reading this because this also applies to you.

My heart is so full of love and gratitude I had to include this book in the Gentle Touch Practice as the Bhagavan teachings are so relevant to our daily life practice of living from True-Awareness-Self in the presence of love. His message is simple, we are already the Self, once the egoic identification with the mind/body is dropped.

Many followers of Sri Bhagavan do not realise that we do not have to go to the self sacrificing life he lived to realise the Self. I would like to look at how he achieved his state. This is only my own insight based upon the events of his life history.

Firstly he incarnated into a family which was practicing the Smarta tradition which is aligned to Advaita Vedanta. This enabled an acceptance of how Bhagavan was as a boy, supporting his inwardly immersed life up to the age of 16 when he had his egoic-death-experience. During this time he was automatically inwardly engaged in deep states as he later said, *"Some incomplete practice from a past birth was clinging to me. I would be putting attention solely within, forgetting the body"*.

At 15 he became interested in Arunachala and the Nayanars a group of 63 saints who were devoted to the Hindu God Shiva. *(past life association with Shiva)*

At the age of 16 a sudden fear of death befell him. He was struck by a flash of excitement or heat, like some *avesam*, a current or force that seemed to possess him, while his body became rigid. He initiated a process of self-enquiry asking himself what is it that dies. He concluded that the body dies, but that this current or force remains alive, and recognised this as his *Self*, which he later identified with the personal God, or Iswara.

Who can guess what that practice was but it suggests that his previous life was that of a Sadhu. The practice is of someone who renounced the world and the body to obtain a state of Samadhi bliss enlightenment, to become one with Shiva (God).

Another clue to Bhagavan's completion was when he was living with a burning sensation inside of him which was relieved when he hugged the linga in the Shiva temple. *(A burning sensation is a known symptom when transforming the residue of his vasanas, mental karmic tendencies in the presence of the guru)*



This suggests that his mission was to live at Arunachala where he was to share his realisation and manifestation of the True-self. Whilst at this cave he continued his inner transformation until all residual vasanas, probably that of being an ascetic or a Sadu, had been transformed and the 'I' returned to the heart of it's True-self.

By his own answers to questions it shows that he knew by his own experience the state a Yogi reaches in deep samadhi is not the final realisation of the self.

**Question:** Tantric Yogic paths teach the gradual uncoiling of the Kundalini or spiritual current in the person. As it uncoils and rises upwards, it enfranchises a series of chakras or spiritual centres in the body, each bestowing its own powers and perceptions until it culminates in the Sahasrara or thousand-petalled lotus in the brain or the crown of the head. Is this samadhi enlightenment?

**Sri Ramana Maharshi:** The Yoga Sastras say that the Sahasrara or brain is the seat of the Self. The Purusha Sukta declares that the Heart is its seat. To enable the aspirant to steer clear of any possible doubt, I tell him to take up the thread or the clue of 'I'-ness and follow it to its source. Because, firstly it is impossible for anybody to entertain any doubt about this 'I' notion; secondly, whatever be the means adopted, the final goal is Realisation of the source of I-am-ness, which is what you begin from in your experience. If you, therefore, practise Self-enquiry, you will reach the Heart which is the Self.

The Self does not come from anywhere nor does it enter the body through the crown of the head. It is as it is, ever shining, ever steady, unmoving and unchanging. The changes which are noticed are not inherent in the Self, for the Self abides in the heart and is self-luminous like the sun.

The individual confines himself to the limits of the changeable body or of the mind which derives its existence from the unchanging Self. All that is necessary is to give up this mistaken identity and, that done, the ever shining Self will be seen to be the single, non-dual Reality.

Today the path of the ascetic is not required and is not possible for most of us to follow. Who can go to such extremes as to give up their family and work life, escape to a cave in the mountain, reject the body and its five senses, etc. Focus inwardly all the time to obtain a no-thinking-mind of meditation samadhi. This approach in theory only leaves the inner True-self to be experienced? However as Sri Bhagavan points out, and I guess from his own direct experience, that the journey of the mind has not returned to the heart, free from all vasanas but is only being suspended in a state of Bliss meditation.

I was most privileged to be able to share the Gentle Touch Practice because I certainly did not set out to create it. My mission has been to create this without setting up trainers, a monastic order as some kind of new Religion. The problem with monks and trainers is that the original teaching tends to get distorted because their ego, by nature, wants to have its say. This is why to know the knowledge that God is within you and will lead the way through your trust and belief in that you are already the Self. Awakening will naturally follow in its own unique path for you.

Bhagavan clearly shares that self-enquiry is the direct track to awakening, however he understands that this depends upon the spiritual maturity of the individual. For most spiritual seekers a preparation is required for their evolution in various forms.

Gentle Touch is for the individual to use to support the teaching of realisation of the Self. Today with the grace of the past gurus we can directly access the presence of love which brings in the devotional aspect of our lives, adding the juice which is missing from self-enquiry being practiced on its own.

This means our daily life of living in the 'Now' in innocence of not knowing with acceptance of 'What is' creates a beautiful life. We can trust Sri Bhagavan's Truth.

Gentle Touch is perfect to transform the residual vasanas through resting in your True-self and living life by the presence of love. Day by day, week by week, month by month, you will be returning to your true home 'the heart' wherein you will also realise your 'True-Self' just as Sri Bhagavan has taught us.

Bhagavan Sri Ramana Maharshi is our modern day light and the proof as his life is shining in the absolute unchangeable nature of our True-self.

Remember that Sri Ramana Maharshi approved a number of paths and practices, but recommended Self-enquiry as the principal means to remove ignorance and abide in Self-awareness, together with bhakti (*devotion*) or surrender to the Self.

I believe why so many followers are unable to make it in this lifetime by just using self-enquiry alone is because the vasanas (*mental tendencies*) are trying to be broken by the pre-dominate consciousness which they are currently residing in. (*See the Gateway to Enlightenment in the Seekers Guide*)

It is the presence which transforms lower consciousness and this is about love and devotion, living in not-knowing. This gives life juice and aliveness to your existence. Gentle Touch incorporates Sri Ramana's Truths and transforms you through Love.

## Sri Ramana Maharshi Explanations

In the enquiry 'Who am I?', 'I' is the ego. The question really means, what is the source or origin of this ego? Know that the consciousness which always shines in the Heart as the formless Self, 'I', and which is known by one's being still without thinking about anything as existent or non-existent, alone is the perfect reality.

Your life is to Be and not to be this or that. 'I am that I am' sums up the whole truth. The method is summed up in the words 'Be still'.

What does stillness mean? Any form or shape is the cause of trouble so just rest in your formless self.

Give up the notion that 'I am so and so'. All that is required to realise the Self is to be still. What can be easier than that? Hence Self-knowledge is the easiest to attain.

This knowledge of oneself will be revealed only to the consciousness which is silent, clear and free from the activity of the agitated and suffering mind.

'Be still and know that I am God.' Stillness is the sole requisite for the realisation of the Self as God.

When the mind becomes introverted through enquiry into the source of itself, the God-Self, the mental tendencies become extinct, and in the absence of the reflecting medium, the phenomenon of reflection, namely, the mind, also disappears being absorbed into the light of the one Reality, the Heart. This is all that a seeker needs to know.

If the mind becomes introverted through resting in the source of the True-Self, the mental tendencies become extinct. The light of the Self falls on the mental tendencies and produces the phenomenon of reflection we call the mind. Thus, when the mental tendencies become extinct the mind also disappears, being absorbed into the light of the one reality, the Heart.

**Question:** What is the light of consciousness?

**Sri Ramana Maharshi:** It is the Self-luminous existence-consciousness which reveals to the seer the world of names and forms both inside and outside. The existence of this existence-consciousness can be inferred by the objects illuminated by it. It does not become the object of consciousness.



## Who Am I?

(Nan Yar)

*All living beings desire to be happy always, without any misery. In everyone there is observed supreme love for oneself. And happiness alone is the cause of love. In order therefore, to gain that happiness which is one's nature and which is experienced in the state of deep sleep, where there is no mind, one should know oneself. To achieve this, the Path of Knowledge, the enquiry in the form of "Who am I?", is the principal means.*

**Note:** Along with Self-Enquiry, Who am I? contain the essential set of instructions in Sri Ramana Maharshi's own words. I have included these two sharings to support your understanding of Truth.

### 1. *Who am I?*

The gross body which is composed of the seven humours (*dhatus*), I am not; the five cognitive sense organs, viz., the senses of hearing, touch, sight, taste and smell, which apprehend their respective objects, viz. sound, touch, colour, taste and odour, I am not; the five cognitive sense organs, viz., the organs of speech, locomotion, grasping, excretion and procreation, which have as their respective functions, speaking, moving, grasping, excreting and enjoying, I am not; the five vital airs, *prana*, etc., which perform respectively the five functions of in-breathing, etc., I am not; even the mind which thinks, I am not; the nescience (*knowledge, lack of awareness*) too, which is endowed only with the residual impressions of objects and in which there are no objects and no functionings, I am not.

### 2. *If I am none of these, then who am I?*

After negating all of the above mentioned as ‘not this’, ‘not this’, that Awareness which alone remains – that I am.

### 3. *What is the nature of Awareness*

The nature of Awareness is Existence-Consciousness-Bliss, Sat-Chit-Ananda.

*4. When will the realisation of the Self be gained?*

When the world which is what-is-seen has been removed, there will be realisation of the Self which is the seer.

*5. Will there not be realisation of the Self even while the world is there (taken as real)?*

There will not be.

*6. Why?*

The seer and the object seen are like the rope and the snake. Just as the knowledge of the rope which is the substratum (*the foundation upon which all other is constructed*) will not arise unless the false knowledge of the illusory serpent goes, so the realisation of the Self which is the substratum will not be gained unless the belief that the world is real is removed.

*7. When will the world which is the object seen be removed?*

When the mind, which is the cause of all cognition and of all actions, becomes quiescent, (*being at rest; quiet; still; inactive or motionless*) the world will disappear.

### 8. *What is the nature of the mind?*

What is called ‘mind’ is a wondrous power residing in the Self. It causes all thoughts to arise. Apart from thoughts, there is no such thing as mind. Therefore, thought is the nature of mind. Apart from thoughts, there is no independent entity called the world. In deep sleep there are no thoughts, and there is no world. In the states of waking and dream, there are thoughts, and there is a world also. Just as the spider emits the thread (of the web) out of itself and again withdraws it into itself, likewise the mind projects the world out of itself and again resolves it into itself. When the mind comes out of the Self, the world appears. Therefore, when the world appears (to be real), the Self does not appear; and when the Self appears (shines) the world does not appear. When one persistently inquires into the nature of the mind, the mind will end leaving the Self (as the residue). What is referred to as the Self is the *Atman*. The mind always exists only in dependence on something gross; it cannot stay alone. It is the mind that is called the subtle body or the soul (*jiva*).

*9. What is the path of inquiry for understanding the nature of the mind?*

That which rises as 'I' in this body is the mind. If one inquires as to where in the body the thought 'I' rises first, one would discover that it rises in the heart. That is the place of the mind's origin. Even if one thinks constantly 'I-I', one will be led to that place. Of all the thoughts that arise in the mind, the 'I'-thought is the first. It is only after the rise of this that the other thoughts arise. It is after the appearance of the first personal pronoun that the second and third personal pronouns appear; without the first personal pronoun there will not be the second and third.

*10. How will the mind become quiescent?*

By the inquiry 'Who am I?'. The thought 'Who am I?' will destroy all other thoughts, and like the stick used for stirring the burning pyre, it will itself in the end get destroyed. Then, there will arise Self-realisation.

*11. What is the means for constantly holding on to the thought 'Who am I?'*

When other thoughts arise, one should not pursue them, but should inquire: 'To whom do they arise?' It does not matter how many thoughts arise. As each thought arises, one should inquire with diligence, 'To whom has this thought arisen?'. The answer that would emerge would be 'to me'. Thereupon if one inquires 'Who am I?', the mind will go back to its source; and the thought that arose will become quiescent. With repeated practice in this manner, the mind will develop the skill to stay in its source.

When the mind that is subtle goes out through the brain and the sense-organs, the gross names and forms appear; when it stays in the heart, the names and forms disappear. Not letting the mind go out, but retaining it in the Heart is what is called 'inwardness' (*antarmukha*). Letting the mind go out of the Heart is known as 'externalisation' (*bahirmukha*). Thus, when the mind stays in the Heart, the 'I' which is the source of all thoughts will go, and the Self which ever exists will shine. Whatever one does, one should do without the egoity 'I'. If one acts in that way, all will appear as of the nature of Siva (God).

*12. Are there no other means for making the mind quiescent?*

Other than inquiry, there are no adequate means. If through other means it is sought to control the mind, the mind will appear to be controlled, but will again go forth. Through the control of breath also, the mind will become quiescent; but it will be quiescent only so long as the breath remains controlled, and when the breath resumes the mind also will again start moving and will wander as impelled by residual impressions. The source is the same for both mind and breath. Thought, indeed, is the nature of the mind. The thought 'I' is the first thought of the mind; and that is egoity. It is from that whence egoity originates that breath also originates. Therefore, when the mind becomes quiescent, the breath is controlled, and when the breath is controlled the mind becomes quiescent. But in deep sleep, although the mind becomes quiescent, the breath does not stop. This is because of the will of God, so that the body may be preserved and other people may not be under the impression that it is dead. In the state of waking and in *samadhi*, when the mind becomes quiescent the breath is controlled. Breath is the gross form of mind. Till the time of death, the mind keeps breath in the body; and when the body dies, the mind takes the breath along with it. Therefore, the exercise of breath control is only an aid for rendering the mind quiescent (*manonigraha*); it will not destroy the mind (*manonasa*).



Like the practice of breath control, meditation on the forms of God, repetition of *mantras*, restriction on food, etc., are but aids for rendering the mind quiescent.

Through meditation on the forms of God and through repetition of *mantras*, the mind becomes one-pointed. The mind will always be wandering. Just as when a chain is given to an elephant to hold in its trunk it will go along grasping the chain and nothing else, so also when the mind is occupied with a name or form it will grasp that alone. When the mind expands in the form of countless thoughts, each thought becomes weak; but as thoughts get resolved the mind becomes one-pointed and strong; for such a mind Self-inquiry will become easy. Of all the restrictive rules, that relating to the taking of *sattvic which consist of light and easily digestible* food in moderate quantities is the best; by observing this rule, the *sattvic (pure)* quality of mind will increase, and that will be helpful to Self-inquiry.

*13. The residual impressions (thoughts) of objects appear unending like the waves of an ocean. When will all of them get destroyed?*

As the meditation on the Self rises higher and higher, the thoughts will get destroyed.

*14. Is it possible for the residual impressions of objects that come from beginning-less time, as it were, to be resolved, and for one to remain as the pure Self?*

Without yielding to the doubt ‘Is it possible, or not?’, one should persistently hold on to the meditation on the Self. Even if one be a great sinner, one should not worry and weep ‘O! I am a sinner, how can I be saved?’ One should completely renounce the thought ‘I am a sinner’ and concentrate keenly on meditation on the Self; then, one would surely succeed. There are not two minds – one good and the other evil; the mind is only one. It is the residual impressions that are of two kinds – auspicious and inauspicious. When the mind is under the influence of auspicious impressions it is called good; and when it is under the influence of inauspicious impressions it is regarded as evil.

