

THE
RADIANT
*W*ARRIOR

THE
RADIANT
*W*ARRIOR

JASON CHAN
WITH JANE ROGERS



HAY HOUSE

Australia • Canada • Hong Kong • India
South Africa • United Kingdom • United States

First published and distributed in the United Kingdom by:

Hay House UK Ltd, 292B Kensal Rd, London W10 5BE. Tel.: (44) 20 8962 1230;
Fax: (44) 20 8962 1239. www.hayhouse.co.uk

Published and distributed in the United States of America by:

Hay House, Inc., PO Box 5100, Carlsbad, CA 92018-5100. Tel.: (1) 760 431 7695 or
(800) 654 5126; Fax: (1) 760 431 6948 or (800) 650 5115. www.hayhouse.com

Published and distributed in Australia by:

Hay House Australia Ltd, 18/36 Ralph St, Alexandria NSW 2015. Tel.: (61) 2 9669 4299;
Fax: (61) 2 9669 4144. www.hayhouse.com.au

Published and distributed in the Republic of South Africa by:

Hay House SA (Pty), Ltd, PO Box 990, Witkoppen 2068. Tel./Fax: (27) 11 467 8904.
www.hayhouse.co.za

Published and distributed in India by:

Hay House Publishers India, Muskaan Complex, Plot No.3, B-2, Vasant Kunj, New Delhi
– 110 070. Tel.: (91) 11 4176 1620; Fax: (91) 11 4176 1630. www.hayhouse.co.in

Distributed in Canada by:

Raincoast, 9050 Shaughnessy St, Vancouver, BC V6P 6E5. Tel.: (1) 604 323 7100;
Fax: (1) 604 323 2600

© Jason Chan with Jane Rogers PhD, 2009

The moral rights of the authors have been asserted.

All rights reserved. No part of this book may be reproduced by any mechanical, photographic or electronic process, or in the form of a phonographic recording; nor may it be stored in a retrieval system, transmitted or otherwise be copied for public or private use, other than for 'fair use' as brief quotations embodied in articles and reviews, without prior written permission of the publisher.

The authors of this book do not dispense medical advice or prescribe the use of any technique as a form of treatment for physical or medical problems without the advice of a physician, either directly or indirectly. The intent of the authors is only to offer information of a general nature to help you in your quest for emotional and spiritual wellbeing. In the event you use any of the information in this book for yourself, which is your constitutional right, the authors and the publisher assume no responsibility for your actions.

A catalogue record for this book is available from the British Library.

ISBN 978-1-84850-157-7

Printed in the UK by CPI William Clowes Ltd, Beccles, NR34 7TL.

DEDICATION

With heartfelt gratitude and humility, I dedicate *The Radiant Warrior* to all my students, past and present, whose courage, dedication and devotion to the path have been such an inspiration to me, and without whom this book could not have been written.

A handwritten signature in black ink, appearing to read "Sean Chen". The signature is fluid and cursive, with the first name "Sean" and the last name "Chen" clearly distinguishable.A vertical calligraphic signature in black ink, consisting of several bold, expressive strokes. It is a stylized representation of the author's name in Chinese characters.

CONTENTS

Dedication

ix **Jason's Dream . . .**

PART I – THE PATH OF AWAKENING

3 **Chapter 1** - What Is the Radiant Warrior Path?

19 **Chapter 2** - Awakening Through Stillness

37 **Chapter 3** - Mastering Your Daily Life

PART II – THE PATH OF HEALING

57 **Chapter 4** - Healing Your Physical Body

65 **Chapter 5** - Transcending Your Disturbed Emotions

85 **Chapter 6** - Understanding Relationships

97 **Chapter 7** - Healing Relationships

117 **Chapter 8** - The Spiritual Art of Forgiveness

PART III – THE PATH OF EMPOWERMENT

131 **Chapter 9** - Spiritual Empowerment and the Body

151 **Chapter 10** - Cultivating Radiant Qualities

173 **Chapter 11** - Manifesting Abundance

PART IV – THE PATH OF DYNAMIC SURRENDER

199 **Chapter 12** - Developing Trust

209 **Chapter 13** - Undoing Your Personality-self

221 **Chapter 14** - Selflessly Serving Others

233 **Another Dream . . .**

JASON'S DREAM . . .

