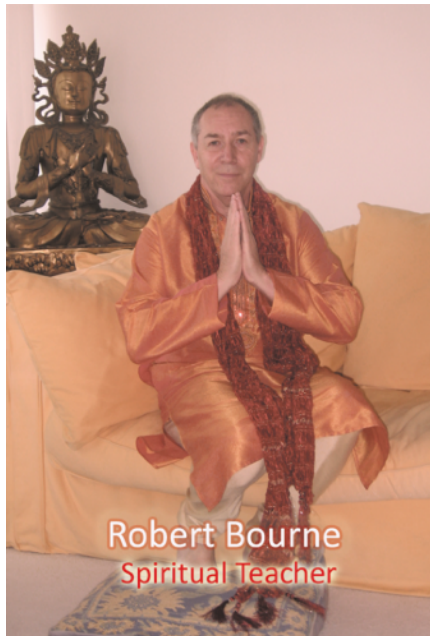


Find Out More

Supporting Your Personal Transformation

This section contains helpful information to support you in discovering more about spirituality, healing and chanting

My life's mission is to support those who are engaged in: True Self discovery; Yoga; Meditation; Healing or any form of Spiritual Awakening or Personal Development.



All Sat Gurus such as Sri Ramana Maharshi, Mooji , Osho etc are an opportunity pointing us to the greatness of who we really are. I want to help you experience your true inner divine self which they are all talking about.

Coming together and singing sacred mantras, the practice of Reiki Healing or Gentle Touch awakening to the Divine Presence of eternal love is a celebration of this inner life; that which we really are. It enables us to drop our daily lives and refresh ourselves allowing our true spiritual beauty to shine. To shine our light is needed much more at this time of our earths transformation. Moving from darkness to light, illusion to Truth is what this is all about.

I have provided this background help section for you so that you can gain a deeper understanding about the online courses I have created for you to enjoy.

This help guide covers commonly asked questions about Reiki Healing, Spiritual Evolution and chanting Sacred Mantras. There is also a good selection of others experiences about the modules in the New Awakening Process.

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About New Awakening Reiki Healing



What is Reiki Healing Energy?

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. It is available to everyone because it is non-religious.

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.

The Reiki healer acts as a channel for this healing energy like switching on a light switch in a dark room. This reconnects 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 to a state of health and well-being.

Reiki is alive Enjoy it

You will learn to call upon its beauty, its loving presence at will. It will transform you because it will accept you as you are. This impartial universal healing energy is non-denominational, able to be practiced by everyone equally.

Why does it only take one day to learn how to heal?

Healing is naturally flowing into your life all the time. However in most people this healing flow is very slow, a bit like water being soaked up in a sponge as opposed to water flowing from a tap. As you are already connected to the Universal Healing source the main focus of the New Awakening Reiki Healing First Degree course is to connect you to a larger and more direct flow of the natural healing energy through an Attunement.

After receiving your Reiki Healing Attunement it will create an open channel for more universal life energy to flow through the upper body and out through your hands. You will first practice how to switch your healing on and off and test it on yourself. This will prove to you that the healing energy is flowing as you will be able to feel it and be able to heal yourself.

You will then go on to learn how to heal others when they are sitting on a chair or are lying down on a treatment couch. We will provide you with four FREE Support Videos to help you to become familiar with how easy it is to give a Reiki healing treatment to other people.

The Book you receive will contain everything you need to learn for the Reiki First Degree course. You will also receive a Tutorial CD plus a bonus Reiki Music CD with 3 minute bells to indicate when to change your hand positions when you are giving a Reiki Healing treatment to yourself or to others.

Our gift to you is to provide FREE OF CHARGE tutorial videos that you can view as often as you like. These will show you what you have learnt on the workshop. The audio tutorials and videos work in conjunction with the book. With this support you can now really relax enjoying your learning experience without having to take notes.

The real bonus is that we will supply you with a self-attunement video which you can then use to re-attune yourself to Reiki Healing as often as you like after you have left the workshop. This will fit into your life's rhythm and emotional experience to suit you as an individual. Doing this will strengthen your ability to be a channel for Reiki healing and you will discover your Reiki will get stronger.

Awakening to Healing - The Reiki Degrees and Attunements

The ability to bring about healing during Reiki is gained through receiving energy Attunements during a special Attunement ceremony. 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 given on the workshop or by our distant self attunement videos by Robert who is a certified Reiki Master-teacher.

The attunements, also known as initiations, create an open channel for more universal life healing energy to flow through you. Your energy field, the aura, will change. Your third eye will be open and you may experience life a little brighter. Your dreams may become more vivid and you will notice an increased vital energy level. Your crown chakra and heart chakra have been opened, and a pathway has been established for the flow of energy into your crown, through your heart, and out of your hands.

