

GUIDE TO

Your Radiant Being

Reconnecting with your true power

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WHAT'S IN A NAME?

In recent years I've become unhappy about using phrases such as 'Guardian Angel', 'daimon', or 'light being'. A good alternative for me was 'Angel of Presence', a term used in the Sufi tradition, to mean the aspect of your divinity that is always present and expresses the Divine through you every day. But now my favourite option is 'Radiant Being'. By avoiding the word 'angel' we can get away from images of pretty winged ladies with blonde hair, dressed in white nighties. Even 'light being' suggests a static entity that is just... well, just *there*.

When we call this energy our Radiant Being we are describing its activity. This Being is not just made of light – it *radiates* light, power and love in huge ripples of energy. Most importantly, it calls us to release its enormous energetic capacity by attending to its needs.

In the days when I still used the term 'Guardian Angel', one of my books (2011) was titled *Your Guardian Angel Needs You!*, because I wanted readers to understand that this Being (whatever name we use) is essential to our soul's evolution. It requires us to create a suitable environment for releasing its potential. This is both a conversation and an energy exchange. We nourish our Radiant Being and it reveals itself exponentially according to the attention we give with our heart. We seek no reward except to experience how it will reveal itself in the world, just as a small baby discovers its possibilities when the parents are loving, committed and attentive to its needs. Both child and parent grow in love and affection, and we will experience our Beloved as our true Soul Mate when we are willing to offer unconditional time and attention.

YOUR CONSTITUTION: DIGNIFIED AND EFFICIENT

The British Constitution is said to be based on two interwoven threads: the 'dignified' and the 'efficient'. The monarch is 'dignified' – there by Divine Providence; the Prime Minister and government are 'efficient' – there for social and practical reasons. Your

Radiant Being, who is your guardian, guide and mentor, is ‘dignified’, having Divine authority. Your everyday self, or ego, is ‘efficient’, because its task is pragmatic and social, designed to help you get on in the world.

Your personal constitution works best when your Radiant Being shines through your everyday self, illuminating your daily activities with joy and delight. The threads of dignity and efficiency are woven into a tapestry to create your best possible life, confident, abundant and happy.

MYSTICAL EXPERIENCE

If the radiance of a thousand suns were to burst forth at once in the sky, that would be like the splendour of the Mighty One.

— *Bhagavad Gita*, trans. Swami Nikhilananda, chapter 11, sections 12 and 32, pp. 256, 261 (1944).