Within the awesome heights of the Himalayas, the truth was revealed to a loving couple. The teachings came from the Radiant Kingdom. Their teacher was a Light Master named Zun-Ji who told them that purity of heart is the key to transcending all our self-imposed limitations in life. Zun-Ji then transmitted to them all the knowledge and skills they would need to assist human beings to heal themselves and the world. These teachings are a priceless gift to humanity.

In August 1998, I was leading an intense ten-day retreat at the Purelands Retreat Centre, close to the Samye Ling Tibetan Buddhist Monastery in Scotland. The energy was very pure and high, extremely potent. One night, after our evening group meditation, I was semi-asleep, lying in my room, gazing out of the window at a star-filled indigo sky. My whole body felt very relaxed, and my mind was still but alert. I then experienced a vivid psychic dream that I can still recall in great detail all these years later.

In my dream I was a young Chinese man called Lee. Lee had come to London to study for a degree, but he had to pay his own way and so worked as a waiter in a Chinese restaurant. One evening a beautiful young American woman came into the restaurant on her own and ordered a meal. As soon as Lee saw

her he felt as though he had always known her, and that he could see deep into her soul. Lee started talking to the young woman and discovered that her name was Jean, but there was no need to woo her, their deep attraction was mutual and instant.

Lee and Jean fell in love with each other, and almost immediately started to plan a life together. They were both very interested in esoteric ideas, and both wanted to understand the real meaning of life. Very soon they had agreed to save up enough money to travel to the Himalayas together in search of mystical teachings.

When they finally set out on their adventure, they knew in their hearts that something very significant was about to happen to them. On the seventh day of a guided trek in the Himalayas, they felt a strong pull to wander away from their group and very soon they could no longer see the group or their guide. They were alone together in the awesome mountains.

Lee and Jean kept following some strange internal guidance and eventually found themselves near the top of a peak. They no longer needed to talk to each other. They communicated all their thoughts to one another heart to heart and soul to soul. They camped out on that mountain for three days and nights, meditating together for much of the time. During these meditations, they experienced a series of major spiritual openings and gained many insights into the nature of human existence. They felt as though they had both grown up in just a few short days.

One early morning, they stood hand in hand waiting to watch the sun rise over the mountains, lost in the wonder of nature. Suddenly they felt a strange trembling under their feet. A few seconds later, a roaring sound seemed to come from the depths of Mother Earth herself. The trembling and the roaring became

very intense. Lee and Jean looked up and saw an avalanche of ice rushing towards them. There was absolutely nowhere to run, and they just knew at that moment that they were going to die. They simply smiled lovingly at each other, strangely without fear. They knew that they would be buried alive, but in that moment they felt nothing but tremendous love and peace. Then the ice overwhelmed them, and they lost consciousness.

In the next part of my dream, I observed Lee feeling a pulsing in his heart, even though he no longer had a physical body. When Lee looked about him, he saw nothing but a brilliant brightness that felt incredibly soothing and yet energizing at the same time. He wondered to himself, 'Am I dead? Have I gone to heaven?' The radiant light that surrounded him was so strong that it took him a while to adjust his vision, but after a few moments he felt a tremendous warmth in his heart and sensed that Jean was standing next to him, even though she no longer had a very clear shape or form.

In his mind Lee asked Jean, 'What on Earth has happened, are we really dead, or are we still alive?' Before Jean could reply, they both became aware of a very bright presence communicating to them, without words, the message 'There is no death. You have just travelled to the Radiant Kingdom. I am Zun-Ji, and if you would like to follow me I will show you around the kingdom.' Jean and Lee felt incredibly safe and loved in the presence of this being. They gladly followed him, and soon found themselves looking down on a city of light with thousands of buildings shimmering all around them.