The mind should not be allowed to wander towards worldly objects and what concerns other people. However bad other people may be, one should bear no hatred for them. Both desire and hatred should be eschewed (*avoided*). All that one gives to others one gives to one’s self. If this truth is understood who will not give to others? When one’s self arises all arises; when one’s self becomes quiescent all becomes quiescent. To the extent we behave with humility, to that extent there will result good. If the mind is rendered quiescent, one may live anywhere.

*15. How long should inquiry be practised?*

As long as there are impressions of objects in the mind, so long the inquiry 'Who am I?' is required. As thoughts arise they should be destroyed then and there in the very place of their origin, through inquiry. If one resorts to contemplation of the Self unintermittently, until the Self is gained, that alone would do. As long as there are enemies within the fortress, they will continue to sally forth; if they are destroyed as they emerge, the fortress will fall into our hands.

*16. What is the nature of the Self?*

What exists in truth is the Self alone. The world, the individual soul and God are appearances in it, like silver in mother-of-pearl; these three appear at the same time and disappear at the same time.

The Self is that where there is absolutely no 'I'-thought. That is called 'Silence'. The Self itself is the world; the Self itself is 'I'; the Self itself is God; all is Siva, the Self.

*17. Is not everything the work of God?*

Without desire, resolve, or effort, the sun rises; and in its mere presence, the sun-stone emits fire, the lotus blooms, water evaporates, people perform their various functions and then rest. Just as in the presence of the magnet the needle moves, it is by virtue of the mere presence of God that the souls governed by the three (cosmic) functions or the fivefold divine activity perform their actions and then rest, in accordance with their respective *karmas*. God has no resolve; no *karma* attaches itself to Him. That is like worldly actions not affecting the sun, or like the merits and demerits of the other four elements not affecting all-pervading space.

*18. Of the devotees, who is the greatest?*

He who gives himself up to the Self that is God is the most excellent devotee. Giving one's self up to God means remaining constantly in the Self without giving room for the rise of any thoughts other than that of the Self.

Whatever burdens are thrown on God, He bears them. Since the supreme power of God makes all things move, why should we, without submitting ourselves to it, constantly worry ourselves with thoughts as to what should be done and how, and what should not be done and how not? We know that the train carries all loads, so after getting on it why should we carry our small luggage on our head to our discomfort, instead of putting it down in the train and feeling at ease?

*19. What is non-attachment?*

As thoughts arise, destroying them utterly without any residue in the very place of their origin is non-attachment. Just as the pearl-diver ties a stone to his waist, sinks to the bottom of the sea and there takes the pearls, so each one of us should be endowed with non-attachment, dive within oneself and obtain the Self-Pearl.

*20. Is it not possible for God and the Guru to effect the liberation of a soul?*

God and the Guru will only show the way to liberation; they will not by themselves take the soul to the state of liberation.

In truth, God and the Guru are not different. Just as the prey which has fallen into the jaws of a tiger has no escape, so those who have come within the ambit of the Guru's gracious look will be saved by the Guru and will not get lost; yet, each one should, by his own effort pursue the path shown by God or Guru and gain liberation. One can know oneself only with one's own eye of knowledge, and not with somebody else's. Does he who is Rama require the help of a mirror to know that he is Rama?

*21. Is it necessary for one who longs for liberation to inquire into the nature of categories (tattvas)?*

Just as one who wants to throw away rubbish has no need to analyse it and see what it is, so one who wants to know the Self has no need to count the number of categories or inquire into their characteristics; what he has to do is to reject altogether the categories that hide the Self. The world should be considered like a dream.

*22. Is there no difference between waking and dream?*

Waking is long and dream short; other than this there is no difference. Just as waking happenings seem real while awake, so do those in a dream while dreaming. In dream the mind takes on another body. In both waking and dream states thoughts, names and forms occur simultaneously.

*23. Is it any use reading books for those who long for liberation?*

All the texts say that in order to gain liberation one should render the mind quiescent; therefore their conclusive teaching is that the mind should be rendered quiescent; once this has been understood there is no need for endless reading. In order to quieten the mind one has only to inquire within oneself what one's Self is; how could this search be done in books? One should know one's Self with one's own eye of wisdom. The Self is within the five sheaths; but books are outside them. Since the Self has to be inquired into by discarding the five sheaths, it is futile to search for it in books. There will come a time when one will have to forget all that one has learned.



## 24. *What is happiness?*

Happiness is the very nature of the Self; happiness and the Self are not different. There is no happiness in any object of the world. We imagine through our ignorance that we derive happiness from objects. When the mind goes out, it experiences misery. In truth, when its desires are fulfilled, it returns to its own place and enjoys the happiness that is the Self. Similarly, in the states of sleep, *samadhi* and fainting, and when the object desired is obtained or the object disliked is removed, the mind becomes inward-turned, and enjoys pure Self-Happiness. Thus the mind moves without rest alternately going out of the Self and returning to it. Under the tree the shade is pleasant; out in the open the heat is scorching. A person who has been going about in the sun feels cool when he reaches the shade. Someone who keeps on going from the shade into the sun and then back into the shade is a fool. A wise man stays permanently in the shade. Similarly, the mind of the one who knows the truth does not leave *Brahman*. The mind of the ignorant, on the contrary, revolves in the world, feeling miserable, and for a little time returns to *Brahman* to experience happiness. In fact, what is called the world is only thought. When the world disappears, i.e., when there is no thought, the mind experiences happiness; and when the world appears, it goes through misery.

*25. What is wisdom-insight (jnana drishti)?*

Remaining quiet is what is called wisdom-insight. To remain quiet is to resolve the mind in the Self. Telepathy, knowing past, present and future happenings and clairvoyance do not constitute wisdom-insight.

*26. What is the relation between desirelessness and wisdom?*

Desirelessness is wisdom. The two are not different; they are the same. Desirelessness is refraining from turning the mind towards any object. Wisdom means the appearance of no object. In other words, not seeking what is other than the Self is detachment or desirelessness; not leaving the Self is wisdom.

*27. What is the difference between inquiry and meditation?*

Inquiry consists in retaining the mind in the Self. Meditation consists in thinking that one's self is *Brahman*, Existence-Consciousness-Bliss, (Sat-Chit-Ananda).

*28. What is liberation?*

Inquiring into the nature of one's self that is in bondage, and realising one's true nature is liberation.



**OBEISANCE**

May the Feet of Ramana, the Master, who is the great Shiva Himself and is also in human form, flourish for ever!



# Self-Enquiry

(VICHARASANGRAHAM)

of

Bhagavan Sri Ramana Maharshi

These sharings of Truth consist of forty questions with answers covering the entire range of spiritual disciplines required for the gaining of release from lower consciousness and illusion.

1

**Question:** Master! What is the means to gain the state of eternal bliss, ever devoid of misery?

**Sri Ramana Maharshi:** Apart from the statement in the Veda that wherever there is body there is misery, this is also the direct experience of all people; therefore, one should enquire into one's true nature which is ever bodiless, and one should remain as such. This is the means to gaining that state.

2

**Question:** What is meant by saying that one should enquire into one's true nature and understand it?

**Sri Ramana Maharshi:** Experiences such as "I went; I came; I was; I did" come naturally to everyone. From these experiences, does it not appear that the consciousness 'I' is the subject of those various acts?

Enquiry into the true nature of that consciousness, and remaining as oneself is the way to understand, through enquiry, one's true nature.

**Question:** How is one to enquire: 'Who am I?'

**Sri Ramana Maharshi:** Actions such as 'going' and 'coming' belong only to the body. And so, when one says 'I went, I came', it amounts to saying that the body is 'I'. But, can the body be said to be the consciousness 'I', since the body was not before it was born, is made up of the five elements, is non-existent in the state of deep sleep, and becomes a corpse when dead? Can this body which is inert like a log of wood be said to shine as 'I' 'I'? Therefore, the 'I' consciousness which at first arises in respect of the body is referred to variously as self-conceit (*tarbodham*), egoity (*ahankara*), nescience (*avidya*), maya, impurity (*mala*), and individual soul (*jiva*). Can we remain without enquiring into this?

Is it not for our redemption through enquiry that all the scriptures declare that the destruction of "self-conceit" is release (*mukti*)? Therefore, making the corpse-body remain as a corpse, and not even uttering the word 'I', one should enquire keenly thus: "Now, what is it that rises as 'I'". Then, there would shine in the Heart a kind of wordless illumination of the form 'I'-'I'. That is, there would shine of its own accord the pure consciousness which is unlimited and one, the limited and the many thoughts having disappeared. If one remains quiescent without abandoning that (experience), the egoity, the individual sense, of the form 'I am the body' will be totally destroyed, and at the end the final thought, viz. the 'I'-form also will be quenched like the fire that burns camphor. The great sages and scriptures declare that this alone is release.

**Question:** When one enquires into the root of 'self conceit' which is of the form 'I', all sorts of different thoughts without number seem to rise; and not any separate 'I' thought.

**Sri Ramana Maharshi:** Whether the nominative case, which is the first case, appears or not, the sentences in which the other cases appear have as their basis the first case; similarly, all the thoughts that appear in the heart have as their basis the egoity which is the first mental mode 'I', the cognition of the form 'I am the body'; thus, it is the rise of egoity that is the cause and source of the rise of all other thoughts; therefore, if the self-conceit of the form of egoity which is the root of the illusory tree of samsara (bondage consisting of transmigration) is destroyed, all other thoughts will perish completely like an uprooted tree.

Whatever thoughts arise as obstacles to one's *sadhana* (spiritual discipline) - the mind should not be allowed to go in their direction, but should be made to rest in one's self which is the Atman; one should remain as witness to whatever happens, adopting the attitude 'Let whatever strange things happen, happen; let us see!' This should be one's practice. In other words, one should not identify oneself with appearances; one should never relinquish one's self. This is the proper means for destruction of the mind (*manonasa*) which is of the nature of seeing the body as self, and which is the cause of all the aforesaid obstacles. This method which easily destroys egoity deserves to be called devotion (*bhakti*), meditation (*dhyana*), concentration (*yoga*), and knowledge (*jnana*).

Because God remains of the nature of the Self, shining as 'I' in the heart, because the scriptures declare that thought itself is bondage, the best discipline is to stay quiescent without ever forgetting Him (God, the Self), after resolving in Him the mind which is of the form of the 'I'-thought, no matter by what means. This is the conclusive teaching of the Scriptures.



**Question:** Is enquiry only the means for removal of the false belief of selfhood in the gross body, or is it also the means for removal of the false belief of selfhood in the subtle and causal bodies?

**Sri Ramana Maharshi:** It is on the gross body that the other bodies subsist. In the false belief of the form “I am the body” are included all the three bodies consisting of the five sheaths. And destruction of the false belief of selfhood in the gross body is itself the destruction of the false belief of selfhood in the other bodies. So inquiry is the means to removal of the false belief of selfhood in all the three bodies.

**Question:** While there are different modifications of the internal organ, viz. *manas* (reflection), *buddhi* (intellect), *chitta* (memory) and *ahankara* (egoity), how can it be said that the destruction of the mind alone is release?

**Sri Ramana Maharshi:** In the books explaining the nature of the mind, it is thus stated: “The mind is formed by the concretion of the subtle portion of the food we eat; it grows with the passions such as attachment and aversion, desire and anger; being the aggregate of mind, intellect, memory and egoity, it receives the collective singular name ‘mind’, the characteristics that it bears are thinking, determining, etc.; since it is an object of consciousness (the self), it is what is seen, inert; even though inert, it appears as if conscious because of association with consciousness (like a red-hot iron ball); it is limited, non-eternal, partite, and changing like wax, gold, candle, etc.; it is of the nature of all elements (*of phenomenal existence*); its locus is the heart-lotus even as the loci of the sense of sight, etc., are the eyes, etc.; it is the adjunct of the individual soul thinking of an object, it transforms itself into a mode, and along with the knowledge that is in the brain, it flows through the five sense-channels, gets joined to objects by the brain (*that is associated with knowledge*), and thus knows and experiences objects and gains satisfaction. That substance is the mind”. Even as one and the same person is called by different names according to the different functions he performs, so also one and the same mind is called by the different names: mind, intellect, memory, and egoity, on account of the difference in the modes - and not because of any real difference. The mind itself is of the form of all, i.e., of soul, God and world; when it becomes of the form of the Self through knowledge there is release, which is of the nature of Brahman: this is the teaching.

**Question:** If these four - mind, intellect, memory and egoity - are one and the same why are separate locations mentioned for them?

**Sri Ramana Maharshi:** It is true that the throat is stated to be the location of the mind, the face or the heart of the intellect, the navel of the memory, and the heart or *sarvanga* of the egoity; though differently stated thus yet, for the aggregate of these, that is the mind or internal organ, the location is the heart alone. This is conclusively declared in the Scriptures.

**Question:** Why is it said that only the mind which is the internal organ, shines as the form of all, that is of soul, God and world?

**Sri Ramana Maharshi:** As instruments for knowing the objects the sense organs are outside, and so they are called outer senses; and the mind is called the inner sense because it is inside. But the distinction between inner and outer is only with reference to the body; in truth, there is neither inner or outer. The mind's nature is to remain pure like ether. What is referred to as the heart or the mind is the collocation of the elements (*of phenomenal existence*) that appear as inner and outer. So there is no doubt that all phenomena consisting of names and forms are of the nature of mind alone. All that appear outside are in reality inside and not outside; it is in order to teach this that in the Vedas also all have been described as of the nature of the heart. What is called the heart is no other than Brahman.

**Question:** How can it be said that the heart is no other than Brahman?

**Sri Ramana Maharshi:** Although the self enjoys its experiences in the states of waking, dream, and deep sleep, residing respectively in the eyes, throat and heart, in reality, however, it never leaves its principal seat, the heart. In the heart-lotus which is of the nature of all, in other words in the mind-ether, the light of that self in the form 'I' shines. As it shines thus in everybody, this very self is referred to as the witness (*sakshi*) and the transcendent (*turiya* literally the fourth). The 'I'-less supreme Brahman which shines in all bodies as interior to the light in the form 'I' is the Self-ether (or knowledge-ether): that alone is the absolute Reality. This is the super-transcendent (*turiyatita*). Therefore, it is stated that what is called the heart is no other than Brahman. Moreover, for the reason that Brahman shines in the hearts of all souls as the Self, the name 'Heart' is given to Brahman. "In the hearts of all individual souls that which shines is Brahman and hence is called the Heart" - *Brahma Gita*. The meaning of the word *hridayam*, when split thus '*hrit-ayam*', is in fact Brahman. The adequate evidence for the fact that Brahman, which shines as the self, resides in the hearts of all is that all people indicate themselves by pointing to the chest when saying 'I'.

**Note:** 10 & 11 have been left out because they refer specifically to Indian spiritual practice in Sanskrit terms which do not relate to western practice.

*All spiritual practices have been combined within the New Awakening Process to prepare you for your awakening. They are not prescriptive but give you choices so that your own intuition will guide you to what you want to select and practice.*

**Question:** Is the aforesaid Self-experience possible, even in the state of empirical existence, for the mind which has to perform functions in accordance with its *prarabdha* (*the past karma which has begun to fructify*)?