MY EXPERIENCE

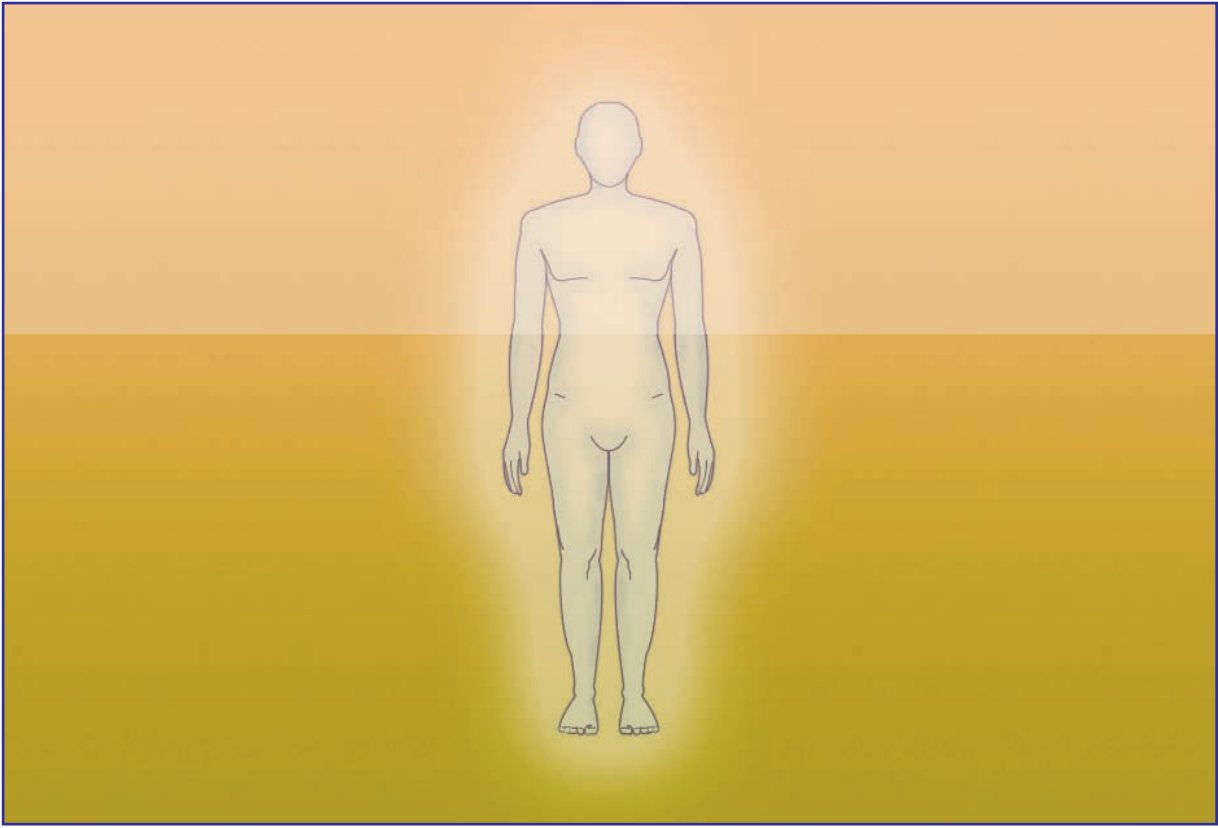
In 1974 I had an awe-inspiring experience when I was surrounded and engulfed by a rushing light that illuminated all the cells in my body. Before the light began its journey through my whole being, I heard very gentle inner voices saying, *Prepare to meet your god*. I inwardly asked how to prepare. The answer came, *Prepare for your Beloved*. I just surrendered to the radiant light.

Since that time I have researched, questioned and meditated, hoping to understand how I could explain this experience to myself and to other people. At the time I wondered if the light was an angel, maybe an Archangel. It was splendid, glorious and relentless.

When we use the word ‘angel’, we tend to imagine another entity, probably humanoid, with wings. These images have been encouraged by artistic endeavours over the centuries and we have inherited many romantic, sometimes sentimental, pictures of what an angel might ‘look’ like. My experience did not fit these pictures at all.

The voices said ‘*your* god’, not ‘God’. I now understand this to mean the Divinity within me: my own little spark of the big God. Perhaps this might be described as my Guardian Angel? Or perhaps my *daimon*, as the Greeks called it? Or my ‘light being’, as some New Age teachers would say? Whatever this was, it released a vast amount of energy, and I experienced my whole being energised with light.

YOUR WHOLE BODY WILL BE FULL OF LIGHT



Jesus said, “If thine eye be single, thy whole body will be full of light” (Matthew 6:22). I was not brought up by people who believed in reading the Bible – I discovered some of its spiritual treasures at the age of nine, which was when I read *The Song of Songs*, attributed to King Solomon, but I found this in a poetry book. It was only when I began researching spiritual experiences across a wide spectrum of religions that I came across these words from Jesus, which jumped out at me because of my own experience of being filled with light.

What does Jesus mean by ‘if thine eye be single’? I understood this might refer to the single-pointed practice of meditation, in which we take our attention away from the multitude of distractions that surround us. When we turn our spiritual ‘eye’ – attention – inward, focusing on the single point (or the primordial point, or the One) then we reduce the clutter and open a clear channel for the light to flow. Our spiritual eye becomes focussed on the Divine, which is non-dual, single. We become at one with the source of our being, and our physical body has a direct experience of the power and glory of its Divine Light.