The Reiki First Degree is the first stage in the ‘New Awakening Process’ together with Creating Abundance plus Love and Relationships.

You also have the opportunity to progress in your learning through three different stages, known as degrees in Reiki healing. This will be fully explained to you on the workshop. Each Reiki degree deepens and strengthens your capacity to serve as a channel for the universal life energy. Only when we take responsibility for our own healing are we in a position to support others in their healing process.

The techniques learnt in the first degree are complete in themselves. If you feel drawn to work with this energy at a deeper level the Second Degree training is recommended where, upon completion, you can practice as a Professional Practitioner Healer being able to charge a fee for your services.

Empower Yourself - When you know how to heal you no longer need to feel helpless!

Owing to the high cost of medical care and the current strain on the NHS it is a great benefit and emotional comfort to take more responsibility for your own health. Most people feel helpless as they watch their loved ones suffer. You can now easily help them by learning how to heal!

Why Pre-Course Study before the Workshops?

Why New Awakening Reiki Healing distant learning home study courses are a very good idea before or after any other Reiki Training Courses

The success of any home study is based in the attention to detail in the courses' creation together with continued support and care of the student. All New Awakening Reiki's courses have been carefully researched drawing the very best ingredients from all the comparable courses available to you from other providers; we have included the best of everyone, modelled from their excellence all their strengths and put them together for your benefit. Our policy is that we want to give you a professional balanced experience in theory and practice that is respected and approved by professional organisations such as Embody Professional, The Complementary Therapists Association, The Federation of Holistic Therapists and The UK Reiki Federation.

You will be guided how to study your comprehensive course manual in manageable easy to learn theoretical modules; a step by step set of simple instructions. You will also be given practical work to experience; energy projects and energy exercises to carry out on yourself or other people. Your home study course is supported by CDs of your Reiki Master Teacher saying the things you would hear on a live course, focusing you on the key important learning points with guided meditations. We have even created DVDs for you to follow showing you exactly how to carry out Healing sequences and DVDs with Distant Reiki Attunements so that you can repeat your beautiful connection of Divine purity.

Home study course key points: Individual attention; work at your own comfortable speed; take time to explore your experiences; establish memory retention before moving to a new section; get as much practice as you require for your learning experience; continued tutor support as you progress.

This means that even if you have been trained to Reiki we have found that most courses do not provide the comprehensive after or pre-course support provided by our multimedia Reiki training courses. Just read our testimonials to discover how many other Reiki Practitioners have gained through re-training using our modules.

Why Pre-Course Study before a Reiki Workshop?

Home Study courses benefit you in the following way

Pre-study enables you to study the course material and content at your own rate of learning before attending either a two day group training course or a personal one to one energy experience with your Reiki Master; whoever that may be.

This opportunity has been created with a compassionate understanding that different people absorb and learn information in different ways. There is nothing worse than attending a course not knowing what you are going to learn in advance and then on the course being presented with a manual full of information to learn when you are trying to let go of your conscious mind to deepen your inner spiritual connection. The two aspects are like oil and water they just do not mix.

Many people have difficulty absorbing and retaining information when new concepts and ideas are being presented for the first time on a training course; this is because the conscious mind can only retain about seven to nine chunks of new material at any one time before it just can't cope and consequently goes into overload. The student is then often left feeling anxious and can become more concerned about learning information than enjoying their energy experience; as one student explained on a training course "I feel like I am up against a deadline to learn this information and this is creating a mental and emotional block in me".

I believe it is far better for the student when they attend the course or personal visit to relax into enjoying their new experience, the energy change and to enjoy the inner transformation that is occurring rather than learning factual information and creating conscious mind energy.

Learning to Heal creates Positive Health & Emotional Well-being

Caution Guidelines for your safety

Reiki healing 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 healing is a complementary spiritual therapy that works effectively alongside orthodox and alternative solutions. *This notice is required by law and is not my personal belief.*

What is Satsang?

Traditionally 'Satsang' means a meeting in
Truth, Love and Freedom

"Become quiet, let go of your
daily drama, look deeply inside
and discover the subtle Truth
that has always been present."

'Satsang' is a Celebration of Presence

"Presence is simple.

Presence is that which is, when thought is no longer there.

Presence is also Love. For when there is nothing to block we are Love.

Presence is also Freedom because when mind is quiet there is nothing to take us
away from this moment now.

So keep coming back to the source from which everything arises."