**Sri Ramana Maharshi:** A Brahmin may play various parts in a drama; yet the thought that he is a Brahmin does not leave his mind. Similarly, when one is engaged in various empirical acts there should be the firm conviction “I am the Self”, without allowing the false idea “I am the body, etc.” to rise. If the mind should stray away from its state, then immediately one should enquire, “Oh! Oh! We are not the body etc.! Who are we?” and thus one should reinstate the mind in that pure state.

The enquiry “Who am I?” is the principal means to the removal of all misery and the attainment of the supreme bliss. When in this manner the mind becomes quiescent in its own state, Self-experience arises of its own accord, without any hindrance. Thereafter sensory pleasures and pains will not affect the mind. All phenomena will appear then, without attachment, like a dream. Never forgetting one’s plenary Self-experience is real *bhakti* (devotion), *yoga* (mind-control), *jnana* (knowledge) and all other austerities. Thus say the sages.

**Question:** When there is activity in regard to works, we are neither the agents of those works nor their enjoyers. The activity is of the three instruments (i.e., the mind, speech, and body). Could we remain unattached thinking thus?

**Sri Ramana Maharshi:** After the mind has been made to stay in the Self which is its Deity, and has been rendered indifferent to empirical matters because it does not stray away from the Self, how can the mind think as mentioned above? Do not such thoughts constitute bondage? When such thoughts arise due to residual impressions (*vasanas*), one should restrain the mind from flowing that way, endeavour to retain it in the Self-state, and make it turn indifferent to empirical matters. One should not give room in the mind for such thoughts as: “Is this good? Or, is that good? Can this be done? Or, can that be done?” One should be vigilant even before such thoughts arise and make the mind stay in its native state. If any little room is given, such a (disturbed) mind will do harm to us while posing as our friend; like the foe appearing to be a friend, it will topple us down. Is it not because one forgets one’s Self that such thoughts arise and cause more and more negativity? While it is true that to think through discrimination, “I do not do anything; all actions are performed by the instruments”, is a means to prevent the mind from flowing along thought *vasanas*, does it not also follow that only if the mind flows along thought *vasanas* that it must be restrained through discrimination as stated before?

Can the mind that remains in the Self-state think as ‘I’ and as ‘I behave empirically thus and thus’? In all manner of ways possible one should endeavour gradually not to forget one’s True-Self that is God. If that is accomplished, all will be accomplished. The mind should not be directed to any other matter. Even though one may perform, like a mad person, the actions that are the result of *prarabdha-karma*, one should retain the mind in the Self-state without letting the thought ‘I do’ arise. Have not countless *bhaktas* (devotees) performed their numerous empirical functions with an attitude of indifference?

**Question:** What is the real purpose of *sannyasa* (renunciation)?

**Sri Ramana Maharshi:** *Sannyasa* is only the renunciation of the 'I' thought, and not the rejection of the external objects. He who has renounced (the 'I' thought) thus remains the same whether he is alone or in the midst of the extensive *samsara* (empirical world). Just as when the mind is concentrated on some object, it does not observe other things even though they may be proximate, so also, although the sage may perform any number of empirical acts, in reality he performs nothing, because he makes the mind rest in the Self without letting the 'I' thought arise.

**Question:** The mind, sense-organs, etc., have the ability to perceive; yet why are they regarded as perceived objects?

<i>Drik</i> (Knower)		<i>Drisya</i> (Known object)
1 The seer		Pot (i.e. the seen object)
	Further	
2 The eye organ		Body, Pot, etc.
3 The sense of sight		The eye organ
4 The mind		The sense of sight
5 The individual soul		The mind
6 Consciousness (the Self)		The individual soul

**Sri Ramana Maharshi:** As shown in the above table, since we, the consciousness, know all objects, we are said to be *drik* (knower). The categories ending with pot are the objects seen, since they are what are known. In the table of 'knowledge: ignorance (i.e. knower-known)' given above, among the knowers and objects of knowledge, it is seen that one is knower in relation to another; yet, since that one is object in relation to another, none of those categories is, in reality, the knower. Although we are said to be the 'knower' because we know all, and not the 'known' because we are not known by anything else, we are said to be the 'knower' only in relation to the known objects. In truth, however, what is called the 'known' is not apart from us. And so we are the Reality that transcends those two (the knower and the known). All the others fall within the knower-known categories.

**Question:** How does egoity, soul, self, and Brahman come to be identified?

**Sri Ramana Maharshi:** From the examples given below, it will be clear how egoity, soul, witness, and All-witness come to be identified.

The example	The exemplified
(1) The iron-ball	Egoity
(2) The heated iron ball	The soul which appears as a superimposition on the Self
(3) The fire is in the heated iron-ball	The light of consciousness, <i>i.e.</i> the immutable <i>Brahman</i> , which shines in the soul in everybody
(4) The flame of fire which remains as one	The all pervading <i>Brahman</i> which remains as one

Just as in the wax-lump that is with the blacksmith numerous and varied metal-particles lie included and all of them appear to be one wax-lump, so also in deep sleep the gross and subtle bodies of all the individual souls are included in the cosmic maya which is nescience, of the nature of sheer darkness, and since the souls are resolved in the Self becoming one with it, they see everywhere darkness alone.

From the darkness of sleep, the subtle body, viz. egoity, and from that (egoity) the gross body arise respectively. Even as the egoity arises, it appears superimposed on the nature of the Self, like the heated iron-ball. Thus, without the soul of a human being (*jiva*) which is the mind or egoity that is conjoined with the Consciousness-light, there is no witness of the soul, viz. the Self, and without the Self there is no Brahman that is the All-witness.

Just as when the iron ball is beaten into various shapes by the blacksmith, the fire that is in it does not change thereby in any manner, even so the soul may be involved in ever so many experiences and undergo pleasures and pains, and yet the Self-light that is in it does not change in the least thereby, and like the ether it is the all-pervasive pure knowledge that is one, and it shines in the heart as Brahman.

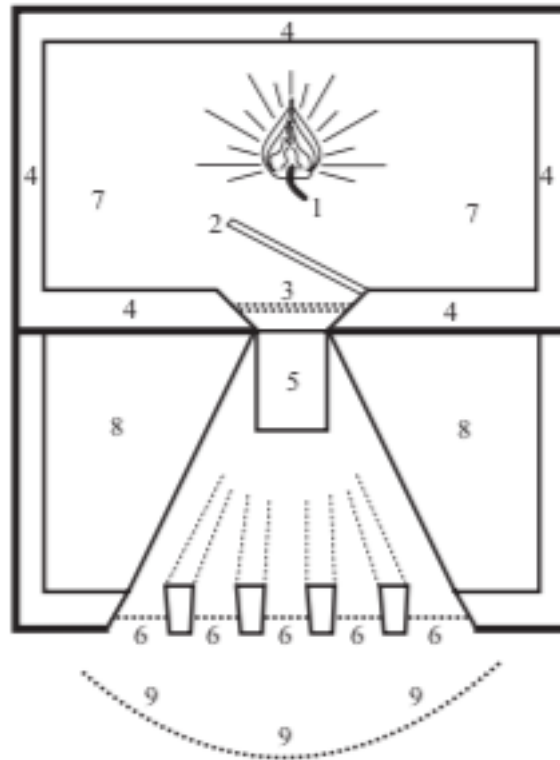


**Question:** How is one to know that in the heart the Self itself shines as Brahman?

**Sri Ramana Maharshi:** Just as the elemental ether within the flame of a lamp is known to fill without any difference and without any limit both the inside and the outside of the flame, so also the knowledge-ether that is within the Self-light in the heart, fills without any difference and without any limit both the inside and the outside of that Self-light. This is what is referred to as Brahman.

**Question:** How do the three states of experience, the three bodies, etc., which are imaginations, appear in the Self-light which is one, Absolute and self-luminous? Even if they should appear, how is one to know that the Self alone remains ever unmoving?

**Sri Ramana Maharshi:**



### *The Example*

1. The Lamp
2. The door
3. The door-step
4. The inner wall
5. The mirror
6. The windows
7. The inner chamber
8. The middle chamber
9. The outer court

### *The Exemplified*

- The Self
- Sleep
- Mahat-tattva ('thatness', 'principle', 'reality' or 'truth')
- Nescience or the causal body
- The egoity
- The five cognitive sense-organs
- Deep sleep in which the causal body is manifest
- Dream in which the subtle body is manifest
- Waking state in which the gross body is manifest

The Self which is the lamp (1) shines of its own accord in the inner chamber, i.e., the causal body (7) that is endowed with nescience as the inner wall (4) and sleep as the door (2); when by the vital principle as conditioned by time, karma, etc., the sleep-door is opened, there occurs a reflection of the Self in the egoity-mirror (5) that is placed next to the door-step - *Mahat-tattva*; the egoity - mirror thus illumines the middle chamber, i.e., the dream state (8), and, through the windows which are the five cognitive sense-organs (6), the outer court, i.e., the waking state. When, again, by the vital principle as conditioned by time, karma, etc., the sleep-door gets shut, the egoity ceases along with waking and dream, and the Self alone ever shines.

The example just given explains how the Self is unmoving, how there is difference between the Self and the egoity and how the three states of experience, the three bodies, etc., appear.

**Question:** Although I have listened to the explanation of the characteristics of enquiry in such great detail, my mind has not gained even a little peace. What is the reason for this?

**Sri Ramana Maharshi:** The reason is the absence of strength or one-pointedness of the mind.

**Question:** What is the reason for the absence of mental strength?

**Sri Ramana Maharshi:** The means that make one qualified for enquiry are meditation, yoga, etc. One should gain proficiency in these through graded practice, and thus secure a stream of mental modes that is natural and helpful. When the mind that has in this manner become ripe, listens to the present enquiry, it will at once realise its true nature which is the Self, and remain in perfect peace, without deviating from that state. To a mind which has not become ripe, immediate realisation and peace are hard to gain through listening to enquiry. Yet, if one practices the means for mind-control for some time, peace of mind can be obtained eventually.

**Note:** *The various different Indian spiritual practices are then explained from verse 21-35. The New Awakening Process contains all the preparatory spiritual practices for your True-self realisation and awakening either through Reiki Healing or Sacred Mantra practice with the study of the three courses in the Seekers Guide.*

**Question:** Why should the path to release be differently taught? Will it not create confusion in the minds of aspirants?

**Sri Ramana Maharshi:** Several paths are taught in the Vedas to suit the different grades of qualified aspirants. Yet, since release is but the destruction of mind, all efforts have for their aim the control of mind. Although the modes of meditation may appear to be different from one another, in the end all of them become one. There is no need to doubt this. One may adopt that path which suits the maturity of one's mind.

**Question:** By practising the disciplines taught above, one may get rid of the obstacles that are in the mind, viz. ignorance, doubt, error, etc., and thereby attain quiescence of mind. Yet, there is one last doubt. After the mind has been resolved in the heart, there is only consciousness shining as the plenary reality. When thus the mind has assumed the form of the Self, who is there to enquire? Such enquiry would result in self-worship. It would be like the story of the shepherd searching for the sheep that was all the time on his shoulders!

**Sri Ramana Maharshi:** The living being (*jiva*) itself is Shiva; Shiva Himself is the *jiva*. It is true that the *jiva* (*a living human being*) is no other than Shiva. When the grain is hidden inside the husk, it is called paddy; when it is de-husked, it is called rice. Similarly, so long as one is bound by karma one remains a *jiva*; when the bond of ignorance is broken, one shines as Shiva, the Deity. Thus declares a scriptural text.

Accordingly, the human-being (*jiva*) which is mind is in reality the pure Self; but, forgetting this truth, it imagines itself to be an individual soul and gets bound in the shape of mind. So its search for the Self, which is itself, is like the search for the sheep by the shepherd. But still, the *jiva* which has forgotten itself will not become the Self through mere mediate knowledge. By the impediment caused by the residual impressions gathered in previous births, the person (*jiva*) forgets again and again its identity with the Self, and gets deceived, identifying itself with the body, etc.

Will a person become a high officer by merely looking at him? Is it not by steady effort in that direction that he could become a highly placed officer? Similarly, the person (*jiva*), which is in bondage through mental identification with the body, etc., should put forth effort in the form of reflection on the Self, in a gradual and sustained manner; and when thus the mind gets destroyed, the human-being (*jiva*) would become the Self. Though the obstacles which cause the bondage of birth may be many, the root-cause for all such changes is ego or the ego-self (*ahankara*). This root-cause must be destroyed for ever.

The reflection on the Self which is thus practised constantly will destroy the mind, and thereafter will destroy itself like the stick that is used to kindle the cinders burning a corpse. It is this state that is called release.

**Question:** If the person (*jiva*) is by nature identical with the Self, what is it that prevents the jiva from realising its true nature?

**Sri Ramana Maharshi:** It is forgetfulness of the jiva's true nature; this is known as the power of veiling.

**Question:** If it is true that the person (*jiva*) has forgotten itself, how does the 'I'-experience arise for all?

**Sri Ramana Maharshi:** The veil does not completely hide the *jiva*; Ignorance cannot hide the basic 'I', but it hides the specific truth that the human-being (*jiva*) is the Supreme Self, it only hides the Self-nature of 'I' and projects the 'I am the body' notion; but it does not hide the Self's existence which is 'I', and which is real and eternal.

**Question:** What are the characteristics of the *jivan-mukta* (the liberated in life) and the *videha-mukta* (the liberated at death)?

**Sri Ramana Maharshi:** 'I am not the body; I am *Brahman* which is manifest as the Self. In me who am the plenary Reality, the world consisting of bodies, etc., are mere appearance, like the blue of the sky'. He who has realised the truth thus is a *jivan-mukta*. Yet so long as his mind has not been resolved, there may arise some misery for him because of relation to objects on account of (*prarabdha*) karma which has begun to bear fruit and whose result is the present body, and as the movement of mind has not ceased there will not be also the experience of bliss.

The experience of Self is possible only for the mind that has become subtle and unmoving as a result of prolonged meditation. He who is thus endowed with a mind that has become subtle, and who has the experience of the Self is called a *jivan-mukta*. It is the state of *jivan-mukti* that is referred to as the attribute-less *Brahman* and as the *Turiya*. When even the subtle mind gets resolved, and experience of self ceases, and when one is immersed in the ocean of bliss and has become one with it without any differentiated existence, one is called a *videha-mukta*. It is the state of *videha-mukti* that is referred to as the transcendent attribute-less *Brahman* and as the transcendent Pure Consciousness (*Turiya*). This is the final goal.

Because of the grades in misery and happiness, the released ones, the *jivan-muktas* and *videha-muktas*, may be spoken of as belonging to four categories - Brahmaid, vara, variyan and varishtha. But these distinctions are from the standpoint of the others who look at them; in reality, so far as knowledge and release are concerned no distinction whatever is made in these four stages.

Four categories: *The Brahmaid is knower of Brahman, the vara feels concern for the maintenance of the body; the varya is reminded of it by others; the varishta never becomes aware of the body either by himself or through others.*

## OBEISANCE

May the Feet of Ramana, the Master, who is the great Shiva Himself  
and is also in human form, flourish for ever!



