



The Radiance Programme

P R O S P E C T U S 2 0 1 9 / 2 0

Theolyn Cortens

The Radiance Programme

Ten-month supervised self-study
completing with three-day residential

PROSPECTUS 2019/20



Welcome!

I will be delighted to take you on a very special journey over a few months, giving you lots of personal attention while you enjoy your self-study Modules, including many beautiful and inspiring audio guided journeys. We will meet using Skype for supervision sessions each month and then we'll meet in person, along with the other students, for the Radiance Retreat at a tranquil spiritual venue.

I have been running courses about angels and spirituality for twenty years. From personal mystical experiences, channelled wisdom and academic research I have accumulated a treasure house of wisdom, and it is my personal mission to share this with willing and committed spiritual seekers.

If you are one of these, please read on...

Get ready to shine!

Tholyn

About the programme

HOW YOU WILL BENEFIT

Releasing your Radiant Being allows the full glory of your Divine Potential to unfold:

- ☀️ You become relaxed, joyful and confident.
- ☀️ You access your inner wisdom.
- ☀️ You discover how to communicate with angelic beings.
- ☀️ You realise you can help open inner channels for other people.
- ☀️ You experience healing, blessings and abundance in all aspects of your life.
- ☀️ You become a radiant witness, shining as a powerful example for others.
- ☀️ Your personal Soul evolution contributes to the evolution for all humanity.

When you allow your Radiant Being space to express itself properly in the world, then you free others to open their own shutters. Present day political, economic and ecological situations make this more urgent than ever before.

ARE YOU READY FOR A REAL QUANTUM CHANGE?

Are you ready to take this on? Are you ready and willing to be a very different kind of human being – perhaps a member of a newly evolved species? Ready to shine? Perhaps no longer *homo sapiens* but *homo angelicus*?

Working with me personally, together with fellow spiritual seekers, will give you an awesome opportunity for expanding your consciousness. All manner of things will change in your life and you will welcome new opportunities to shine in the world.

ARE YOU WILLING TO COMMIT TO YOURSELF?

Are you prepared to invest in this master level programme? It is not just a question of finance, but you must allow time for your inner work and deep consideration on a

regular basis. This is not a quick-fix course, but a real in-depth programme of life-changing opportunities. So you have to be dedicated. You need to engage with the task in hand as if your life depended on it. Because your real life *does* depend on it!

START DATES 2019

Everyone starts with Module One. If you have previously learned Zera Meditation I would like you to work through the course again as a revision. Previously, I have never offered the personal supervision sessions, so you will get a great deal more out of the course second time around.

At the point of enrolment you will be invoiced for the four home-study modules and the Radiance Retreat, which will take place in the Spring of 2020.

Enrolment closes 7 March 2019, but there is a sliding scale of fees, depending on how early you enrol.

[Click here](#) to see the fees and instalment plans.

The estimated time for the four self-study Modules is 39 weeks, although some can overlap, or be concentrated over shorter periods of time, depending on your other commitments.

TALK TO ME IF THIS PROGRAMME IS CALLING YOU

I'll be happy to talk to you, free and with no obligation, if this programme is calling you. Then we can both check out if it is definitely a good fit for you at this time in your life. If you have already followed some of my courses, you can apply for a discount, as this Programme does include some of my previous course materials. However, the supervision system I am offering now will provide a potent background to the Modules that will take your understanding to a whole new level.

[Click here](#) to arrange a free call.

What the Programme includes

The Radiance Programme comprises four self-study Modules, plus a final Radiance Retreat. Regular individual and group support via Skype and email included.

The self-study Modules include print, audio and video components:

- ☀ Zera Meditation: Foundation for spiritual progress
- ☀ Your Radiant Being: Reconnect with your true power
- ☀ The Angels Script: Portal to higher dimensions
- ☀ Shefa Healing Gateway: Preparation for initiation

The Programme completes with a fifth Module:

- ☀ Final three-day residential Radiance Retreat to complete the Modules and initiate yourself into the Shefa Healing Protocols.
- ☀ Certificate of Completion awarded on the last day. This qualifies you as a Professional Angels Script Consultant and Shefa Level One Healer.