In Satsang we experience a profound connection to the stillness within ourselves.
Arising from this stillness we experience a deep sense of peace and bliss that simply
wells up from within. For no reason at all.

"Through years and years of not understanding, not Knowing, and at the same time,
having inside ourselves some sense of almost Knowing,
or of a knowledge that had been known and since lost,
we have been searching."

Satsang is the experiencing, that in fact, we are uniquely connected to everything.
There is no separation. We are one with the whole existence.

POONJAJI (*Papaji*)
1910 - 1997

A Message of Truth
Chant the Secret Mantra from the Guru Gita

Honour Your Self - Worship Your Self - Meditate on Your Self
God dwells within You, as You - See God in Each Other

Sacred Mantras

One Love - One Heart - True Self Awakening

Different mantras produce different vibrations and they invoke different divine aspects which awaken and manifest inside of you; within your chakra system. The whole purpose of a 'Sacred Mantra Singing Event' is to chant the mantra to manifest these Divine aspects 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 into the heart of your True Being.

Tantra is a path of self discovery. To embrace everything in your life as the divine is known as Tantra. It gently encourages you to realise that true happiness comes from embracing within yourself everything about you. Tantric is to love and accept the Female-Male aspects within the whole of creation as divine perfection. Once you can embrace everything in Unconditional Love and Acceptance then awakening of Bliss consciousness is experienced.

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.

Remember 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 you ride in pure awareness upon your crown. You are Sat Chit Ananda, (Experience of Pure Consciousness, Truth and Bliss) when you realise this truth you will experience the True Self.

New Awakening Sacred Mantra Sat Guru Practice Group



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 are 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 - Kirtan Exponent' for sharing her experience

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 Milwaukee 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 Milwaukee 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. There is no greater experience than the experience of one's 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 & 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 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 individuals 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 with the launch of Gentle Touch practice for awakening oneness love in Feb 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.

What others say about their Experience of Chanting Sacred Mantras

What happens at a private booking for 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 - Freedom 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*

Osho

How do we achieve peace in this world?



A man of peace is not a pacifist; a man of peace is simply a pool of silence.

He pulsates a new kind of energy into the world, he sings a new song. He lives in a totally new way.

His very way of life is that of grace, that of prayer, that of compassion. Whomsoever he touches, he creates more love-energy.

The man of peace is creative.

He is not against war, because to be against anything is to be at war.

He is not against war, he simply understands why war exists. And out of that understanding he becomes peaceful.

Only when there are many people who are pools of peace, silence and understanding, will war disappear.

Osho on Mantra

"A mantra is something like a seed to be allowed to go deep into your being so that it can send its roots to the sources of your life and finally to the universal life.

Then its branches, its foliage will go high into the sky, and when the right time comes, when the spring comes, it will be filled with thousands of flowers."

Students Support

Common Questions and Answers

This page has been created to support your distant learning home study course modules.

Once a question is asked about anything I will create a post in the form of a question and answer.

General Enquiries

How do I get the downloads for the course I have just ordered?

1. When your transaction has been completed you will receive a PayPal email which is a receipt for your purchase. This email contains your download link which will expire in 3 days (36 hours). You can also log in to your PayPal account to view the transaction details and copy your download link.
2. I will also sent you an email containing the link and a help guide containing the download checklists. This part of the transaction is manual and there will be time delay before you receive this.
3. All our courses are now available from a one click safe and secure Dropbox download. Please read the help page on our website before making your download, that way everything will happen really easily and quickly.

I am concerned as I have had different Reiki Masters using different methods

Student Question: I have a question, is it OK to be attuned by different Masters for different levels? Because I was attuned to Reiki 1st degree by two masters. Both of them have different way of teaching and hand Positions. Also they had different faiths. Best Regards. *Ali. Saudi Arabia*

Answer: Thank you for your message. The Reiki Attunements all connect with the one source of all things, God (*or what ever name you know the ultimate source of all existence to be*). The method that connects with the Divine does not matter as long as the Reiki Master believes and is sincere in their own relationship with God.

The attunement is a connection from divine crown to divine crown therefore it bypasses the conditioned mind and beliefs of the Reiki Master. This is what it works.

The help you can receive by another depends upon their own unique personal relationship with God. The best help is when the Reiki Master has gone beyond the mind in complete surrender to their inner connection with their inner Divine/God. The higher connection you experience with God the simpler everything becomes.

Please do not worry about these differences. Even if a Reiki Master has distorted the purity of the connection with incorrect ideas and concepts in the mind the Reiki energy connection you have is always within you, connecting you to the purity of your inner Divine connection and this cannot be corrupted! Reiki is purity.