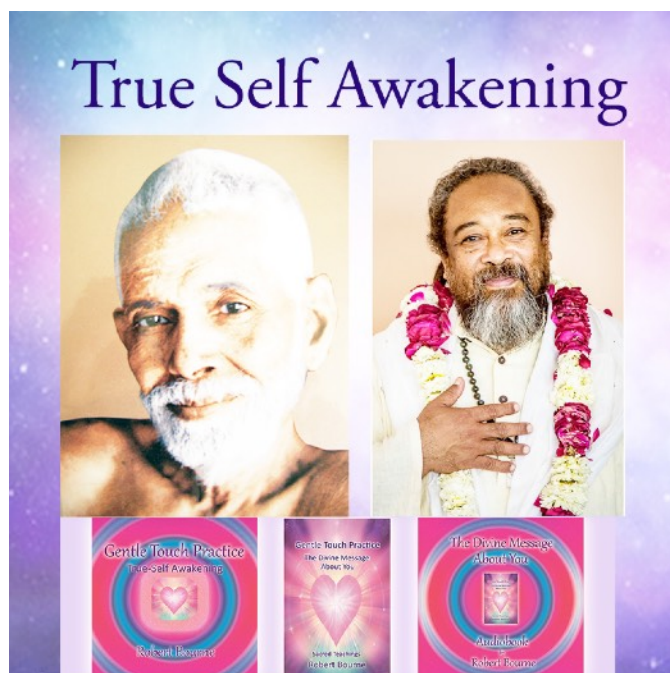


Awakening Guidance

# Awakening Guidance

supporting the

## Gentle Touch Practice - Living from Love



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### Awakening Guidance Background

Over several years I have been transcribing a comprehensive collection of commonly asked questions with answers by enlightened Gurus about the Awakening Process. What is interesting is that these questions have come from people who live all over the world and although from very different cultural backgrounds, such as India, China, Russia, USA, South America, Canada and Europe, the human questions about awakening and personal difficulties bring up the same issues. This really does show that we really are one family of human beings living on this planet earth. It is only our minds' beliefs, cultural and religious differences being defended which cause the trouble for us all.

# Awakening Guidance

## Commonly asked Questions about the Awakening Process

I have compiled this guide to help you with the True-Self Awakening Process. Through gaining an understanding of the key points to embrace in the process of awakening and enlightenment it can help answer the commonly raised questions which come up in the mind.

These points can be of assistance in accelerating the individual's awakening and they apply to all spiritual disciplines. These universal truths show that this process is common to all faiths and creeds in the world.

## About the Process of Awakening and Enlightenment

The Key to Awakening is the connection with the Divine Presence

**Question:** How do we know when we have experienced the Divine Presence?

**Answer:** The Divine Presence can be sensed or felt in the aura and has various qualities which are: Acceptance, the absence of conflict, Love, Expansiveness, Timelessness, Joy and Compassion. The sensing of Presence, which is always there, becomes more apparent when the mind is still and resting in Pure Awareness.

Those who have prepared themselves, for example with Reiki Healing, will very quickly notice this Divine Love Presence. If you are having difficulty experiencing this do not worry as it is a result of the mind's consciousness being too compressed with attachments to outer life. Developing a good sensitivity is one of the purposes the New Awakening Reiki Healing process was created. Go back and work through the six modules or use the Sat Guru Sacred Mantra practice to bring more light to your aura.

1. The human being has to anchor these qualities of the Divine Presence in the body through the senses, this happens automatically by being aware.
2. Once you can feel the Presence after your Gentle Touch Practice you will discover your mind has almost stopped. This is because you are experiencing your Pure Awareness-self which exists in a oneness state of consciousness.
3. As you keep doing this the mind will stop for short periods.
4. Finally the mind will stop completely. When this occurs then the struggle is all over and awakening happens naturally all by itself. This is when you will become one with the Presence. *(How beautiful this is.)*

## The Difference between being Awakened and being Enlightened

**Question:** What is the difference between being awakened and being enlightened?

**Answer:** When you are awakened you are no longer controlled by your conditioned mind, but thoughts still flow through your mind. When you are enlightened, thoughts almost stop all the time.

## What happens to the Mind when you are Awakened?

**Question:** Could you please explain what happens to the mind when you become awakened?

**Answer:** When you are awakened your mind undergoes a transformation. Thereafter, the mind finds it increasingly difficult to generate the ego. Therefore the ego gradually disappears.

## Living in the Presence, Being Awakened and Enlightenment

**Question:** What is the difference between the state of living in the Presence and being fully awakened?

**Answer:** When you are awakened your mind is no longer in control of your life. Gradually the Presence will take over. To be free from the mind's controlling patterns is one thing; to be taken over by the Presence is something else.

Initially you start living from the presence of love, just resting in your pure awareness Self and you will be detached from those daily life interactions which have caused you to be self opinionated and cause conflict with others, etc.; at this stage you may not be full of love and contentment. After a period of time living like this the Presence will transform your egoic tendencies, then all of a sudden the Presence will take over and then there will be love and joy; unconditional love and unconditional joy.

Once this happens the Presence will then take you into higher states of consciousness. When you move into higher states of consciousness you will discover that the Presence is God. You will then move into higher states of consciousness and discover that you are God. The ultimate discovery is that you and the Presence are 'One'; this is your True-Self.

## Becoming Free from Problems

### Overcoming Negative Thought Patterns

**Question:** How can I overcome my negative thought patterns? I always sit down with my fears and then experience them but they come and come continuously. I feel like a failure and it is getting more and more difficult to connect to higher consciousness. I ask the Divine that I want to let go of these negative patterns, but I feel something catches me in lower consciousness.

**Answer:** Your whole life is wrapped within the Presence of Love. Through your Gentle Touch practice you will acquire the Presence as a direct experience and it is this which will transform your mind. The first mantra in the Gentle Touch Practice has been selected to move your mind to point of stillness which brings with it an inner peace and contentment.

You will then be able to see the mind with its thoughts. This will bring the realisation that YOU ARE NOT YOUR MIND EGO. This happens because the mantra will vibrate you into a higher state of consciousness that is not bound by the programs and conditioning of the body and past life experience, (karma) which are vibrating in a slower gross vibration of lower consciousness.

Once the mind is stopped, acceptance automatically happens. These teachings are not practiced but experienced.

These teachings will automatically happen to you and for that to happen you must have the Divine Presence. Once you have connected to the Presence you must ask or request the Presence or pray to the Presence to stop your mind. Once your mind has stopped being in control all things happen naturally.

### Overcoming Negative Emotions

**Question:** You say we have to embrace with love that part of us we want to integrate. I am not sure I know how to do it? For example I am envious. I became aware of this and do not reject or judge it, but it does not disappear. What do I do to practice and strengthen my inner integrity more efficiently and effectively?

**Answer:** The solution is again to move into the Divine Presence. Ask the Presence to stop your mind. Once the mind has stopped, whatever teaching you want to happen, will happen. This is how all Gentle Touch teachings become a reality. The Divine Presence has to make them happen; you, the person, cannot make them happen.

## How Can I cultivate Love to those I Hate?

**Question:** Have you or could you elaborate on unconditional love and the concept of boundaries? For example, I do not and will not ever love Donald Trump. However, I can respect the Universe for putting him at this place and time to be the causation for making positive changes in the world and United States, if we survive him. To be able to love him unconditionally would be testing the patience of a saint, which I don't consider myself. This is an extreme example, but I need to ask. Thank you.

**Answer:** It is impossible for a person to cultivate a love for every living being based upon their behaviour. Trying to do this requires a different approach, one of True-Self discovery to awaken the eternal ocean of love that your life is wrapped within.

To see life only from the mind through the limitations of the five senses will by nature cause separation to be seen. From this place of experience you cannot fail to judge the gross from the altruistic. I love your seeking spirit which shows that you are close to realising the solution to your dilemma.

My advice is to 'Accept All That Is' and rest the mind in not knowing, just be with what is without reaction or trying to live up to a lofty ideal and discover the silence within you. When you stay with this pure awareness silence the thinking judging mind is transcended and the presence of love that surrounds you can come to the surface. This then becomes your protector, your shield and your transformer. Be the presence and you will become world peace within yourself.

Transformation of others is then an automatic phenomenon without you doing anything, in fact God is influencing everything without controlling anything. This is just by the way pure consciousness comes into duality. Because consciousness is vibrating at different frequencies all phenomena can be accounted for. This then is controlled by the law of cause and effect which is an automatic process; what one person creates then one experiences.

Also remember that the Divine is within everyone and guiding their life in their own unique unfoldment. So be at peace with this understanding and leave everything up to the Divine only dealing with what is put before you directly as this is your only responsibility; to transform your own life.

## About Feelings of Hopelessness

**Question:** Why does this state of deep, melancholy grief emerge, when the tears come down when I see that nothing changes. It seems that I am good for nothing, that all my hope for awakening is just a fantasy. How do I overcome this experience?

**Answer:** You are in fact now ready for awakening as your life is being transformed by Presence. The more you rest and surrender your mind the quicker you will experience your True-Self. Don't give up you are really close.

## About being Released from Fear, illness and Problems

**Question:** Is awakening possible only if we experience all the negative charges in us?

**Answer:** You do not have to be free of all traumas to be awakened. At the centre of your being is fear. Though I use the word fear, it contains thousands of fears. One fear may translate as cancer. Now if we dissolve that fear, cancer will be gone. If we dissolve that fear in one minute cancer will be gone in one minute. If we take six months to dissolve that fear it will take six months for the cancer to disappear. The same thing applies to all ailments; not only that but to all problems. A particular fear manifests itself as financial problems. Another fear as relationship problems and some fears prevent you from becoming awakened.

These fears are nothing but charges. We do not have to be free of all charges (fears) to be awakened. We have to only be free of that fear that is preventing you from being awakened. Once that fear has become dissolved, you would become awakened.

Once awakened, transformation continues. Many limitations in relationships for example have their roots in childhood upbringing. A lack of love or nurturing can bring emotional pain as a child which then gets trapped within the lower chakras. This condition wanting release will attract unhealthy relationships later on in adult life as a way to try and see itself for release. After awakening when the time is right, this misguided trapped energy pattern will be seen and once it is seen from the awakening state of love presence it will dissolve under the Pure Light of God's Awareness. So life is a very beautiful transformational evolving experience.

### I would rather Someone else be Awakened

**Question:** Awakening is a wonderful thing but I would rather it happen to someone else rather than it happen to me. Can you talk about this please?

**Answer:** This is a fear most people have. It is essentially the fear of losing the known. As the process intensifies you would naturally overcome this fear.



## Guidance for your Practice

### About Integrity

**Question:** With regard to integrity, it is quite clear. But about inner integrity it is not completely clear. You say that if you practice inner integrity it will help to become enlightened. What is inner integrity? Is it not to lie to ourselves, not to break some rules? Could you tell us about inner integrity?

**Answer:** Inner integrity is to see what is going on inside of you without the mind justifying things.

### Your Spiritual Evolution affects Close Relations

**Question:** Does my spiritual evolution influence my near and dear?

**Answer:** Your spiritual evolution not only influences your near and dear ones, but also a large number of people you may never know in your life. It will also have an affect on your ancestors, re-write your DNA and so affect your grandchildren and other family members.

### How to Practice when your Work is taking all of Your Time

**Question:** I am very busy with my work which does not give me much spare time to go to meetings or practice Gentle Touch. What can someone like me do?

**Answer:** You must convert your work into a spiritual practice. For example when you brush your teeth, you must brush your teeth with awareness. It does not matter what you are doing. What matters is that you are aware of what you are doing. If you are aware of what you are doing then you are being spiritual.

### How often should you ask the Divine for something?

**Question:** When we ask about fulfilling something in our prayers is it enough to ask the Divine just once, or should we ask over and over again until the question has been answered?

**Answer:** It is enough to ask once. It is important that you maintain a notebook (keep a journal) and then you can see if the prayer is being answered or not. If the prayer is not being answered, you should not repeat the prayer. Create a new prayer in a new way as it could be that your mind is going to manifest something that hinders your awakening. Trust in the process, your Divine knows what is best for your life.

(There is help in The Excellent You about how to create positive desires.)

## The difference between having a Vision and allowing life to Unfold in its own way

**Question:** How should we approach our lives, should it be by having a vision or should we just allow everything to happen in its own way?

**Answer:** When you are not awakened you need to have a strong vision. When you are awakened you naturally flow with all that is.

The same answers apply to the Law of Attraction when you are intentionally using your mind to create outcomes. This is required for the person who is not awakened. The awakened person does not need to use the mind to create outcomes because the universal mind manifests, creating knowingness in the moment. Therefore in the awakened state the limited mind is not required in this process.

## Gaining Benefit from Connecting to the Presence

**Question:** What is the best way to practice the Gentle Touch Practice? How can we get the most out of this practice and what is its importance?

**Answer:** You must be very clear about your intent before starting your Gentle Touch Practice. Your intent could be for health, wealth, relationship or liberation. It could be anything but you must focus on that. During the Gentle Touch Practice you must drop all thinking to allow your Divine-self to manifest.

Automatically your life will start to transform through the raising of consciousness which will release you from unhealthy mind attachments without you making any effort whatsoever. The key to this transformation period is that you recognise unhealthy attachments knocking at your door and just don't engage with them, just become aware. A good way to handle this is to immediately surrender and apologise for whatever you have done to create this. There is a lot of help in the Gateway to Enlightenment about this.

The Divine Presence will be there for you, it will come to the front and become your shield and protector, it will also transform the attachment into Divine Love. Your consciousness will be set back into the stillness of your Divine centre and over time your life will become totally free. Patience is the key together with a regular practice of Gentle Touch and study of these teachings.

## Attachment and Love

**Question:** How does attachment differ from love?

**Answer:** Attachment and love are very different. When a person/mind is there, there is attachment. When you (the person) is gone there is only love Presence. You cannot try and get this love as a person. This happens naturally when the mind stops then the Presence arises within and around you. You will then feel and discover you have been love all the time! This is your natural state of True-Self being and is without the need to look or search for someone else to activate love in you. This is why it is called non-dependent oneness love. This is the purpose and function of the Gentle Touch Practice to awaken those natural aspects in you.

## Different Religions cause part awakening of God

**Question:** Could you please clarify why Religions hold different views about God which can be the cause of so many worldly conflicts and even war?

**Answer:** When the Divine energy is awakened and brought into a chakra, a particular part of the mind changes and with a certain focus in relation to what God is. This also creates an attachment to a belief within the mind. This belief is a partial spiritual truth. The believer then will tend to be unable to embrace a different approach from another person who practices a different spiritual truth (different religion) which again is partial in nature. This can then be the source of conflict.

Different spiritual religions and their practices will cause different divine chakras to open:

- If your Heart chakra is activated, then your experiences will be completely Christian in nature.
- If your Throat chakra is activated, then that part of the mind is activated whereby your experiences are Islamic in nature, a surrender of the ego to God.
- If your Third Eye Brow chakra is activated, that part of the mind is activated whereby your experiences are Buddhist in nature.
- Similarly if your Crown chakra is activated, your experiences are Hindu in nature.

Awakening to your divine True-Self requires a letting go of limitation and beliefs to enable the whole to be experienced. When this occurs the Pure Awareness self will see the beauty and limitation of all religions. It also explains why different religions have a very important part to play in awakening you to your full enlightenment.

## What does staying with 'what is in the now' mean?

**Question:** Would you please explain the teaching staying with 'the what is in the now'?

**Answer:** When we say you are awakened, what we mean is you stay with 'the what is in the now' without effort.

If you stay with 'the what is in the now' with effort that is not awakening. Since the mind is constantly interfering, you cannot stay with 'the what is in the now' without effort.