Also included throughout the Programme:

- ☀ Your personal horoscope with ongoing astrological counselling.
- ☀ Close personal support with monthly one-to-ones using Skype.
- ☀ Email supervision if required.
- ☀ Monthly group Skype conversations with all students for mutual support and sharing.

The Modules and the Retreat are described in more detail, starting on the next page.

BEFORE YOU START

SOUL EVOLUTION READING

THE PURPOSE OF THIS READING

Before starting, I will set up your horoscope and we will have a Skype session to discuss your astrological ‘weather forecast’. This session helps you see the changes you are likely to deal with along the way, as you get deeper into the Programme. Every supervision session throughout the year will include a quick review of your birth chart, so we can identify what opportunities or obstacles you can expect on your spiritual journey. The incredibly useful insights astrology can bring over an extended period of time will help you understand the ebb and flow of your Soul’s evolution, and encourage you to get the absolute best out of your learning experience.

WHAT IS REQUIRED FOR THE READING

In order to create your personal horoscope, I need to know your place of birth, date and, if you have it, an accurate time of birth. This is routinely recorded by your mother’s midwife in many countries, though not in all parts of the UK, so sometimes it is necessary for me to work with only an approximate time: “early morning”, “around lunchtime”, for instance. In such cases, I can use other methods to help ‘rectify’ an approximate chart, so that it more accurately represents you. For instance, because I ask all students for a photograph, I often look at an image of your face, since your Rising Sign influences your physical appearance and can sometimes help me decide between one sign or another.

CAN BE BOUGHT SEPARATELY

This Soul Evolution Reading is available to purchase without committing to the whole of the *Radiance Programme* and, should you later decide to enrol for the rest of the programme, the fee will be deducted, so you will pay no more than if you had enrolled for the whole Programme from the beginning. Please note, however, that any Early Bird Discounts offered on the whole Programme only apply if valid at the time of full enrolment, so the balance you pay will vary accordingly. Visit [this page](#) to view current prices.

MODULE ONE – ZERA MEDITATION

FOUNDATION FOR SPIRITUAL PROGRESS

INTRODUCTION

Zera Meditation is a technique for settling the mind and accessing the Divine Source of Light and Love. Having an effective meditation technique embedded in your lifestyle is an essential prerequisite to meaningful spiritual progress. Regularly accessing the deep, still, silent space of Divine Source will allow you to easily make contact with your own Divine Spark – your Radiant Being, or Angel of Presence. This is why it is described as the foundation for spiritual progress.

THE AIM OF THIS MODULE

Zera Meditation works by inwardly repeating a sacred sound-shape called a *zera* (Hebrew for ‘seed’). Although this may sound easy, it is surprisingly difficult sometimes to switch off the chattering ‘monkey mind’ that constantly threatens to sabotage your path to stillness. Our goal is to drop into a deep space of stillness, peace and Divine Light. Individual personal support helps you get the knack. Rather like learning to ride a bicycle, you need someone to hold the saddle until you find your balance.

HOW THIS MODULE WORKS

This Module trains you over twenty-one consecutive days, after which you should then be able to continue meditating by yourself in your normal daily life.

You begin with two ten-minute meditation sessions per day and then, after the first week, you build up to twenty minutes twice a day, which is your ideal daily meditation time. This is why it’s important to make sure you have a reasonably regular timetable during these first few weeks. Of course, once you’ve got the habit, you’ll be more than happy to fit your meditations in each day, finding it just as easy as making time for brushing your teeth or a daily shower, but a lot more pleasurable!

My voice gently leads you into and out of the sessions you practice each day. The recordings are free of music or other distractions, optimising your experience as you practice touching Divine Source daily.

Daily emails and printable topics help you understand the process of meditation, which in turn helps you to deepen your experience. Audio support teaches you how to use a zera as a focus for your mind but, as you progress, you will find you can meditate without the audio.

WHAT'S INCLUDED

- ☀ Audio materials train you how to use a zera (please note: all students get the same zera).