The teachings I have provided are as direct as possible as I was guided by the Divine when I was creating the Manuals. I have been very fortunate to have experienced a direct connection with God which enables me to know when it is the mind of man that is talking and when it is Divine Truth that is being shared.

Everything will be fine for you. The understanding to embrace is that the Reiki energy is pure. It is beyond any religious belief or faith as it embraces all pathways to it. It therefore has its own intelligence which is the consciousness of the beloved one, God.

Have your read the enclosed book 'The Seekers Guide' as this may help you understand this relationship more deeply? Thank you for asking this question, Blessings of Love. *Robert Bourne, New Awakening course creator*

Can I get a hard book copy as well as my downloaded study material?

Question: For the class/workshop situation, I prefer your hard copy books instead of printed out sheets, because students can make notes on their own books. Like me I do like to read books rather than reading on the PC screen. There are two reasons, 1) I can write my thought and comments next to the right page, 2) Reading a paper book could save my eyes. After long hours reading on the screen, my eyes are sore and become red.

Answer: It is a very good idea to buy a hardback manual for your study in the form of a book, for the reasons you have mentioned. I will be able to supply you all the three Reiki manuals plus a copy of the Seekers Guide for a New Awakening from my website or you can obtain these from any online book seller like Amazon etc.

My suggestion as to what I would give my students for their support study material would be to supply them with a hard back manual, plus the multimedia material at each stage that they study with me. This way the student has the very best multimedia learning opportunity. I have tried several ways over many years and this method has produced the best results. My interest is in the students' 'spiritual evolution' so I have given everything I have to give to help achieve this, over and above the desire to make money.

Can Reiki help with illness?

Physical, Mental and Emotional Problems

You Tube Questions: "Will Reiki help me with my Arthritis?" "Can a Reiki Healing treatment help someone who has say..a sore back feel better?"

The answer to these type of questions relates to all physical and emotional problems. Reiki is healing which comes from the compassion of Divine Love.

"Hello and thank you for your interest. Yes is the answer for many reasons. Reiki will help you relax and reduce any pain you might be experiencing. The most important benefit is that you experience an inner comfort which will help overcome any fear or anxiety you might be experiencing. I suggest you consider learning the 'New Awakening Reiki Healing First Degree multimedia course. I will then be able to support you through the learning of this beautiful inner gift we all possess."

Reiki Healing First Degree Questions

What is the best way to get started? "I have just received my first two modules and it contains so much I'm not sure the best way to start as I have a butterfly mind. Is it best to read the book first or listen to the audio tutorials?"

Answer: "You have so many teachings to look at so I thought I would point you to the foundation requirement; the Reiki 1 attunement. This is easy to achieve and will make the difference in your life immediately.

See Module 1 – New Awakening Reiki Healing First Degree Attunement
(Stage 1 of the New Awakening Spiritual Process contains 2 modules)

Please read pages 21 to 28 slowly and follow the instructions presented.

Listen to Reiki Healing MP3 track 02-The Attunement

Get relaxed in a meditation mode. Use the deep breathing meditation exercise on page 93 and then Watch the Reiki Video – Reiki Healing First Degree Distant Attunement (following the instructions on page 22 of your Reiki manual)

Read the book all the way through for gist. Then read part of the book in conjunction with listening to the MP3 audio tutorial. First lay or sit down in your bedroom or a quiet area of your home. This will get you into your own meditative chill-out mode. Then play the audio tutorials – but only listen to one in any session. This could be challenging for you as I am asking you to do nothing else whilst you are listening to the audio tutorial."

Sensations Experienced when giving Reiki Healing: "I hope you are well. I am fine. I did a Reiki session and had the most amazing experience of water flowing very fast through my fingers as I had my hands above the persons face. Wow! Have you heard of this before? Warm wishes"

Answer: "It is so nice to hear from you. You have had a very lovely experience with your Reiki. Reiki is the pure unchanging aspect of the Divine Healing Ray. The experience of this connection is what changes according to the personality. This is why no two people will experience the same thing when giving a Reiki healing treatment. I do not expect you will continue to have the same experience all the time as you are always changing and so is the person you are giving Reiki to. When you understand this you start to realise that the Divine is always with you and available to you – it is daily life in this dualistic world that is in constant change to bring us moment to moment new experiences.

Now with this understanding you can just enjoy whatever new sensations and images you receive but avoid making interpretations about them i.e. this must mean this etc. What is really important and what really matters is that you are able to connect with something greater than the personality within yourself. When you understand this you will even gain more trust in that greater part of you, in this case the Divine Healing Ray of Reiki, and discover that it will get stronger as it will be able to flow more strongly because the mind of the personality is out of the way in trust and not trying to figure it out."