When you get awakened, the brain so changes that your mind is released from conditioning all the time. Since the mind is resting in the heart, you will be able to stay with 'the what is in the now' without effort. It must happen naturally like breathing. Otherwise it will be staying with 'the what is in the now' with effort. That would give you some clarity but otherwise it is of no use.

## How does awakening influence our life?

**Question:** Would you please tell us how awakening influences one's financial situation, health condition and relationships?

**Answer:** We are all controlled by a program which was inherited by the DNA, creating information in the cells which produce the proteins which make up the body. Your family ancestors now come into play and have given you a start with your life experience. The emotional program consists of what happened in your past lives, what happened at the moment of conception, what happened while you were in the womb, the actual delivery. Whether it was a natural delivery or forceps were used or it was a caesarean delivery. Then the first six hours, whether you are touched or not, or whether you are put in an incubator. Then the first six years; this constitutes the program. This controls your life as a person. It controls your finances, your health, your relationships and everything in life.

The mind has two main programs, to stay alive through survival and reproduction. Most people are running on these two aspects of existence. What most people do not know is that proteins move in direct response to thought and vibration. This means the mind is like the government of your body in terms of behaviour, health and relationships. It stands to reason that until your true divine self is awakened you will always be limited to the automated programs in the cells of your body that are using the unconscious mind for how to survive and behave.

The programs have positive aspects as well as negative aspects. When you become awakened, it switches off the negative aspects, because of that, you become free of your financial problems, you have more success in life, your health improves, your relationships improve, everything starts improving. For example, if you're having financial problems, you will develop wealth consciousness, and as you develop wealth consciousness, wealth comes to you.

When the Divine self is awakened the Presence will look after your life through your Divine love aura which will meet all your life circumstances, as it now comes to the front of your life as your shield and protector.

You will have now become complete within yourself. This means the need to balance insecurity, power, attachment, neediness, etc with others in all your relationships will be over. You can now enter into new relationships based upon love, mutual respect and independence as you are now complete within yourself.

Several of these points are based upon science so I would like to share the findings of Dr Bruce Lipton in relation to my own added contribution in relation to True-Self consciousness.





## Dr Bruce Lipton and Robert Bourne

### Psycho-biology, DNA and karmic evolution, quantum physics, thoughts, beliefs and consciousness

You are made out of 50 trillion cells and the cells are the living entities. You are a community not a single person, but your mind is the government for the 50 trillion cells. The question is, do you have a good or bad government?

The body is scientifically or biologically a machine made up of over 150,000 different proteins. The proteins provide for your physical structure and for your life functions. The energy in your body that controls the protein is a vital force. The new science brings back the old story of vital forces controlling life. You are sending out waves of energy throughout the universe all the time and you are also receiving energy all the time.

*(The wave is also in sent out a certain frequency or one of ten consciousness as explained in the Gateway to Enlightenment or The Reiki Master module and meets another wave of the same or opposite vibration. This is the workings of Karma from the understanding of Quantum Physics.)*

When two energies meet they become entangled with each other. Now what happens when two waves come together, two outcomes are possible when they are in phase and in harmony they become more powerful. If the waves are out of phase they cancel each other out and conflict arises. Constructive interference is called 'good vibes' and destructive interference is called 'bad vibes'. All animals and all plants communicate with vibration.

When we were young, if we were taught to be sensitive to the vibrations, we would not find ourselves in bad relationships or bad places! We are usually told not to go by our feelings, but to listen to what people have to say. Language was designed to hide feelings! The point is, all organisms communicate by vibration and know if they are in a good place or a bad place by reading the vibrations. Humans have that ability but have not been trained to use it.

When these wave signals bind to a protein what happens to the protein? It moves! It makes behaviour. If you are healthy, your behaviour is good, but if you have a dis-ease, the behaviour is not right! The outcome or manifest effect life experience of the energy wave movement is dependent upon consciousness and individual subconscious programs for its outcome.

*(This is why being centred in our True-Self transforms predominant life patterns held within our DNA because it is Love which transforms our wave back to it's True-Enlightened-Self.)*



**Question:** What can cause disease?

**Answer:** Either the protein is bad or the signal is bad. There are only 3 ways to mess up the signal:

1. Trauma
2. Toxins! If the chemistry is not good inside the body because the signal cannot be passed through bad chemicals!
3. Thought and entanglement meaning the relationship signal of others. The mind! There is nothing wrong with the body, it's just sending the wrong signal at the wrong time! And of course we now enter the realm of consciousness. The mind thought signal is consciousness dependent.

If you want to use science then you now need to introduce quantum physics, as they have discovered three thousand possible outcomes in one moment of time space continuum existence. Only one possibility manifests while the other 2,999 are resting in potentiality. And even this discovery could be the outcome of the belief projected by the mind of millions of Nichiren Buddhists and of course its originator, the Chinese sage T'ien-T'ai.

*(See Gateway to Enlightenment or The Reiki Master modules for an explanation of this theory.)*

This suggests measurable reality is a product of thought creation and can change, but that also misses the key point. All this is mind created therefore the only solution is to go to the source of life which the mind uses before shaping the life moment by thoughts and beliefs. This is the connection to the pure unchanging consciousness, the light of pure awareness, God, Source, etc as this comes into existence before being shaped by the minds thoughts/ consciousness.

When resting in this Pure-Self field of consciousness all other waves can be felt and enter your energy field, but because your core inner field is whole and complete it will not have a long term binding effect upon the proteins, which will remain healthy and intact; they will move out of balance by the impact but spring back into a positive shape within a short period of time.

This is where an understanding of mind attachment comes into play. When the mind allows or attaches itself by giving life attention to a negative force or entity (person) then an out of harmony can occur and disease can arise. Wisdom is simple, if solutions to conflicts cannot be solved between two different energy fields the health giving sensible thing to do is detach from the negative wave field. This is what a gazelle would do in the presence of a lion, they read the vibration and move away. Otherwise self-sabotage is taking place and again beliefs have to be looked at. Of course if arrogance, ignorance, stubbornness, blind adherence to some illusionary belief system exists, then nothing can change and expect the worse. The illness is a message to inform you that you have got it wrong in some way or you are trapped in lower consciousness and are at the mercy of your inherited karmic ancestral DNA.

## The Truth

The main consideration is looking at the force field of creation; all other investigation is within the dynamic field of change. The force field protects the human being which is always changing according to receiving and transmitting information waves. Most waves bounce off the force field but entanglement allows certain waves to enter the field, those which the mind has an interest in. Remember the creation of karma, what the sub-conscious programs are generating, through the law of attraction, become magnets for similar or opposite life entanglements.

Where you align your mind is the key solution to healthy living. To live life from the pure unchanging field of awareness will bring forth the aura of love presence and this will transform any entanglement waves back to the unchanging field of True-Self.

## The Illumination of Life

Our life's existence is an incredible process. All manifestations are pure perfection when seen through God's consciousness of Sat Chit Ananda.

The one eternal, unchanging, illuminated-being we call God or Buddha etc brings forth itself in us through the birth of the sense of 'I am'. The life of a human-being can only exist because the light of God is being reflected in the conscious mind. This sense of 'I' rises up from within our Divine heart into the mind and then the remembrance that we are God becomes lost through the conditioning of daily life experience and the limited personal identification within the incarnated soul and programs of the body.

This 'I' self identification exists as God in our heart, but when it rises into the egoic mind it believes it is a separate Person. The whole process of getting lost from the identity that we are God is easy to understand once you see the creation of life in this way. Imagine the Divine play of life if God was flowing through all of existence without the mind mistaking its identity. Love for all existence; a paradise on earth!

The mind only identifies with life from its personal mind-body perspective seeing life only in separation, me and the other. From this understanding God is veiled, left out, of the daily life creation process in place of the lesser illusionary consciousness of the personal mind's projected creation for the fulfilment of the individual person's desires. Life is then experienced as duality by the Person. The struggle begins when our life's experience is reflected back to us through the law of cause and effect within a lower slower vibrational consciousness as a result of our own limited desires and thought projections in trying to experience happiness and love.

The separated self becomes more deeply entrenched in its personal identity, causing attachments in lower consciousness, and upon death of the body a soul body of mental tendencies is left remaining, resonating in a consciousness energy vibration according to its reward created by its own life behaviour. This soul state of resting consciousness is either suffering or angelic in nature which is then waiting to enter a new body to carry on its life journey of eventual awakening and return to God, it's True-Self.

The New Awakening Process explains that a person goes through three stages of evolution on their life journey. Eventually the soul/mind comes to the surrender of the individual mind-body person identity to dissolve back in the Oneness heart. Then the realisation is that, 'I am one with God'. It is only once this experience happens that life can be experienced as 'I am God' in pure Bliss and contentment within the oneness of life.

I hope this explanation has encouraged you to take part in the Spiritual Practices so you can also transform your life, contributing to the world's evolution in consciousness.

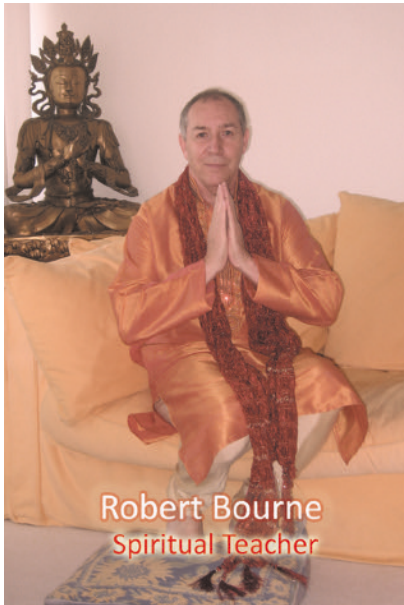




## About the Founder

### Robert Bourne

Robert Bourne is a Spiritual Teacher, Reiki Master, Sports Psychologist, Musician, Author, and a multimedia spiritual course creator. He began his career in sports psychology, hypnosis and NLP gaining an honours degree for his thesis on Auto-suggestion in 1986.



Robert's life's purpose is to offer teachings and energy experiences to bring about a change in higher consciousness for the individual. The creation of value was always the first consideration when creating interactive courses. The vision was to support a new self-awakened age wherein society becomes a loving spiritual experience for the whole of mankind.

Robert was the founder of Reiki-party International, which was a friendship organisation uniting like-minded people. The Spiritual Organisation flowered in the spirit of Unconditional Love, whereby individuals united with like minded friends with the view of helping and supporting each other on their spiritual journey. Reiki-party quickly evolved into a less structured organisation promoting the expanded spiritual process 'New Awakening'. This new spiritual holistic process is the compassionate flowering of the True-Self heart chakra

within Spiritual Awakening. New Awakening offers love, healing and friendship, providing guidance for individuals who wish to hold group events expressing the joy of Life. Because of the understanding that total freedom for the individual's personal expression of the Divine experience is embraced, no specific structure has been created as to how to hold events or support meetings. New Awakening supports individuals in the form of providing FREE access to all the multi-media courses in 'The New Awakening Process'.

### Why the Sacred Teachings Emerged

I wondered why I was selected to receive the sacred teachings called 'The Divine Message About You' contained in the True-Self awakening module. I have provided a background about my life experiences which culminated in me having this experience. I was reluctant to provide a biography as I am no longer that person, but 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.

## Autobiography

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 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. The Awakening Process does exactly this as it offers practices 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'. Without doing the work when a person returns home their entangled life attachments in lower consciousness return them back to where they were before visiting the ashram.

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 Valentine's Day, the day of love, February 14th 2015.

It took one year to establish the best format for the practice to take and at our first anniversary February 14th 2016 everything was ready for the formation of Gentle Touch 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 helping awaken 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 Awakening Process' has been created.

In the book 'The Divine Message About You' it talks 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 many years later. Now we begin in the sharing of this beautiful Divine gem through the emergence of the New Awakening Groups.

## My Gratitude and Appreciation to Mary Borlase

I would to give my thanks, gratitude and appreciation to my editor, Mary Borlase.

Mary incarnated with the soul body of angelic presence. I know she did not want to revisit this earth as she was resting in bliss and love. However her mission was to support the evolution of this process and came into my life at the time of writing the Reiki manuals to become the editor of all the modules in this book. Like so many of us Mary has struggled with the grip the personality has had upon her life but her final purpose is in the transition from her Angelic Soul Body to Oneness with God.

On the final edit of this book Mary shared the following:

"Thank you from the bottom of my heart for the opportunity to be of service to mankind by helping you put this wonderful work together for the benefit of humanity. It's been an absolute privilege and I'm eternally grateful.

Much love

Mary"

## 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, they 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 to create a better material life 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 a richer 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.

## Autobiography

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, try and create a good pension, then 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 in St John Wood, 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 Jesus'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 middle eastern 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.

Late that evening I eventually got to bed in the small spare bedroom where 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 appear to be 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 at Mount Fuji, 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 from Osho 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 omnipresent 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 have experienced this state of being. When 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; more about this below.

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 by direct knowingness 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. I also had another strange knowingness spontaneously occur which was to pass the torch to Mooji; it was as if it was his turn to play the role of Guru.

## Autobiography

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.

## Direct Spiritual Experiences

### The cause for my Awakening - Treasure Tower Experience

In the early nineties I was confronted with a schism in my Buddhist organisation NSUK. I was asked to continue my practice with the lay society or with the priesthood structure. This gave me the perfect opportunity to search deeper within myself for this idea of enlightenment. I surrendered my life and everything I thought I knew by letting go of any idea or concept of life's workings, allowing my mind to become open to the new.

My objective was to have a direct experience of what Buddha and Christ were sharing.

I became a recluse. To establish the authenticity of 'The Lotus Sutra' I obtained two copies of the book sourced from opposing sects. I then chanted over each chapter of the sutra until I had a direct realisation of what they were sharing. I then passionately embraced everything as God with as much personal love emotionally I had.

#### Buddhist Treasure Tower Awakening (The Lotus Sutra)

1. Sitting beneath a Niagara falls of love I was filled slowly from the base upwards with love until my rainbow body was overflowing within each chakra. It stopped at my third eye where I met my inner divinity.
2. As I was being raised up in this ocean of love going past the questioning mind into a state of peace and contentment, the questioner had been left far behind.
3. This place of ascendent masters was where I was told I would come to after leaving my body. There were some masters at this place in service to mankind and some had moved into other dimensions in a state our earthly mind knows as God. Life continues in a non-physical form once union with the state of God consciousness occurs. You could say that becoming one with God is the entry point to this new existence.
4. I then saw in my mind the whole of mankind within it as it is holographic in nature. There is only one mind which contains every unique living being on the planet. This mind acts just like a telephone exchange, when someone puts their attention on you it rings your own inner mind exchange number; this explains telepathy.
5. Being outside of the dualistic realm of lower consciousness I also saw the world in the shape of a globe that was made up of all our bodies on earth and that my body and life, although unique, was just like a very small grain of sand within this one earthly body. This explains that how one being in higher consciousness effects the whole of mankind.
6. At this place of perfect stillness all desires had dissolved. There was only one desire left within my life which was to share this with the world. My only role was to help the world in their awakening to there True-nature. I felt like a fountain of love which was eternal in nature. Come and drink from this fountain until you are drunk with its sweetness, healing and transformation of your life; become whole again.