- ☀ Daily topics as printable PDFs (can be read on screen, if you prefer):

Before you start – *Getting ready*

Day 1 – *Zeras as sound-shapes*

Day 2 – *Using the zera*

Day 3 – *Staying grounded*

Day 4 – *Dealing with restlessness during meditation*

Day 5 – *What to expect*

Day 6 – *Deeper levels of consciousness*

Day 7 – *Brain states*

Day 8 – *Mindfulness and Zera Meditation*

Day 9 – *Breathing*

Day 10 – *Embedding your practice*

Day 11 – *Half-way review*

Day 12 – *Family and friends*

Day 13 – *Zera Meditation in groups*

Day 14 – *Collective consciousness (Part 1)*

Day 15 – *Collective consciousness (Part 2)*

Day 16 – *Health and healing*

Day 17 – *Breaks in your routine*

Day 18 – *Meditation, creativity and manifestation*

Day 19 – *Systems that enhance your meditation*

Day 20 – *Final review*

- ☀ At the end of this Module, all the topics collected are made available as an ebook for reference to help keep your meditation habit on track.

- ☀ Daily Self-Assessment Forms (SAFs). Completing these short online forms every day enables you and me to monitor your progress, and there are recaps on these half-way through and on completion.
- ☀ Email support is available for any questions or issues you may have.
- ☀ A welcome call and three thirty-minute one-to-one supervision Skype calls with me during the twenty-one days to keep you on track. (Also available by phone if you do not have access to Skype – usually free, depending on where you live).
- ☀ Follow-up emails to help remind you to keep on meditating. After finishing the Module, you should be a fully-fledged meditator, happy to practice twice daily. But sometimes, it's possible to let the habit slip, especially in the early days, so you will receive some follow-up emails to help you stay on course. These emails will arrive 1, 3 and 6 months after completion, and will include links to short, online feedback forms. These are designed to help you further review your progress and keep your meditation habit going.

CAN BE BOUGHT SEPARATELY

This Module is available to purchase without committing to the whole of the Programme and, should you later decide to enrol for the rest of the Programme, your Zera Meditation fee will be deducted, so you will pay no more than if you had enrolled for the whole Programme from the beginning. Please note, however, that any Early Bird Discounts offered on the whole programme only apply if valid at the time of enrolling on the whole programme, so the balance you pay will vary accordingly. Visit [this page](#) to view current prices.

If you have already learned Zera Meditation as a standalone course, we can have a Skype (or phone) supervision session and, assuming you are still meditating effectively, you can complete a one-off Self-Assessment Form and move on to the next Module. You may qualify for a discount on the full *Radiance Programme*, to be decided on a case-by-case basis.

A separate document giving much more detail about Zera Meditation can be downloaded [here](#).

MODULE TWO – YOUR RADIANT BEING

RECONNECT WITH YOUR TRUE POWER

INTRODUCTION

Your Radiant Being is your unique template of Light and Love that is urging you to share its Divine Potential in the world. ([Click here](#) to read *What is your Radiant Being?*)

THE AIM OF THIS MODULE

You will be taken through a series of spiritual exercises designed to help you access your Radiant Being and allow space in your life for this Divine essence to shine. This is a gentle but deep process supported by continuing your regular Zera Meditation sessions.

HOW THIS MODULE WORKS

There are eight self-study Lessons in the Module, with a guided journey for each one. You can take these at the pace of one each week – always allowing time for twice-daily Zera Meditation as well.

After completing four Lessons you will have a supervision session. After completing all eight Lessons you will complete a Personal Review and have a second supervision session. All supervision sessions include some time looking at your astrological ‘weather’, which will help guide you over the coming weeks.