Going beyond the Treatment Sequence when you are Healing: "I have couple of questions regarding Reiki healing, while reading New Awakening Reiki First Degree Book. You mentioned that during the treatment if the person is lying on his back there is no need to turn him over because this might disturb the focus and the process and the person himself might not feel comfortable about it. When I watch the video you were doing half of the treatment on the chair and then the other half you moved him to the bed. Will this also disturb the process? Can you explain it for me please and why did you do half the treatment on the chair and the other half on bed?"

You are a very faithful and sincere teacher and I really appreciate that in you. I admire the way you are presenting this science, you are extraordinary person and I respect you a lot for that. Thanking you again for everything, Regards."

Answer: There are two ways to offer a Reiki Healing treatment; one is on a couch the other is on a chair if you do not own a couch. There are three videos to show how to give a Reiki Healing treatment on a healing couch or bed. The three videos are named Part 1 - Reiki Healing Treatment Starting on a Chair, Part 2 – Reiki Healing the Back of the Body and Part 3 – Reiki Healing the Front of the Body.

Please read pages 72 to 84 in the Reiki Healing First Degree book as this explains how to give a full treatment on a couch and answers the many questions that new students have when learning Reiki. It especially helps with learning about not being fixed in any sequence or method when giving a Reiki healing treatment.

In Reiki Healing First Degree I am providing you with a structure so you can start healing immediately. Any sequence I teach you to follow is only a guide. Once you have more experience of giving Reiki Treatments you will deepen your relationship with your Divine inner-self and discover that your hands will be drawn to a certain area on your client's body without thinking thoughts like "what should I do next or how long should I stay in this position". What you are doing is to allow your true

Divine Self to flow through your body and then your body becomes an instrument of the Divine.

This means the structure is just a starting point. As you develop into Reiki Healing Second Degree you will discover how the structure becomes less important. On page 78 which shows how to start a Reiki Healing treatment on a chair I say "The two healing positions on a chair can be left out once your client has previously experienced Reiki treatments". The reason for starting Reiki healing on a chair when you are using a couch for the full treatment is to help the client gain trust in the Reiki energy; they will start to relax their mind and body and very soon realise that, "This healing energy is safe, I trust what is happening to me". Then when you move them to the couch they will have a much better or deeper Reiki healing experience.

The other video Full Reiki Healing Treatment on a chair shows you how to give a Reiki healing treatment if you do not have a healing couch or bed. Try all the different methods and see what happens. You will discover that everyone is different and therefore different ways work best for different people. I hope this answers your questions?

To answer your question more deeply I would like to share a very important wisdom understanding, which once realised will help you in going beyond any technique or process I am teaching when you are offering a Reiki Healing Treatment.

Reiki First Degree is an introduction to the world of personal awakening to the inner Divine energy that exists within everyone and is a part of us. This Divine energy is alive and contains three different aspects or energy rays which are available to the mind and body of the personality; it is full of pure awareness which is the wisdom of the Divine, Unconditional Love plus a Healing energy.

The suffering in this world is due to the personality of the individual holding illusions about who they are and within the beliefs they hold in their limited mind and soul. Once we connect with the part of us that is Divine purity we enter a new life experience; one of being totally connected to what we really are in a state of freedom from limited conditioning.

So we have a world, a universe, a cosmos, which we all live in and this is governed by set of Universal laws; such as the law of Karma and the Law of attraction. This is known as the realm of duality or apparent separateness; our life which appears to be disconnected to others and the natural world of plants and earth. In truth there is separateness within the mind however everything is the creation of the Divine (God) so there is a connectedness within everything that exists.

This is explained more fully in module 5 'The Gateway to Enlightenment' created to provide freedom from illusion through awakening to Divine wisdom. Once the personal limited mind of the soul is relaxed into a state of 'not knowing' then the Divine mind is able to come forward to bring solutions to our lives in the moment. When this happens we then experience life's rich beauty from a state of Pure Wisdom. Once this occurs, suffering stops and the Bliss of the Divine is then experienced. The point here is that when you move to the realization that you are not just your mind and body you awaken to the unchanging real true self. This will be fully experienced at the Reiki Masters level (module 6).

Can a woman offer healing when she is in her Menstrual Cycle? This is a personal inquiry, if the therapist is in her period days can she still do the healing for others? When a woman is in her menstrual cycle does this affect the healing process or doesn't it matter?