7. After the experience had finished I then became a resource for mankind. I could open and close the portal of purity, like opening the blinds on the window to allow the sunlight to shine through. When I did this a presence emerged which had the properties of healing, love and enlightened wisdom.
8. Wondering if I had deluded myself on some inner mind trip I invited several people who wanted to experience the presence of God to establish if this phenomena was real or not. Yes, it was very real and tangible as everyone in the room had experiences. One person started shaking all over so I guided her to lie down and upon letting go of her fear she went into a blissful ecstatic state of love. Another person went and sat in the corner of the room and upon leaving said she had been very ill and when the presence was released she was wrapped in a blanket of healing which acted like a miracle as she was then completely healed. Another person started asking seeking questions which I immediately had a knowingness arise but knew the truth was working through my life experience which was different from hers so she might not understand my sharing. What happened was quite amazing 'The Presence' held her mind still so it could not attach to another question or move away from the enlightened truth that was about to emerge. It then used her life experience to bring a knowingness to answer her question. She shared her knowingness saying I see it like this. Which was the perfect enlightened answer to her seeking question. This shows that intellectual knowledge is not required to gain enlightened wisdom as the light source in its full vibration uses the life experience of the individual to bring answers to seeking questions. This is only available when the mind is still and single minded. In the case of this person they had no choice as the personal moving mind was held still when meeting the presence of God - their True-Self.

After this meeting one evening I went to a local dance and decided to let out 'The Presence' so that everyone would have a wonderful evening, or so I believed. What actually happened was a shock to me as the room started to divide into two groups one consisting of mostly women and the other made up of mostly men. The women were starting to shake and feel the presence of love while the other group were getting very angry wanting only to find the source of this disturbance and stop it. This explains why the saints, prophets and sages throughout the past have been killed. I quickly stopped letting out 'The Presence' and left the venue. When I got outside my inner master told me that I can't do that as it is too direct and strong a vibration for this karmic world. I then said I had better set up an ashram and put up notices outside 'Only enter if you leave your mind behind and you will become transformed in the presence of God'. I was then told "No you can't do that as you have been a Guru in a previous life and there are others here now doing that". I asked then what am I to do? My reply was to support the Gurus and those helping others seeking awakening and just enjoy your life.

This left the Robert personality depressed; what a situation! God is doing everything in daily life. Letting out the presence is too strong and quick a transformation for mankind. Well, I had achieved my own enlightenment but we are a community of one species on earth? Enjoy my life I was told but I have to live in a society which has its values and collective consciousness based upon illusion and separation, not love and co-operation. Yes, I am always happy and contented living a humble small footprint life as I have no needs apart from daily life existence and that is always put before me.

I was then shown daily life by my inner master

For a long time I was outside my body, resting on my crown chakra as my inner divine dweller was showing me life in this earthly realm and how God consciousness is doing everything.

What the mind creates always has counter balance which binds your life to karmic existence. In other words you may use the light of pure consciousness using your lower mind for personal accomplishment through your individual desires, however you will always have a hidden consequence to your life experience some time in the future or future life because your projected desire has been created out of a personal self-interest lower karmic (dualistic) vibrational frequency.

When you are existing in your high non-thinking mind of pure awareness everything is within a perfect wholeness. When in your True-Self there is no future and no past only a golden perfect present moment of existence within all of life; everything is perfect just as it is.

Taken from my book  
'You are a Buddha not a Person'

"All things will be enlightened in your presence; all pathways will be illuminated by your presence". This statement just entered my mind without thinking; it was a sudden inspiration. The statement refers to what happens when the Buddha-God consciousness (and variations in name thereof) enters the human being; it is just like switching on the light in a dark room. When the full Buddha-God nature enters your being, a transformation of your mind and soul's total experience will occur. All your relationship connections to others will transform into unconditional love and all your illusionary beliefs will be transformed into enlightened Truth.

This experience shows that you can now stop trying to bring about happiness through trying to change 'the person' that so many of us are trying to do; but it is your consciousness that needs to change. When you change your consciousness to the highest Buddha-God consciousness you will experience unshakable happiness, blissful joy, compassion for others and most importantly you will feel love for yourself together with unconditional love towards others. There is no effort required to experience this as these qualities naturally accompany this state of consciousness. The good news is that you already have this Buddha-God inside of you right now, it is just that the mind is in the way, blocking you from experiencing this beautiful natural state of being.

When I talk about the full Buddha-God nature I say this because there are two aspects which bring about full enlightenment; one of these aspects is Divine Buddha Wisdom the inner Guru-dweller Tathagata Buddha and the other aspect is the eternal ocean of God's Unconditional Love; the Christ consciousness, the inexhaustible compassion commonly known as the Divine Mother, which is the natural aura of your True-Self, known as Presence.

To relieve suffering brought about from our own limited consciousness an inner blessing can easily be received by this 'Divine Mother' aspect without having to change our illusionary minds. Embracing this aspect on its own brings about a 'heavenly supported Awakening' through pure compassionate unconditional love and healing.

The full merging with Buddha-God requires the dissolving of illusion, misconceptions held in the karmic mind soul body; this is achieved through the Buddha Wisdom, awakening of the inner-dweller Taho Buddha, which replaces personal interpretation and limited illusionary beliefs and concepts. Both of these aspects are revealed in chapters twenty-four and twenty-five of the Lotus Sutra.

If you wish to experience your enlightened life your first very big step is in believing that: 'The Buddha-God' is within you, and not outside of you.

The inner indescribable non-form invisible core of all existence, consciousness, bliss, love, compassion, acceptance of 'All as it Is,' joy, happiness, eternal, non-changing, luminous, existence; I refer to these aspects collectively as the 'Buddha-God'. I mention this because you may have formed another relationship with the name you have given and that is perfectly okay to relate using that name; because, in truth no name can describe this core mystical aspect that is in Oneness with all existence.

There are however commonly agreed qualities and expressions from those enlightened beings who have experienced it. The Buddha brought the Truth of the Eastern Mystical teachings about enlightenment that is commonly known as Wisdom. Christ brought about the active enlightened transformational element of Divine Love and it is this element, experienced as Presence, which has the ability to return us back to the Oneness of our inner God. The knowledge to the 'Truth' of the non-form just one God was also awakened to by Abraham; who is at the foundation of the three main Western Religions; Judaism, Islam and Christianity. Love brings grace to the hard 'Truth' enlightened to by Abraham. The Truth is now softened by the Love of God; together, Truth and Love complete the whole picture.

Because of the disagreements between the different main western approaches individuals can get locked into the separate aspects they embrace. This can cause disputes about the Truth of practice and relationship with God and human life. This approach is looking at life from the personal mind residing in limited consciousness attaching itself to a particular practice and belief. This attachment reveals only part of the Truth, instead of seeing the whole picture from the mind of God or Pure-Awareness.



## A Message for Christians Muslims and Jews

The Truth will set you free! Abraham was one with God and was the first to share this with mankind when he said, 'I AM'. It has taken so many years to put in place the preparation for mankind to be able to realise this Truth as a direct experience. The light of God is within all of life, this is the relationship change of identity that is initially required, therefore the individual soul has the opportunity to transform into external Unconditional Love by having a direct experience of God in this lifetime. This is your life's purpose you have kept your traditions long enough for them to mature into their true purpose. That purpose was to prepare your culture for individual and collective awakening.

The prophet Mohamed taught you to surrender yourself to Allah. Jesus also stated 'I AM' (one with God). Jesus taught you to love everyone without judgement. This is because we live in an eternal ocean of Love, that Source I was awakened too. The teaching of 'As you sow so shall you reap' the law of cause and effect is contained within all faiths. Not to do to another that which you have not received permission by them, the other, to do. This is the only social law required for mankind. Think about this as it covers everything. These are the only teachings to live your life by.

Thereby examine carefully what your priest is telling you what to believe, how to behave and what you are. The only uniformity required for mankind are the qualities of God all 'form' is unique, in temporary existence and requires to be able to express its uniqueness. A priest who is not 'I AM' is not worthy to lead others as they are just coming from historical dogma and mind interpretation of the scriptures; their soul will be residing in lower consciousness. If their preaching is not in accordance with God's teachings and you believe their distortion then your heart will be full of hatred towards others and your soul will transform into the darkness of gross consciousness resulting in personal suffering. This being is no more than a parasite, one who resides in darkness attracted by the light of God just to lord over the humbleness of those who are seeking the Truth. Regard these priests just like a cuckoo or a leach as they are a person who clings to another for personal gain. You should just walk away as they are feeding upon your open pure heart.

If your priest is awakened and teaching you God's pure truths then your heart and mind will be full of God's love and your soul will evolve, giving you the opportunity to experience yourself as 'I AM' in this lifetime. You only have to believe and change your identity of who you really are.

I have had this direct experience and can assure you that God loves every Jew, Christian and Muslim equally. In fact when combined the three different pathways of faith and practice become the one direct route to the experience of Oneness with God. This understanding will simplify your life and when practiced will bring peace on Earth. You will then live your daily life in heavenly paradise. This is my promise to you. Change your identity from a separate mind body person to who you really are then everything is possible as your prophesy will then manifest; you are the messiah you have been waiting for.

You asked for God to bring you the solution of peace so I will now share my experience with you. This knowledge will solve the historically entrenched religious conflict between the different faiths. First of all each of the three faiths only have part of the Truth so it is pointless fighting with another about any differences, as if you hold the key to God. Together you have the Oneness Truth of life's Source you have named God, Allah or another. Only through combining your faiths teachings will you enter the realm of eternal peace and love from the inner golden light of pure awareness. When you awake you will see we are all connected and one with God so it then becomes impossible to harm another. This is my own person experience.

In fact to point out the differences shows you do not understand and have not fully experienced the Source of your creation. The fight therefore is with your inner-self, your limited illusionary beliefs, not those outside of you with a different view.

YOU ARE THE PROBLEM so you have to wake up out of your hypnosis and limited religious and cultural conditioning! I am not pointing out faults in you or your religion as they are historically perfect, in fact I celebrate the past. What I am sharing with you is:-

### YOU HAVE BEEN PREPARED - YOU ARE NOW READY FOR ONENESS WITH GOD

It is very, very difficult for me to share the message with you because the emotion I experienced was overwhelming as I was so filled with God's love.

A few years ago I was guided to gain an overview understanding of what the foundation of the main religions in the West are and why there is so much conflict between the various ways of embracing God. This prepared me for a direct experience I had leaving a message of Truth to all who believe in the Oneness and Love of God and this is what I am sharing with you today.

God rose up into my heart and I was filled with an overwhelming love. A knowingness was in my mind without thinking. As I looked out into the world I saw God's plan. My heart overflowing with love and great joy I could not hold back the tears which gently rolled down my cheeks as I felt the Love God has for all Christians, Muslims and Jews. In that moment I was one with God.

I will never forget this beautiful privileged experience which I wish to now share directly with you. I am your messenger and this is the message.

The karma of different races and communities have brought about these various teachings by the manifestation of key individuals, Abraham, Moses, Jesus and Mohamed. The Divine has created three different forms of worship as a preparation for full enlightenment because they are all true parts of the one Truth. There is no special race as God exists at the core of every living being equally, you could say that mankind in its totality is the special race. This phenomena also happened in Buddhism and Hinduism but with different Spiritual Masters and Gurus. According to the unique cultures different leading teachings have emerged to prepare mankind for a collective awakening.

The time will come when the various pathways will be understood as different aspects of the same one Truth. All three parts practiced in the West are required to bring about full enlightenment for the human race. The three key aspects are Truth and Love experienced through personal surrender of one's limited egoic identity. I expect you can you identify the different Religious approaches in these three qualities? Merge them together and we have world peace on earth. Therefore an acceptance and respect of all Religious differences is initially required before awakening can occur.

The message I have been given for those in the West is that the second coming many in the Western religions are waiting for is already here! The personal mind of the human-being thinks in terms of separation, i.e., me and the other etc, however in Truth all is already in Oneness. Once enlightened to this Oneness then all is seen and understood as God manifesting as different forms.

Therefore it is only natural when we look at our Religious historical roots to see there was always an enlightened human-being who was enlightened to God whose mission it has been to help mankind with their spiritual relationship; according to their unique culture. This preparation of the various different forms of devotional practice and surrender to God has over the years created a maturity within mankind's souls to occur. This maturity enables the individual to awaken to the Oneness of 'God and the individual human-being become one' when the time is right; and that time is right now, here now on earth! The second coming therefore is waiting for you to awaken, it will not be in the form of another human-being, as your conditioned mind believes, but it will be found within the soul body of every Jew, Muslim, Christian and of all other denominations thereof. The 'Truth' will always set you free and this is the new message I bring to you.

When you change your belief to this understanding your very own practice will awaken you to the God inside your heart. You will see or know with direct experience your Masters; Jesus, Abraham, Mohamed etc, as they are alive within your very own soul body waiting to awaken you to your Ascension.

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*Ascension in its basic spiritual or mystical sense can be thought of as the highest state of a human-being. It is the expansion of awareness. It involves the realisation of being ONE with the Creator and all of creation.*

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## The Various Different Eastern Teachings are only a Preparation for Awakening

There is a relevance in mentioning the various Western Religions because there is a parallel situation to the various different Buddhist and Eastern practices. The Lotus Sutra is not just a Buddhist teaching but reveals where all spiritual practices and religions spring from and why they manifested within different cultures in accordance to the capacity and minds of the people; they are all leading and preparing individuals for their final awakening to who they really are.

It is important to share to all Buddhists why there are so many different Buddhist teachings and practices throughout the world. Being attracted to one of these forms today occurs because of the uniqueness or karmic disposition of the individual. Once again I have to mention that I have the greatest of respect for all the various different ways of practice and accept all Religious forms of expression.

I will reveal why the Buddha taught various different practices as it has a very important relationship to Enlightenment. All these pathways are different and are all correct because they are a preparation and karmic transformational device created by the expedient means of the Buddha to bring about the eventual ending of the journey; the awakening into the mystical Being-ness, the Buddhahood which you already are.

Let us take you back to the time of the Buddha where in India it already had its enlightenment teachings, shared by the Rishi Masters, with the creation of various different yogic practices which were designed to prepare the practitioners for the awakening of the True-self; Brahma, the source of the Vedanta. The Buddha, as we know, went on a journey throughout India to seek enlightenment and as he met the various spiritual groups joined them in seeking his own enlightenment. He went on to master the teachings and in many cases then become their leader. After a period of time, to his followers dismay, he then renounced the practice and continued his search for enlightenment elsewhere.

In the introductory chapter to the Lotus Sutra, 'The Sutra of Innumerable Meanings' the Buddha explained why he taught the various leading spiritual practices, as you will have discovered in more detail in that chapter in my other book 'You are a Buddha not a Person'. I have included a small extract below showing that all Buddhist Teachings practiced today were taught only as a preparation for Enlightenment, although the simple 'Truth' was included in each of the various different teachings. The Lotus Sutra in a mystical format revealed the Buddha's Truth and direct pathway to Buddhahood. The Sutra of Innumerable Meanings told us in an understandable language this Truth.

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### Quote from the Sutra of Innumerable Meanings - Chapter 1

"The great Bodhisattvas present then praised the Buddha in great depth, acknowledging him as their enlightened teacher.

They then thanked him for teaching; **The Four Noble Truths, The Six Parameters, and the Twelve Causes**, according to the working of the minds of living beings."