THE RADIANCE OF A THOUSAND SUNS

The *Bhagavad Gita* likens the splendour of the 'Mighty One' to the radiance of a thousand suns. When the first atomic weapon was discharged, J. Robert Oppenheimer, theoretical physicist at the Los Alamos Laboratory where he led the team developing the atomic bomb, quoted from the *Gita* after his first nuclear weapon was dropped on Hiroshima. He saw how the immense, dynamic energy of the Divine, secretly hidden in every physical atom of Creation, had been used for destructive purposes. This power can shatter worlds, as well as create them.

Every atom in your body carries this potency. A powerful spiritual experience can awaken your own awareness of your personal potential – and then you can learn how to use it wisely. Your Radiant Being is essentially wise, and will guide you and protect you, but you need to work conscientiously with this Divine opportunity, with humility and grace, allowing the energy to flow through you in its own way.

Think of your Radiant Being as the mirror of your Soul. It is a nugget of golden, spiritual desire that wants to express itself in the world. It is a spark of the Divine Light that pervades the Universe with Power, Love and Wisdom. This means *you* – personally – are a representative for the Divine. That's an awe-inspiring remit! But your Radiant Being is the energetic source of your strength and vitality for constantly living up to the task.

THE ROBE OF GLORY

In ancient gnostic texts we find references to the Radiant Being as a mantle, or robe of glory:

*At once, as soon as I saw it,
The glory looked like my own self.
I saw it all in all of me,
And saw me in all of it –
That we were twain in distinction,
And yet again in one likeness...
And my Mantle of sparkling colours
I wrapped entirely over myself.*

– Syriac Hymn, 2nd century.

Encourage radiance

- ☀️ Meditate at least once a day – twice is much better.
- ☀️ Allow time each week for inner conversations, opening your heart and mind to listen to your Radiant Being.
- ☀️ Attend to your physical well-being: dance, run, play games, do yoga or Tai Chi, walk among trees, walk by water, talk to birds and animals.
- ☀️ Maintain an open heart to all creatures and human beings – we are all challenged by something, whatever our social background, race or gender.
- ☀️ Keep your physical system clean: work towards giving up tobacco, caffeine, alcohol and animal products, and drink plenty of clean water.
- ☀️ Adopt a clean, healthy diet that suits your lifestyle, designed to maintain energy and keep your digestive system happy and comfortable. Avoid processed foods and heavy carbohydrates.
- ☀️ Avoid watching or listening to negative news items or fictional movies and stories that rely on violence to create sensations.
- ☀️ Actively look for positive and light-of-heart movies. Read stories about people overcoming challenges.
- ☀️ Read poems and prayers out loud before bedtime.
- ☀️ Look at yourself in the mirror at least once a day. Recite positive affirmations that acknowledge your Radiant Being – perhaps you would like to use the one I suggest below. While you are doing this, look carefully and train yourself to notice your own aura beginning to shine more obviously.
- ☀️ Explore your inner kingdoms and ask for guidance from angels, Archangels and other spiritual supporters.
- ☀️ Develop skills with a dowsing pendulum and use wisdom cards for spiritual guidance – your Radiant Being can make use of these occasions to give you answers when you feel challenged.

- ☀ Make this statement on a daily basis. You could cut this out and keep it to hand, writing your name after “I AM” near the bottom:

I AM A RADIANT BEING SHINING IN THE WORLD

I am filled with the Light and Power of the Divine.

The world around me is shining and radiant with Divine Energy.

All creatures great and small, every flower, every tree, are glowing with Divine Radiance.

Everything in the busy street, town or village is sustained by this Radiance.

Every day I look for opportunities to share my Light.

Everywhere I go I shine my Light.

Everything I do is based on my choice to shine.

Everyone I meet is another Radiant Being who wants to shine.

I AM

I am a Radiant Being shining in the world.

To find out more about my work, visit my website:

theolyn.com

Keep shining!