WHAT’S INCLUDED

- ☀ Eight Lessons with recorded visualisations for you to stream or download:

Lesson One	<i>Introduction</i>
	<i>Your Beloved</i>
	<i>Meditation is the Magic Ingredient</i>
Lesson Two	<i>A new way to live</i>
Lesson Three	<i>Your Divine Contract</i>
Lesson Four	<i>Brambles on your Path</i>

Lesson Five *Karmic Spring Cleaning*

Lesson Six *Taking down the shutters*

Lesson Seven *Jacob's Ladder*

Stay at Home Retreat

Lesson Eight *Embracing your Beloved*

Your Robe of Glory

 Two 60-minute supervision sessions

 Two online group classes

MODULE THREE – THE ANGELS SCRIPT

PORTAL TO HIGHER DIMENSIONS

INTRODUCTION

The Angels Script is a divinely-inspired deck of cards that gives you access to Archangelic channelled wisdom. It comes with a 170-page book containing all the channelled readings, Angel Wisdom summaries, numerous examples of spreads with sample readings, and more. ([Click here](#) to read *Your Guide to The Angels Script*)

THE AIM OF THIS MODULE

You will use the thirty-six cards in *The Angels Script* deck as a portal into higher wisdom. You will become familiar with the original channelled messages dating from 1997, but your continued use of the cards will gradually open your own channels, allowing you to become a vessel for the transmission of angelic insights.

HOW THIS MODULE WORKS

The Module is divided into four Parts, dealing with every card in great detail.

Twelve cards depict the Archangels of the Tree of Life, twenty-three cards show the sacred characters of the sacred alphabet, *The Writing of the Angels*, and the last card is the Holy Spirit, or Ruah ha Kodesh. Each recording will take you on a deep journey to engage with either one or two Archangels, or a sacred character.

The supervision sessions are booked after each of the four Parts. Apart from discussing your progress to date and answering your questions, they include some time looking at your astrological ‘weather’, which will help guide you over the coming weeks. Because the Archangels are associated with the planets we will be able to identify the best opportunities for working with individual Archangels who can support your progress.

WHAT'S INCLUDED

- ☀ A signed copy of *The Angels Script* card deck and book will be posted to you when you sign up for the Programme, so you have it well in advance of starting this Module.
- ☀ Four Parts with a total of thirty-eight recorded visualisations:
 - Part One – Aleph, Beth, Gimel, Sandalphon alone, Auriel alone, Sandalphon and Auriel together, Daleth, He, Vau, Gabriel, 3-card reading practice
 - Part Two – Zain, Cheth, Theth, Raphael, Hanael, Yod, Caph, Lamed, Michael, 4-card reading practice
 - Part Three – Mem, Nun, Tau, Samael, Zadkiel, Schin, Samech, Samach, The Holy Spirit (Ruah ha Kodesh), 6-card reading practice
 - Part Four – Ain, Pe, Zade, Zaphkiel, Raziel, Kuff, Pesh, The Shekinah alone, Metatron alone, The Shekinah and Metatron together, Soul Purpose reading practice
- ☀ Four supervision sessions
- ☀ Four online group classes

MODULE FOUR – SHEFA HEALING GATEWAY

PREPARATION FOR INITIATION

INTRODUCTION

Shefa Healing is a divinely-inspired technique for releasing psycho-spiritual blocks that inhibit the easy and natural flow of *shefa*, the limitless flow of Divine blessings, healing and abundance. ‘Shefa’ means ‘everflow’ and is roughly equivalent to *chi* or *prana* in other traditions. [Click here](#) to read *Your Guide To Shefa Healing*.

THE AIM OF THIS MODULE

I designed the content of this Module as a preparation for learning Shefa Healing Protocols, a self-initiation process that can only be taught in a face-to-face workshop. This Module will introduce you to several Shefa Healing characters, derived from an ancient sacred alphabet called *The Celestial Writing*. You will experience their high-vibrational potency, and understand their potential for unblocking inner pathways and opening inner gates. This Module will prepare the way for you to receive the remainder of the sacred characters and the specific protocols for using them in healing practice when you attend the Radiance Retreat. It also gives you a taste of the gentle but powerful effects of Shefa Healing in advance of the face-to-face training with me.

HOW THIS MODULE WORKS

Each Lesson introduces a particular Topic and one of the Shefa Healing sacred characters. The guided journeys will encourage the direct experience of the sacred characters as energetic signatures for releasing restrictive karmic patterns.