Then the Bodhisattva-Mahasattva Great Adornment, with the eighty-thousand Bodhisattva-mahasattvas, finished praising the Buddha and all said in unison: "World honoured One, we, the assembly of the eighty-thousand Bodhisattvas, want to ask you about the Buddha's Law."

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The reason the Buddha taught the popular known Buddhist teachings of the Four Noble Truths with the Eightfold Path, The Six Parameters and The Twelve Causes was for the simply reason of preparing the mind of the practitioner to be able to accept the simple Truth that they were already enlightened. However their True-self was being hidden by their karmic body containing their minds' beliefs of the various Yogic Buddhist practices they were engaged with. The Buddha had immense compassion for them knowing that if he taught this enlightened Truth earlier they would reject it. Rejecting the Truth would be slandering the mystic law, resulting in the individual follower to fall into a lower realm of consciousness as a consequence.

This is why Abraham started with one Truth that there is only one God and to stop the worship of idols. The people of that time would not have believed that they were already one with God.

Today my message is the same for all Buddhists, Hindus and all associated Religions as I have already shared previously for all Christians, Jews and Muslims; **YOU HAVE BEEN PREPARED.** Stop and change your mind's perception and live in not-knowing. Look within and you will discover that the Truth is there about who and what you really are. Your Religious masters are omni present waiting on the inside to awaken you. This means you don't have to change your faith or Religion to awaken; what is now required is just a change of knowledge as to What and Who you really are.

The mission of Sri Ramana Maharshi who lived as recently to our current time (1889-1950) realised the True-self to share with us this very Truth. Because of his great sacrifice he has left the pathway open for us to complete our final realisation of Who and What we really are. He shared with us that there is no longer any requirement for us to become an ascetic and renounce life because we are meant to live our daily lives from our True-self and not the misidentification of believing we are a separate person.

The other misidentification he clearly revealed is that we are not the body. He taught us that when the mind turns inwards resting in the Divine heart free from its attachments awakening to the Pure-Awareness-Self occurs, (The Buddha-God awakening and True-Self realisation).

## Some other Personal Experiences - Visiting Past Life Teachings

I would like to share a few experiences that have surprised me which have emerged throughout my spiritual journey. These experiences are relevant to being able to share this message with you to reveal that I have had many lifetimes in serving others which has helped enable my soul provide a modern interpretation of The Lotus Sutra. They relate to how I can now say that I practice every Religion but am now one with that which was before all faiths.

I am aware of going around the wheel of incarnation many times, living in various different countries mostly in the East in a monastic or priesthood role. This is not my imagination or some sort of dream fantasy or ego trip but as a result of confirmation being given to me by other priests of different denominations around the world. They all have confirmed that I am known to them, part of their family and have encouraged me to return home again to their particular practice.

The only leader I have met who knew I had another role in this incarnation was that of the Krishna organisation in India. The story in more detail is mentioned in the 'Love and Relationships' module. When I said I had better become a Krishna devotee and retake my initiation with the Krishna movement, he replied that there was no need as another path was my way in this life.

The priest I met in Thailand said I belonged to their tradition and offered me to return home to them by providing accommodation in a beautiful part of central Thailand for me to live. In this situation I knew their teachings were within me, however I also knew that there was no need to do it again as I had other things to do in this life but at that time knew not what that was.

The Hindu faith in Bali welcomed me to attend their village ceremonies, not normally open to non Hindus. I had tremendous love for them with a sense of going home but again I knew I had to move on.

A healing group in London were having visions for months about a man who was going to arrive at their group. They revealed, so they believed, that the man to arrive was a disciple of Jesus; my mystical arrival fulfilled their prophesy. This is not my statement as I make no such claim about this but it is what others have said and feel they know about my life.

The Nichiren priest who looked after me on my visit to Japan was surprised at the way I acted and said we were like brothers and the practice of the Lotus Sutra was within me from past lifetimes.

My karmic relationship with Makiguchi's Education for Creative Living was revealed when I visited the junior Soka School in Osaka Japan and meet with all the heads of the Soka School system. At that meeting I was invited to visit the senior high school and received the offer to teach English in the Soka senior high school. After gaining my TEFL teaching qualification one year later the offer was withdrawn. This lead me to realise that in this life I had another mission to fulfil. I am grateful for this rejection as it lead me to gain my Awakening experience, so everything has been perfect.

I would now like to share the location on the planet where the great enlightened teachers and spiritual masters of the past are now existing. This will explain why have they not incarnated into another body to carry on their mission in helping mankind. I was shown this in my Treasure Tower awakening experience.

To illustrate this point I will firstly share another personal experience to bring about a new understanding of the holographic multi-dimension in which we are all living. My meeting was with a Yoga teacher of the Sri Swami Satchidananda method. It caused such Bliss to spontaneously manifest that she was unable to function through the ecstatic joy she was experiencing. She was personally trained by Sri Swami Satchidananda and shared with me her experience of being at a special ceremony held by the request of Sri Swami Satchidananda after his passing. He had left instruction for those disciples who were close to him to come together after he had left his body. At the ceremony the whole group was lifted into a beautiful state of grace. I instantly knew, through Swami within the Oneness heart within me, what had happened. The message I had to share with her was that he had split himself into many and incarnated holographically into each disciple at the ceremony to assist with their teaching of Yoga and for their personal enlightenment.

I mention this experience because the message is the same, no matter what practice you are involved with, "Your enlightened masters are all now residing spiritually on the inside of you waiting to help you awaken to the Oneness of existence". Dropping all what you think you know is the only requirement with the surrender of one's ego.

This is where the person's mind becomes confused as it only understands in a time based linear way. The location where the past spiritual masters reside now is in a mystical spiritual realm and they will not become another physical person. At this time using your own spiritual practice or faith there has never been an easier time for your Awakening to discover what and who you truly are!

After the Buddha had taught the various spiritual groups new leading practices he then went on to teach the Lotus Sutra. His incarnated role in India therefore was as a reformer as he brought the Indian spiritual practices of his time back to the one Truth as originally taught by the Rishi Masters. He also states in the Lotus Sutra he is always here in this world. You will not find him in any of the Buddhist temples but you will find him within in the Oneness Divine heart inside the temple of your body. This true for all faiths of their enlightened masters.

My own conditioning is based in a western Christian upbringing with a Buddhist spiritual practice 1987-2005 up until awakening occurred. It is important to mention that a fusion of Love and Truth occurred to me bringing together the Western and Eastern models of Spiritual and Religious practices. I therefore ask you again to bear with my terminology of using the term Buddha-God when describing that which you really are and not a person.

Today I really have no words to describe what that is, there is only an inner silence which has no form but I experience it and know it is alive with the Oneness of all that is, my mind is not-thinking, just residing in Pure Awareness, the Divine heart is overflowing through my lower six chakras with love and compassion for all living beings. I now live alone outside of



entangled relationships as the onenesses love within the heart of God is hidden, as the light is too strong for this earthly karmic realm for me to share.

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 world's 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 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 take part in 'The Awakening Process' and start a support group.

Don't worry you will not be conditioned any more by 'The Awakening Process' 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

Osho





## The Multimedia Download Contents

Your download will have the following main folders. It is best to leave the download folders organised as they are. Below this table is a checklist for each module showing the audios and videos they contain.

Main Folder	Sub Folders	Sub Folders
New Awakening Process	CPD Letters	
	Manuals	
	Personal Fulfilment	Love and Relationships
		Reiki 1st Degree
		The Excellent You
	Soul Evolution	Reiki 2nd Degree
		Reiki Master
		Sat Guru
		The Gateway to Enlightenment
	True Self Awakening	Gentle Touch

### CPD Letters Download Checklist

CPD Letter Love and Relationships  
 CPD Letter Reiki 1  
 CPD Letter Reiki 2  
 CPD Letter Reiki 3  
 CPD Letter The Excellent You  
 CPD Letter The Gateway to Enlightenment

### Manuals Download Checklist

The Awakening Process.pdf  
 (This book contains the following three manuals)  
 1. Personal Fulfilment Manual  
 2. Soul Evolution Manual  
 3. True-Self Awakening Manual  
 4. Sri Ramana Maharshi Teachings

## Personal Fulfilment Folder contains Three Courses

### New Awakening Reiki First Degree Download Checklist

Look inside the folder called Personal Fulfilment and you will see another folder called Reiki 1st Degree. You will then see the files have been directly download into four sub-folders as below:

Mp4 Video is in the sub folder called **Attunement Video**

1st Degree Distant Attunement.mp4

Mp3 Tutorials are in the sub folder called **Audio Tutorials**

01-New Awakening Introduction.mp3

02-The Attunement.mp3

03-About Healing.mp3

04-Reiki History.mp3

05-Self Healing.mp3

06-Healing Others.mp3

07-Aura Scanning.mp3

08-Chakra Affirmations.mp3

09-Your 21 Day Journal.mp3

Mp3 music is in the sub folder called **Music**

Reiki music with 3 min bells.mp3

Mp4 Tutorial Videos are in the sub folder called **Treatment Videos**

Full Reiki Healing Treatment on a Chair.mp4

Full Reiki Treatment Tutorial on a Couch.mp4

Scanning the Aura with Reiki Healing.mp4

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For phone or iPad users etc it can be viewed on YouTube

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## The Excellent You Download Checklist

Look inside the folder called Personal Fulfilment and you will see another folder called The Excellent You. You will then see the files have been directly download into two new sub-folders as below:

The following Mp3 tutorials are in folder called **The Excellent You Audios**

- 01-New Awakening Introduction.mp3
- 02-Course Overview.mp3
- 03-Creating Excellence.mp3
- 04-How the Mind Works.mp3
- 05-How We Limit Ourselves.mp3
- 06-Structuring Positive Suggestions.mp3
- 07-Making Personal Change.mp3
- 08-The Review.mp3
- 09-Self Confidence Suggestion.mp3

The following Mp3 tutorials are in the folder called **Meditation Audios**

- 10-How to use Meditation.mp3
- 11-Guided Meditation.mp3

## Love and Relationships Download Checklist

Look inside the folder called Personal Fulfilment and you will see another folder called Love and Relationships. You will then see the files have been directly download into one new sub-folder as below:

The audio tutorials are in the sub folder called **L & R Audios**

- 01-New Awakening Introduction.mp3
- 02-About Love.mp3
- 03-Ten Guidelines.mp3
- 04-Emotional Stability.mp3
- 05-Krishna Consciousness.mp3
- 06-Keep a Spiritual Journal.mp3
- 07-Love and Fear.mp3
- 08-Three Special Secrets.mp3
- 09-Emotional Freedom Solution.mp3
- 10-Freeing Sexual Blocks.mp3
- 11-Gratitude Centres You in Love.mp3

## Soul Evolution Folder contains Four Courses

### New Awakening Reiki Second Degree Download Checklist

The following is a checklist of all the contents of the Reiki Second Degree course.

Look inside the folder called Soul Evolution and you will see another folder called Reiki 2nd Degree. You will then see the files have been directly download into four new sub-folders as below:

Mp3 audio tutorials are in the sub folder called **Audio Tutorials**

- 01-New Awakening Introduction.mp3
- 02-Reiki Second Degree.mp3
- 03-Deeper Principles of Reiki.mp3
- 04-Spiritual Journal and Practices.mp3
- 05-Cho Ku Rei.mp3
- 06-Sei He Ki.mp3
- 07-The Emotional Body.mp3
- 08-Hon Sha Ze Sho Nen.mp3
- 09-Distant Healing.mp3
- 10-Symbol Overview.mp3
- 11-Activating the Energy.mp3
- 12-Advanced Healing Methods.mp3
- 13-Manifesting.mp3
- 14-The Right Attitude for Professional Practice.mp3
- 15-Practicalities of Professional Practice.mp3

Mp3 music is in the sub folder called **Music**

- 16-Reiki Music Universal Light.mp3

Practice Support forms are in a folder called **Reiki Help Forms**

- Client Contract Code of Care.pdf
- Parental Guardian's consent.pdf
- Reiki Client Record.pdf
- Reiki Treatment Disclaimer.pdf
- Reiki Treatment Form.pdf

Mp4 Attunement video is in the sub folder called **Video**

- 2nd Degree Distant Attunement.mp4



## New Awakening Reiki Master Download Checklist

The following is a checklist of all the contents of your Reiki Master/Teacher degree course.

Look inside the folder called Soul Evolution and you will see another folder called Reiki Master. You will then see the files have been directly download into three new sub-folders as below:

The .Mp4 attunement video is in a sub folder and called **Attunement Video**

3rd Degree Distant Attunement.mp4

The audio tutorials files are in a sub folder and called **Audio Tutorials**

- 01-New Awakening Introduction.mp3
- 02-Reiki Master 3rd Degree.mp3
- 03-Become a Better Healer.mp3
- 04-Reiki Degrees Overview.mp3
- 05-The Masters Symbol.mp3
- 06-Loving Kindness Meditation.mp3
- 07-The Lotus Sutra.mp3
- 08-Practising The Lotus Sutra.mp3
- 09-The Mantra.mp3
- 10-Ichinen Sanzen.mp3
- 11-The Ten worlds.mp3
- 12-The Ten Factors.mp3
- 13-The Three Realms of Existence.mp3

The .Mp4 tutorial videos in a sub folder called **Teaching Videos**

- Teaching the 1st Degree Attunement.mp4
- Teaching the 2nd Degree Attunement.mp4
- Teaching the 3rd Degree Attunement.mp4

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## Sat Guru Practice Download Checklist

The following is a checklist of all the contents of Sat Guru Sacred Mantra Practice.

Look inside the folder called Soul Evolution and you will see another folder called Sat Guru. You will then see the files have been directly download into two new sub-folders as below:

Mp3 Mantras are in the main folder called **Mantras**

- 01 Ong Namō.mp3
- 02 Gobinda Gobinda Hari Hari.mp3
- 03 Homage to Krishna.mp3
- 04 Gayatri Mantra.mp3
- 05 Resting and Listening.mp3
- 06 Sita Ram.mp3
- 07 Om Namah Shivaya.mp3
- 08 Eg Ong Kar Sat Nam.mp3
- 09 Brahma Nandam.mp3
- 10 Long Time Sun.mp3

PDFs are in the sub folder called **Lyrics**

- Sat Guru Mantra Lyrics.pdf
- Satsang Mantras in Colour.pdf

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## The Gateway to Enlightenment Download Checklist

The following is a checklist of all the contents of The Gateway to Enlightenment course.