At the centre of this light city they came upon a vast temple of light. They asked Zun-Ji whether it was a place of worship. He replied, 'Yes, but it is also a place where light-beings come to learn.' Lee said, 'But surely this is heaven, and no one needs to

learn anything in heaven?’ In reply Zun-Ji explained that learning is infinite until each separated soul merges back into Source.

Then Jean turned to Zun-Ji and said, ‘Please can you tell us why we have come here?’ Zun-Ji replied, ‘My dear Jean, you and Lee have volunteered to become my students for a while, so that you can learn the secrets of life from me, your appointed teacher. When I have taught you all that you need to know to become Radiant Warriors, you will go back to Earth to assist in the awakening of that planet. You will love and support all your students there, as we in the Kingdom love and support you here. We will give you all the knowledge and skills that you will need to teach all those who are inspired to learn the Art of Radiant Warriorship. But you will still experience many challenges in the negativity and darkness of the physical world. What you have volunteered to do is not for the faint-hearted!’

Lee and Jean were almost overwhelmed by the waves of love and peace radiating towards them from Zun-Ji, but insisted that they were ready to do whatever it took to train as Radiant Warriors.

Zun-Ji then said, ‘Before our teaching and learning can begin, you must both take a solemn vow to protect the purity of your heart’s intention throughout all the trials, challenges and temptations that you will encounter as Radiant Warriors.’

Lee and Jean repeated after Zun-Ji, ‘We swear to keep our hearts pure and to uphold the integrity of the knowledge and power of our Radiant Warrior training at all times and through all temptations.’

Zun-Ji then led Lee and Jean into the Radiant Light Temple where they spent the next three years (in worldly time) learning the great mysteries of life and practising how to anchor themselves in the Great Light, so that they could continue to be

guided by it when they returned to planet Earth.

As part of their spiritual training, Zun-Ji explained to Lee and Jean that although there seemed to be billions of separated minds on Earth, there was really only one pure consciousness. But the vibrations on that planet were still so low that only a handful of very advanced individuals were able to connect to this pure consciousness for any length of time while still in their physical body.

Zun-Ji warned Lee and Jean that it was now urgent to assist as many human beings as possible to raise their vibrations and their consciousness. He explained that there was still so much suffering, war, sickness and pain on planet Earth because everyone's vibrations were still so low. Moreover, because human evolution had advanced to the point where everyone could be annihilated by a nuclear holocaust, it was imperative to implant true love and peace in everyone's hearts and minds, to counterbalance the destructive forces of hate and aggression.

Although collectively humanity was trapped in darkness and felt totally helpless, more and more advanced human beings were praying for help to lift them out of this darkness. The light-beings of the Radiant Kingdom were responding to these calls for help, and were training many light-workers, including Lee and Jean, to go down to planet Earth to guide others back to the light.

To Lee and Jean the three years of training seemed to pass by in a flash. As their intensive training drew to an end, Zun-Ji spent more and more time meditating with Lee and Jean to prepare them to return to Earth. He explained to them that their physical bodies had been preserved in the ice of the avalanche, and that all they had to do, when it was time for them to return, was to keep lowering their vibrations until their light bodies merged back into their old physical bodies.

On the day appointed for their return to Earth, Lee and Jean thanked Zun-Ji from the depths of their hearts for all his teachings and guidance and promised to do everything in their power to give his teachings to anyone who was ready to receive them. Then Zun-Ji enveloped Lee and Jean in his radiant presence and held them there as he assisted them to lower their vibrations gently back down to a level compatible with physical existence.

In the final part of my dream, I witnessed Lee and Jean finding themselves back on the snow-covered mountain that they had left three years earlier. They both felt very cold and rather strange, but then they looked deeply into one another's eyes and remembered how and why they were there. They knew that they could now use the power of their minds to reactivate their physical bodies.

But before they took this final step, they took a silent vow together to spend the rest of their physical lives assisting all those human beings who were ready to commit themselves to raising their vibrations, and to training their minds to hold only love, light and peace. They vowed to dedicate every moment of their remaining time on Earth to assist the planet to begin to heal itself, and to climb out of the darkness into the radiant light that was always its true destiny and its eternal Source.