Answer: There has been an illusion about women being unclean when they are having their monthly period; this untruth was created by men from the Far East. These ideas are not true because God flows through all of us; all of the time. The compassion for all living beings never stops because everything in existence is GOD; You and I, the trees, the animals, etc. It is only the mind and thoughts of the mind that come up with interpretations about life which create suffering and unhappiness for whoever is having those thoughts and beliefs and others they inflict them upon.

The healing that flows through your body and the body it flows through are just as beautiful no matter what time of the month it is. Please go ahead and offer healing whenever you want to.

Creating Abundance for The Excellent You Questions

Falling asleep in Meditation: "I am currently listening to the Meditation CD but after reaching almost half of the CD I immediately fell to sleep, is this situation normal? Am I supposed to sleep this soon or must I try to keep myself awake till the end?"

Answer: Thank you for your question it is nice to hear from you. I will answer as best I can as there are several possibilities to consider about this situation.

Reiki is based upon the Love of God/The Divine and detached meditation is based upon God/The Divine's Wisdom. Reiki Healing is pure healing which flows from Unconditional Love. The best solution is to develop both aspects; Love, Healing and Wisdom. All three pure aspects are contained in the Pure Consciousness of your True Self of God/Divine Unconditional Love.

The whole purpose of learning meditation is to develop Divine Wisdom and to be able to live in the Truth of existence so that your daily life can be experienced from the True Self of Pure Consciousness. I will explain a bit more about the purpose of using the Meditation CD which prepares you for Module 5 - The Gateway to Enlightenment (Truth - Divine Wisdom)

To develop a positive happy personality flowering in daily life perfectly in accordance with the whole of existence.

To be able to master your mind in terms of its co-creative role in the creation of what is happening in your life. Once you are aware of watching your mind you can then be aware of who is the 'I AM' spiritual being that is watching the mind of your personality? The pure consciousness of the Divine, of God is what creates the individual personality; that which we have come to identify with who we are. In truth we are the pure consciousness the 'I AM' which is watching, observing in unconditional love the mind and body of the person. Once you become aware of this truth a detachment has been created inside of you and you are now able to identify with yourself as the pure consciousness and not just the personality. In fact you are both the pure consciousness, the pure self and the ever changing consciousness unique personality.

When you discover this truth then divine wisdom can arise in your life in each moment of your existence.

Knowing this truth you will be able to master your mind and re-create life's experiences from a place of Freedom, Love and Truth. This will have the effect of

bringing your life back into rhythm with your true life's purpose and divine expression of your own unique personality. This will free you from any social conditioning which can keep you in bondage and illusion; this is what causes personal suffering.

Now as you are falling asleep it could mean that you are really onto awakening into freedom from the conditioned self where the mind has been ruling your life. When this happens the mind is starting to lose its power over your life as you are starting to identify with the true self.

The other reason could be very simply that you are playing the CD when you are very tired and then you pass through the Alpha state of mind (which is the state of meditation, where oneness can be experienced) into deep sleep.

A very good practice is to combine Reiki healing with the awareness of meditation. To do this it is very easy; just start your Reiki healing as you play the CD resting your hands over your heart chakra and solar plexus.

Try this and let me know how you get on. Most of all, the exciting fact is that you are onto something good, so just keep doing it and something positive will change for you."

Can Tai Chi help my Reiki Healing? Currently I am exercising Tai Chi one hour twice a week, do you recommend any other exercise or particular sport that increase the energy level to improve the Reiki healing. I am still listening to the mediation because it has become an essential part of my daily life and I enjoy every moment.

Answer: Tai Chi is really good as it helps your energy to move down from the head into the heart. It will help the Reiki a lot. There is nothing more to do just now, you are doing everything perfectly. Just trust the process that is happening to you; you are a really good student and I know you will get everything I am sharing with you.

The secret to your awakening is very simple, it is to work through the modules in the order I have presented them to you and you are doing that. Reiki Second degree will expand your consciousness even more. Take your time, relax and enjoy the whole process, you have everything you need for your total transformation.

Is using the Placebo Effect in conflict with giving Reiki Healing? Good day, Robert. Within Module 2's MP3 track 03 (Creating Excellence) you speak of the Placebo Effect. You state: "The key role to your client's effective treatment or healing is the role of the practitioner or healer, NOT the treatment." "You are now using your total being in the treatment; your whole mind, body, and spirit." I am interested in your

thoughts regarding how the Placebo Effect (although scientifically proven) and statements such as “it is their belief in you ... that is going to produce the result”; is consistent with getting oneself out of way so Reiki can do the healing. I have learned that "creating an emotional build up" – not needed for Reiki to work - moreover that the imposition of personal motive and attachment-to-outcome is counterproductive in Reiki. Please clarify when you have a moment to do so. Namaste.