WHAT’S INCLUDED

- ☀ Twelve printable Lessons introduce you to the twelve sacred Shefa Healing characters:

Lesson One – *Meditation and Your Radiant Being* | Cheth: Heavenly Protection

Lesson Two – *The Four Worlds* | Daleth: Guiding Light

Lesson Three – *The Tree of Life* | Gimel: Emotional Healing

Lesson Four – *Creative Archangels* | Jod: Loving Relationships
Lesson Five – *Supernal Archangels* | Ain: Endless Delight
Lesson Six – *The Temple of the Soul* | He: Boundless Joy
Lesson Seven – *A History of Sacred Characters* | Tau: New Courage
Lesson Eight – *Languages of Light* | Kuff: Calm Balance
Lesson Nine – *The Angels Script* | Schin: Deep Peace
Lesson Ten – *Seeds of Light* | Mem: Angel Blessings
Lesson Eleven – *Sacraments of Light* | Aleph: Divine Enthusiasm
Lesson Twelve – *Your Spiritual Evolution* | Pesh: Safe Journey

- ☀ Twelve recorded visualisations for experiencing each character
- ☀ Twelve videos
- ☀ Three personal supervision sessions by Skype or telephone
- ☀ Three online group classes

MODULE FIVE – RADIANCE RETREAT

INITIATION AND CONSOLIDATION

This is your coronation time! Everything you have been working through over the last few months will now be consolidated and a new level of experience will be available during the Shefa Healing initiation process.

We will spend three days and nights in a peaceful spiritual venue, during which you will experience the transcendental power of meditating with me and the group. You will deepen your relationship with your Radiant Being and open your heart and mind to the transformative power of Shefa Healing characters. The self-initiation process is an intimate experience where you connect with your Radiant Being and open your central channel. The way is cleared for the sacred Shefa Healing characters to descend through your central column of light and become grounded.

INTRODUCTION

After completing the four self-study modules as home study, you will attend the Radiance Retreat to consolidate what you have been learning. During the Retreat you will also receive the Shefa Healing Protocols and learn how to activate them in a process of self-initiation. The Shefa Healing Gateway will have prepared you for this deep and sacred process. This will mean you are able to give competent Shefa Healing to non-paying friends and family.

THE AIM OF THIS MODULE

The Radiance Retreat draws together all the threads of your work so far, spent at home. You will deepen your relationship with your Radiant Being, working with me face-to-face. Your understanding and practice of Shefa Healing will deepen and, as a result of learning and practicing as a healer, you will grow in wisdom, power and love. You will also have a beautiful time with beautiful people in a beautiful place!

HOW THIS MODULE WORKS

I provide you with a safe space in an atmosphere of peace, with time for self-reflection, mutual support and personal insights. During the three days and nights, you will

experience the transcendental power of meditating with me and the group. The Shefa Healing self-initiation process is a powerful personal experience where you connect with your Radiant Being and open your central channel.

WHAT'S INCLUDED

- ☀ Three days and night residential accommodation – but not transport to the venue.
- ☀ All vegan meals and refreshments. Other dietary needs can be catered for, such as gluten-free.
- ☀ Three days intensive tuition and meditation experiences with Theolyn.
- ☀ Deck of Shefa Healing character cards with bag and cloth.
- ☀ Shefa Healing self-initiation and tuition.
- ☀ Shefa Healing Handbook – a detailed manual to keep your healing practice on track (*not available for sale separately*).
- ☀ Certificate of Completion, presented at an informal ceremony on the last day. This qualifies you as an Angels Script Consultant (able to offer *Angels Script* readings professionally) and a Shefa Healer Level One (able to offer Shefa Healing on a non-professional basis).

How to apply

Please [click here](#) to complete the Application Form, where you will see details of fees and payment methods. However, you will not be asked to make a payment until your application form has been processed and you have been accepted on the Programme.

PROCEDURE

- 1 As you soon as your application form is received you will be sent an acknowledgment email.
- 2 If you have not already had a telephone or Skype conversation with me, we will have one in order to get to know each other.
- 3 When you are accepted on the Programme, you will then receive an email of confirmation within two working days, together with an invoice.
- 4 The fees agreed between you and Theolyn must be paid before your Programme can begin – either in full or a deposit.

theolyn.com

I look forward to meeting you!

A handwritten signature in blue ink that reads "Theolyn". The signature is written in a cursive, flowing style with a long horizontal stroke at the bottom.