Look inside the folder called Soul Evolution and you will see another folder called The Gateway to Enlightenment. You will then see the files have been directly download into the new sub-folder as below:

The Mp3 tutorials are in the sub folder called **G to E Audios**

- 01-New Awakening Introduction.mp3
- 02-The Lotus Sutra.mp3
- 03-Practising The Lotus Sutra.mp3
- 04-Chanting The Mantra.mp3
- 05-Religion Spirituality and Mysticism.mp3
- 06-The Universal Mind.mp3
- 07-The Vedantic Yogic Hindu View.mp3
- 08-The Buddhist View.mp3
- 09-States of Awareness.mp3
- 10-Quantum Mechanical Universe.mp3
- 11-Vedic View of our Total Being.mp3
- 12-Overview.mp3
- 13-Key Points.mp3
- 14-The Spiritual Laws.mp3
- 15-Universal Workings.mp3

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# True Self Awakening Folder contains One Course

## Gentle Touch Practice Download Checklist

Look inside the folder called True Self Awakening and you will see another folder called Gentle Touch. You will then see the files have been directly download into two new sub-folder as below:

Audio Mp3 audios are in the sub folder called **Gentle Touch Mantras**

- 01 Om Namoh Bhagavate.mp3
- 02 Listening Bhagavate.mp3
- 03 Moola Mantra.mp3
- 04 Divine Presence Integration.mp3

The Mp3 audio tutorials are in the sub folder called **Audio Book**

- 01 Overview.mp3
- 02 Introduction.mp3
- 03 Three Bodies.mp3
- 04 Equality.mp3
- 05 Liberation.mp3
- 06 Ancestors.mp3
- 07 Life's Purpose.mp3
- 08 Beliefs.mp3
- 09 Wealth Abundance.mp3
- 10 Pure Awareness.mp3
- 11 Mooji.mp3
- 12 God.mp3
- 13 Relationships.mp3
- 14 Sex.mp3
- 15 Love.mp3
- 16 Uniqueness.mp3
- 17 Follow Your Heart.mp3

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## GLOSSARY

## A

*advaita*: non-duality, often incorrectly termed 'monism'  
*agami karma*: actions good and bad, expected to bear fruit in future births  
*aham*: I; embodied self; soul  
*aham sphurana*: the throb of Self-bliss in the Heart  
*aham svarupa*: one's true nature  
*ahamkara* (or *ahankara*): the ego-self  
*ajnana*: ignorance; knowledge of diversity  
*ananda*: bliss  
*anartha*: evil, worthless  
*antahkarana*: instruments of inner perception  
*antarmukha drishti*: inward vision  
*apana*: one of the five vital airs  
*aprana*: beyond manifest life; devoid of life  
*asana*: yogic posture  
*avesam*: current or force  
*astanga-yoga*: yoga consisting of eight stages of discipline  
*atman* (or *atma*): self; principle of life and sensation  
*atma dhyana*: Contemplation on the Self  
*atmanusandhana*: - do -  
*atma vichara*: enquiry into the Self  
*avidya*: nescience, ignorance

## B

*Bhagavan*: a commonly used name for God; a title used for one like Sri Ramana who is recognised as having realised his identity with the Self  
*bahirmukha drishti*: outward-turned consciousness  
*bhakta*: a devotee  
*bhakti*: devotion and love  
*Bharata*: a form of address used by Sri Krishna towards Arjuna in the  
*Bhagavad Gita*, meaning a shining soul  
*bhavana*: continued meditation; steady concentration of mind *Brahma*: Lord of Creation; God as the Creator  
*Brahman*: the Absolute  
*buddhi*: intellect; one of the four aspects of the internal organ

## C

*chakra*: a wheel, a yogic centre of concentration

*Chandrayana*: expiatory fast for a full month, commencing from the full moon, food being diminished every day by one handful during the dark fortnight, and increased in like manner during the bright fortnight

*Chit*: absolute intelligence or consciousness

*Chitta*: the mental mode turned towards objects; that aspect of the mind in which impressions are stored

## D

*dahara vidya*: contemplation of the deity in the cavity of the Heart

*darshan*: the sight of God

*deva*: a god or celestial being

*devata*: a deity

*Devi*: the Divine Mother or a goddess

*dharma*: virtuous deeds; harmonious life; a person's natural duty; inherent qualities

*dhatus*: Sanskrit term for the seven fundamental elements of the body

*dhyana*: contemplation; the seventh rung in the ladder of eightfold yoga

*drik*: subject

*drisya*: object

## G

*Ganapati*: the elder son of Lord Siva, the remover of obstacles; the same as Lord Ganesa, the chief of Lord Siva's hosts

*Gudakesa*: an epithet of Arjuna for having conquered sleep; Lord Krishna uses this term in addressing Arjuna

*gunas*: the three fundamental qualities, tendencies, or stresses which underlie all manifestation; *Sattva*, *Rajas*, and *tamas*, characterized as white, red and black respectively

## H

*homa*: sacrifice in fire

*hridayam*: the Heart (*hridi* + *ayam* = centre + this); the seat of Consciousness at the right side of the chest, as experienced and expounded by Sri Ramana Maharshi

*human being*: the individual soul or ego

*human beign mukta*: one who has realised the supreme identity while still in the body

*human beign mukti*: deliverance while yet in this life

## I

*Indra*: the Lord of the *devas*; the first student of *Brahma Vidya*; the Divine Mother was his teacher

*Isa*: the supreme Lord

*Ishvara*: the name of the supreme Lord indicating his lordship of the worlds

## J

*Jaganmaya*: the mystery of the world

*Jīva*: living being with consciousness, a human being, person etc

*jnana*: knowledge of the Absolute transcending form and formlessness *jnana marga*: the path of knowledge

*jnani*: a Self-realised person, a sage; one who has attained realisation by the path of knowledge

*jivanmukta*: liberated being

## K

*Kailas*: a mountain in the Himalayas reputed to be the abode of Lord Siva

*kaivalya*: absolute Oneness; final emancipation; one of the 108 *Upanishads*

*kali yuga*: the last of four ages of the world, namely *Krita*, *Treta*, *Dwapara*, and *Kali*; *Kali* is reckoned as having begun in 3102 B.C.

*kama*: desire; physical love

*karma*: action, work, deeds; also fruits of action accumulating in three ways as *sanchita*, *prarabdha*, and *agami*; destiny

*karma marga*: the path of ritual, religious duties, and action

*kevala kumbhaka*: retention of breath leading to stilling of the mind, without inhalation or exhalation

*kshetra*: a sacred place of pilgrimage; in yoga, city, or the field of body

*kshetrajna*: the conscious principle (known) in the field of the body; the absolute witness aware of the three states of the self: waking, dream, and sleep

*kundalini*: the mystic circle of three-and-a-half coils situated in the umbilical region; the yogic principle of serpent power; primal *maya*

## L

*laya*: absorption; in yoga, absorption of breath and mind in the Heart

*lingam*: a vertical column of stone with a rounded end, symbol of the unmanifest Siva



## M

*Maharshi (maha rishi)*: great *rishi* or sage

*mahat*: the intellectual principle as source of *ahamkara* — from the Absolute emanates the unmanifest, from it *mahat* and from *mahat* the *ahamkara*

*mahatma*: a lofty soul; highly spiritual person; master in tune with the infinite

*mahavakya*: the four main sentences, proclaiming the truth of *Brahman*, one each from the Itareya (Aitareya) *Upanishad* of Rig Veda, Brihadaranyaka of Yajur Veda, Chhandogya of Sama Veda and Mandukya of Atharva Veda; one of the 108 *Upanishads* explaining the *mahavakyas*

*Maheswara*: one of the five aspects of Lord Siva, as veiling the truth from souls, till their *karma* is completely worked out

*manana*: contemplation; the second of the three stages of Vedantic realisation

*manas*: mind, reason, mentality; also used for the aggregate of *Chitta*, *buddhi*, *manas*, and *ahamkara*

*mantram* (mantra): cosmic sound forms of the Vedas, used for worship and prayer; seed letters for meditation on the form of the Lord; ritualistic incantation

*marana*: the art of causing death through supernatural powers

*math*: a meeting place and abode of *sadhus*

*maya*: illusion, false appearance; manifestation or illusion personified *mithya*: the false

*moksha*: liberation; final emancipation; release from transmigration *mouna*: silence; the inexpressible; truth of *Brahman*, expressed by the *Brahman*-knower by his mere abidance in stillness

*mudra*: hand-pose in worship and dance

*mukta*: a liberated person

*mukti*: liberation *mutt*: see math

## N

*nadi*: the 72,000 nerves of the body conveying the life force, of which *ida*, *pingala* and *sushumna* are the three main ones; in the state of *samadhi* all of them are merged in the single *para* or *amrita nadi*

*nasha*: destruction

*nescience*: knowledge, lack of awareness

*nididhyasana*: the last of the three stages of Vedantic realisation; uninterrupted contemplation

*nirasa*: desirelessness

*nirvikalpa samadhi*: the highest state of concentration, in which the soul loses all sense of being different from the Universal Self, but a temporary state from which there is return to ego-consciousness

*nischala bhava*: immobility; steadfastness; eternity

*nishtha*: abidance in firm meditation

*niyama*: discipline; religious duties as ordained for the second of the eight stages of yoga

## P

*padma*: lotus; a yoga posture in which the right foot is placed on the left thigh and the left foot on the right thigh

*paramapada*: the supreme state

*paramarthika*: an epithet of Arjuna, meaning he who destroys his enemy

*Paramatman*: the true Self

*Partha*: Arjuna, the son of Pritha; another name for Kunti, his mother

*prajñana ghana*: *Brahman*; the Absolute, immutable knowledge

*prakṛiti*: primordial substance out of which all things are created; the primal nature

*pramada*: swerving from abidance in the Absolute

*prana*: the first of the five vital airs centred in the Heart

*pranava japa*: incantation of Om

*pranayama*: breath control

*prarabdha karma*: that part of destiny due to past action (karma) which bears fruit in the present birth

*Prasthāna Traya*: the triple canon of *Vedānta*; the three *Vedāntic* scriptural authorities: *Upanishads*, *Brahma Sūtras*, *Bhagavad Gītā*

*pratyahara*: withdrawal of the senses from objectivity: the fifth rung in the ladder of yoga

*Puranas*: eighteen sacred books ascribed to Vyasa, dealing with primary and secondary creation, genealogy of kings, etc.

*purnam*: fullness, infinite

*Purusha*: spirit, soul, the living principle

*Purushārtha*: human ends; objectives worthy of human pursuit, *dharma*, *artha*, *kama* and *moksha*

## Q

*quiescent*: being at rest; quiet; still; inactive or motionless

## R

*Raghava*: an epithet of Sri Rama as belonging to the line of Raghu

*raja yoga*: the principal system of yoga as taught by Patanjali

*Rajas*: one of the three primal qualities, described as red, the principle of activity (see *guna*)

*rishi*: sage (see also *maharshi*)

*Rudra*: Lord Siva in one of his five aspects; God as destroyer

## S

*Sada Siva*: the supreme Lord as eternal goodness

*sadguru*: the great Master, the true or perfect Guru

*sadhana*: a spiritual quest or path towards liberation; the technique of spiritual effort

*sadhu*: an ascetic or one who has renounced the world in quest of liberation

*sahasradala*: the thousand-petalled lotus; the centre of illumination experienced in the crown of the head on the yogic path

*sakshi*: witness

*sakshatkara*: self-realisation enlightenment

*samana*: one of the five vital airs

*sanchita karma*: accumulated *karma* of former births that still remains to be experienced

*sankalpa*: volition, mental activity, thought, tendencies, and attachment

*sankhya*: one of the systems of Indian philosophy

*sannyasa*: renunciation

*sannyasin*: one who has renounced the world

*santodanta*: one who is calm and self-controlled

*sarvatma bhava*: the state of experiencing the Self as all; abidance in the oneness of Being

*sastras*: scriptures

*sat*: existence; pure Being

*Satchidananda*: Being-Consciousness-Bliss

*Sattva*: tendency to purity; one of the three *gunas*

*savikalpa samadhi*: a state of consciousness in which the distinction between knower, knowledge and known is not yet lost

*Shakti* (or *Sakti*): the manifesting energy of a divine aspect, represented mythologically as the wife of a God

*siddha*: one endowed with supernatural powers and capable of performing miracles; one who has accomplished the end

*siddhi*: realisation, attainment; also supernatural powers

*Siva*: the supreme Lord; one of the Hindu Trinity

*Sivoham*: the incantation 'I am Siva'

*Skanda*: the younger son of Lord Siva; the leader of the divine hosts; the same as Lord Subrahmanya

*Smriti*: authoritative Hindu scriptures other than the Vedas (*Sruti*)

*sraddha*: earnestness, faith; a faithful acquisition of theoretical knowledge of Truth

*sravana*: hearing of the truth, from the Master

*Sruti*: Vedas, heard by the sages in their transcendental state and transmitted to disciples by word of mouth

*substratum*: the foundation upon which all other is constructed

*sushupti*: deep sleep

*svarupa nishta*: abidance in the Self

## T

*tamas*: darkness, ignorance; one of the three *gunas*

*tanmaya nishta*: abidance in the Self

*tapas*: religious austerities

*tat*: That; *Brahman*

*tattva jnana*: knowledge of *Brahman* or *Atman*

*tat-tvam-asi*: 'That thou Art'

*turiya*: the fourth state; the witness Consciousness — ever present and unchanging as against the changing states of waking, dreaming, and deep sleep

## U

*udana*: one of the five vital airs, whose seat is in the neck

*Upadesa*: the spiritual guidance or teaching given by a Guru

*Upanishads*: philosophical writings forming part of the Vedas

## V

*Vaikunta*: the heaven of Vishnu

*vairagya*: freedom from worldly desires; dispassion

*vasanas*: predispositions, tendencies, or propensities of the mind in the present life due to the experiences of former lives

*Vasudeva*: Lord Krishna, as the son of Vasudeva, the Lord whose manifestation all this world is; one of the 108 *Upanishads* showing the path of Vasudeva

*Veda*: the sacred books of the Hindus: Rig, Yajur, Sama, and Atharva, revealed through the *rishis*

*Vedanta*: the absolute Truth as established by the *Upanishads*, *Brahma Sutras*, and *Bhagavad Gita* as interpreted by Sri Vyasa; the end or consummation of the Vedas

*veena*: a string instrument

*vichara*: enquiry into the truth of the Self

*videhamukta*: a liberated being after he has left the body

*videhamukti*: Self-realisation after leaving the body

*vidyana*: knowledge; discriminating the real from the unreal

*vidyanamarga*: the path of discriminate knowledge

*Vishnu*: God as preserver; one of the Hindu Trinity

*vishaya vasanas*: predisposition towards sense enjoyments

*viveka*: discrimination

*viyoga*: separation

*vyana*: one of the five vital airs, causing the circulation of blood and pervading all the body

*vyavaharika*: the phenomenal or empirical

## Y

*yama*: self-control, the first rung in the ladder of the eightfold yoga: abstention from lying, killing, theft, lust, covetousness

## Three Stages of the Human Being's Evolution

**The First Stage** of evolution 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.

**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, this can be the same.

**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 are 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 True-self Being-ness.

## Sat Chit Ananda

The literal translation means - Existence, Consciousness, and Bliss

Sometimes Sat-Chit-Ananda is considered to be a triple consciousness, where all three elements can be taken separately or considered as one because, in reality, each element is found in everything.

Some say that the experience of Sat-Chit-Ananda is only accessible to a few advanced spiritual masters. It is easier for people to achieve an illuminated mind, but Sat-Chit-Ananda is a higher state even than that.

In the philosophy of *Vedanta*, Sat-Chit-Ananda is used as a synonym for the three qualities of Brahman. It is the supremely blissful experience of pure consciousness, unity and ultimate reality. Sri Aurobindo considers Sat-Chit-Ananda to be the eternal and unified concept of the soul, which is beyond space, matter and time.

Remember this is within you right now as it is not something you have to obtain: you just have to learn this knowledge; train the mind to become still through the modules in the Process, live from surrender of the ego, accept that all knowledge learnt is provisional, live in the now with acceptance and allow the presence of Love to transform your daily life relationship experiences while resting in the Pure Awareness of your Divine-Self.