Answer: Nice to hear from you and you have asked a very good question. There is no one answer to questions as all depends upon the consciousness of the other. I have presented all the truths according to different consciousness. This means as you work through the modules you will see contradictions. This does not mean that one is correct and the other is not correct as both are true depending upon the consciousness of the person.

To go a stage further our approach to life takes a completely different approach when we are ‘Awakened’ as to when we are a person living from conditioning and mind (the limited self). When you are not awakened you need to have a strong vision; hence teaching the law of attraction etc. 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 the module ‘The Excellent You’ the teachings are created to produce a positive conditioned personality, one who knows that what they think co-produces outcomes and understands how the mind becomes conditioned. Once this has been established then they are taught to drop that once a direct experience of Divine presence is felt. Only a positive person can say 'Yes' which is required to drop the mind. The Excellent You module will produce this.

In the case of healing, the truth is the client heals themselves because we are all one with the Divine although most people do not believe this. When someone visits another for help this is normally the case therefore the healing effectiveness is dependent upon their belief and confidence in the therapist of whatever discipline. Once the client has strong confidence in their therapist, miracles will happen because the strong confidence and belief is happening in themselves. This is because we are one. (This reference in this module is not only referring to Reiki Healing treatments).

The client and the therapist are only acting roles to allow the Divine to manifest. The Divine flows through the practitioner to activate the Divine in the client. The client's ability to receive the Divine healing is dependent upon their confidence and ability to let go in trust. This is what I am referring to in this section.

When I had my full awakening the Divine presence that flowed through my body would melt any illusion in another instantly removing the barrier which separates the self from the Divine and was far too strong for most people to experience. This is why we are taking steps in this way. The 'Awakening' then will be built upon solid foundations and be very natural.

Dealing with Procrastination and any Personal Problem. I am truly looking forward to the next step in "The New Awakening Process" and I am truly grateful to you for creating it. My Reiki is now flowing well and I am also still reading "The Excellent You" and for some reason I have been struggling to get through this, as I'm only up to page 29 "The Tapping Road Map". I am enjoying it, but its strange how this is about removing blockages like procrastination and this seems to be one of the reasons I am struggling with it can you help?

Answer: Thank you for taking the time to share your situation. Yes it sounds like you have a lot of change in front of you - I would not be over concerned about the procrastination aspect. One way to deal with this is by staying with it and by just admitting you have this. You then give it to your Divine as a gift to transform when you give yourself a Reiki treatment; in fact this is a very quick way to transform anything. The person has to admit what they are and because they created it in the first place they are unable to change it. By staying with the issue in its truth you then connect or offer yourself to a higher consciousness which will transform it at once. In your situation your connection is Reiki. You will discover that the Divine within you is waiting to serve, love and transform you all the time. This is a very easy way. There is no work to do!

You will then discover that whatever was the issue will be dissolved or transformed to a higher consciousness and it will not bother you again. The secret is for the person (you) to stay with the 'what is or the suffering etc' and then connect to your inner higher-self/Divine for transformation. It is all about loving yourself and being open. Even if a person does not love themselves initially this will change. Everything is about accepting yourself in your truth and surrendering and connecting to your inner Divine to transform you.

Love and Relationships Questions

How to deal with family expectations: "Can you help as I being pulled by family members in a negative way, how do I deal with them?"

Answer: "Be careful of your family members, continue to love and respect them but do not get sucked into their games with your personality. As you transform more in consciousness you will soon discover why you are the way you are and that you have been responsible for how you respond to them and why they are interacting with you the way they do! This is the basis of what is known as karma (as fully explained in module 5 - The Gateway to Enlightenment).

From the oneness of life you will discover that you are one with the other person who is treating you in a way you are not enjoying, which is brought about by the lower realms of consciousness. It is the illusion of life that you transform to discover you are much more than a separate person who you may think you are now. When this occurs wisdom and love are experienced, bringing about compassion for all others. What happens now is that for a time your family members will be concerned about your change as they will no longer have the other person (you) to play out their conditioned behaviour, which has been repeated for many years. Be strong and trust in your inner new found strength. I have listed some practices that will help you with this transition.

Practice the three Exercises in your Reiki Manual on pages 94-95 together with daily self-Reiki healing sessions

The practice of chanting 'I Love You'

The Practice of Respect

The Practice of Gratitude.

