

Living Radiantly - by Jason Chan

We all long to live radiantly in a peaceful, healthy, abundant, loving world, but no one seems to really know how to create a world like this. Maybe it is time to look for a completely new solution. Rather than looking outside ourselves for the answers, maybe we need to keep looking within our own hearts and minds until we find the ultimate solution to all of our endless problems.

Unfortunately, most peoples' energetic vibrations and consciousness are currently too low for them to live radiantly in this world. Physical matter is actually very gross and heavy, and unless we commit to rising above it, it will constantly depress or 'de-spirit' us. The fact that most human beings are totally disconnected from 'spirit' is actually the deepest cause of all our endless problems, including much of our emotional pain and anxiety.

When we disengage from spirit, life is basically awful. However, if we can raise our consciousness above the purely physical level and connect to spirit, or to 'the light', we will become naturally radiant and innately joyful. We will no longer seek so much for external forms of happiness because we will have finally found a much deeper and more lasting form of inner fulfilment. When we experience this inner radiance, we will no longer need our children to produce grandchildren for us in order to feel as though our lives have some meaning, and we will no longer require the sun to shine all day long for us to be content. We will even see the true beauty of life during a cold, wet, windy day in the city!

If you take a sincere vow to be happy for the rest of your life, it may well take you many years of practice to fulfil your vow, but I can assure you that all your hard work will reap out-of-this-world rewards in the long run.

You just need to vow that you will be serene and radiant from now on, even if your partner leaves you, your house is repossessed, or you are diagnosed with a serious illness. Of course, this sounds incredibly hard to do, but I can assure you that some exceptional human beings have proved absolutely that it can be done.

However, first you will need to build some very firm foundations. For example, you will need to keep your physical body as strong and healthy as possible, calm your mind on a daily basis through some kind of meditation practice, and learn how to handle your volatile emotions without drowning in them.

For me, the key to all of this is to cultivate inner sunshine energy and radiance on a daily basis. I have been practising my own Infinite Tai Chi , Infinite Chi Kung and Infinite Meditation on a daily basis for well over 20 years now, and I have to tell you that I definitely now live life radiantly. If I can attain this exceptionally bright state of consciousness, you can too, and once you do this, I can guarantee that you will become one of the happiest, calmest and most fulfilled human beings on the planet.