Doing this will change your life and your family's attitude towards you and you eventually see them as a blessing for being what they are. They have been the catalyst for your growth and transformation"

New Awakening Reiki Healing Second Degree Questions

Advice on starting in a clinic: "I now have an agreement with a medical clinic to join them offering Reiki Healing treatments to clients. Can you give me some advice that I can give my clients after they have finished their treatment session. What shall I advise them to do to be able to keep the positive energy."

Answer: "I am delighted that you are able to offer your healing treatment in a clinic and that you have approval from the authorities to practice your healing treatments.

Regarding your question I suggest that you do nothing as you have done all you can at this time. Please consider the following considerations.

1. The most important thing to understand as a healer is that the healing comes from the Divine and that this energy is already inside the person you are healing. You are just switching on the inner connection inside of them. After the treatment session Healing will continue automatically through your connection with your clients.

2. You can send distant healing for all your clients. Please set up a regular distant healing session in your week for this purpose.

3. Make sure your clients see you on a regular basis. When they are ill the healing is required more often but when they have recovered I would recommend that your clients see you at least once a month to keep them well.

4. When you have got to the Masters Level you can start holding Reiki courses to teach your clients Reiki 1, so that they can then heal themselves.

The key point is that you do not try to control the healing process. You have been very successful because you are humble and allow the angelic healing energy of the divine to flow through your body. You are acting like a musical instrument with your mind and personality out of the way. This way the inner Divine can play its music of healing and love through you. The less you think the stronger the healing.

Everything is perfect at this time. Gain several months experience so that you get known as a successful healer. Deepen your Reiki experience by re-learning the 3 second degree energies. Everything will naturally unfold perfectly in its own time. We could arrange a Skype training session if you need help to deepen your experience of these energies."

Can I use Reiki to Heal Cancer? A New Awakening level two Reiki Practitioner Denise in the UK asks: "We have a client booked in who has Chemotherapy every 3 weeks. She had breast Cancer and Mastectomy last October. Are there any precautions we should take when treating her with Reiki?"

I know we are just the channel and it can do no harm but am unsure of what symbols to use and length of time for treatment. The Oncologist for this area was very unhelpful when we had a reflexology client with Cancer."

Answer: "You have understood completely - Reiki can do no harm. Life is mystical and the medical profession are approaching life from their own understanding and this will vary according to the individual belief of the health care practitioner.

Give the treatment as you feel is best - your Reiki will guide you. Cancer is caused by many reasons but many are emotional so I would say love is the best offer for healing. Try a full treatment using the emotional symbol on its own. Please ignore the response of the health care professional to your treatments and trust in your inner spirit, which is pure consciousness. I have known many cases of complete remission in Cancer. We have nothing to prove to the health care professionals. Just respect them where they are in their consciousness understanding of life. They are part of the oneness of life, which is also to be embraced.

Make no interest upon the outcome of your client, you just offer love and compassion - otherwise you will have lost. Life and death are but two aspects of eternity. Tremendous pure source help is received through what you do. Although you may be berated by those who cannot endure divine love do not flinch in your conviction. Love always attracts two responses - Acceptance or Rejection."

Another question about Cancer: "I had lung cancer a few years ago and I have had an abnormal biopsy again so I am waiting for the results next week can you help me please."

Answer: "I am sorry to hear about your biopsy results. Do not worry as you can solve this situation. To offer some help there are some very key points to do with emotional and mental attitudes and beliefs you need to consider to make sure none of these points apply to you. If they do, healing your self is easy; change your attitude into Acceptance and Love.

Step 1: The most important thing is to accept whatever has happened to you in your life. This means whatever has happened in relationships no matter how terrible they appear to be.

Step 2: You now need to accept everything that has happened to you is a result of your consciousness and nothing else. Accept this and now learn how to change your consciousness to see life with Divine Wisdom and Unconditional Love.

Step3: Going into this a little deeper you need to make sure you do not hold any bitterness or resentment towards another person (again do not judge them, just forgive them and accept whatever has happened and how they are as an individual person.)

Step 4: Forgive yourself - make sure you are not holding any guilt about yourself as a result of what has happened in your life – especially within relationships current or past. You have to love and accept yourself as you are, not as others or society expects or wants you to be."

Step 5: Continue to give yourself daily Self Reiki Healing sessions."

Testimonials

What Others Say about The New Awakening Reiki Healing Training

"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. Thankyou 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 New Awakening 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*

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. (*There is also the option to study personally with Robert*) 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*

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

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*

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*

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*

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*

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*

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*

Book Reviews taken from Amazon

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

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 Thaloukos, 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 into Oneness' through the 'New Awakening Reiki 2nd 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 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 ins 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 have heard from Elizabeth the following day and she has 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 Practitioner's 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*

"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*