

THE WHOLE-SELF
RADIANCE
RELAXATION
EXERCISE



Jon RG & Troya GN Turner

WHOLE-SELF DISCOVERY & DEVELOPMENT INSTITUTE, Inc. INTERNATIONAL



W-SDDI

The Institute for Whole-Self Prebirth Psychology

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THE WHOLE-SELF RADIANCE RELAXATION EXERCISE©1990

By JOHN-RICHARD TURNER

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by Jon RG & Troya GN Turner-Groot

IN GROUP SAY: If anyone is recording this half hour exercise, please be sure that there is a clean 45 minutes of tape or CD in your machine or do not record it as it can be startling for people in a relaxed state if your recorder snaps off & all mobiles OFF.

The benefits of a **relaxation exercise** or **meditation** as it can be called
for **physical health, mental wellness, emotional balance**

& **spiritual holeness** are now scientifically well documented.

This is a short **guided imagery exercise** whose purpose is to open each person
to their own **Whole-Self** level of **inner or intuitive knowingness**.

The **Whole-Self** is that all **encompassing totality** of the **consciousness**
which **knows everything** each person has **ever experienced**.

This **Whole-Self Radiance Relaxation Exercise©** is **easy, gentle & loving**.

It is **effective** because it **enhances or lifts** all levels of each person:

the **physical, mental, emotional & spiritual** - The **Whole-Self**.

Through it's **exact words & its use of imaging language**

it **develops & educates** to **increased or enhanced creative imagination**,

increased or enhanced creative thinking

& increased or enhanced creative expression.
 The creative image used is light which is awareness which is consciousness.
 Everything I can see is seeable... because light is illuminating it.
 Everything I cannot see is unseeable...
 because it is still pregnant in the dark... waiting for illumination.
 Light in every cell is awareness & consciousness... in every cell.
 Where there is light consciousness
 there is communication...
 desire for harmony... & health...
 & responsibility... & respect for life.
 For greater effect - to facilitate the imaging process...
 we use the idea or concept of light...
 perfected to a higher octave... RADIANCE !
 No specific color is indicated nor need be imagined.
 No experience is necessary beyond the desire to participate or do it.
 Each experience is unique to each person.
 There is no right or wrong way to do the Radiance - just allow!
 For ease, this Whole-Self Radiance Relaxation Exercise©
 is presented in the first person - “ I ”.
 In this exercise, when we come to the hands
 please open them palms upwards - to receive the Radiance.
 Please sit comfortably. Some may wish to remove contact lens.
 It is helpful to sit stillly & quietly with eyes closed
 for a brief quieting of the mind, body & emotions
 through gentle breathing before commencing or beginning.

NOTE: In English the word ‘Radiance’ is the correct word because it is a higher octave of light. In some countries ‘Radiance’ is translated to the word Radiation as in nuclear, Light is more appropriate. You can use Radiance or Light. In this text we also are using the original words Radiant Light.

Pacing is important. Please pause momentarily whenever two dots “..” appear, as well as at the end of each sentence. In some languages syntax is reversed.
 ~~~~~ indicates word sets for translations of complete thoughts rather than one line at a time which can create exhausting rebounding & confusion between languages for both the translator & the audience.

# THE WHOLE-SELF

## RADIANCE RELAXATION©2013

by Jon RG & Troya GN Turner

For ease this exercise is spoken in the 1<sup>st</sup> person "I". I close my eyes & I just breathe gently for a moment or two to connect with my Whole-Self.

My Whole-Self is the totality of me which knows everything  
my consciousness has ever experienced...

When I speak the word **Radiance**, which is a higher octave of light, it includes the concepts of Loving.. Healing.. Balancing.. Brilliant.. Radiant Light... (pause)

~~~~~ I put my awareness in my toes.. I think of my toes..

~~~~~ I am aware of **Brilliant Radiant Light** in my toes..

~~~~~ I am aware of **Radiance** in my feet..

~~~~~ I am aware of **Radiance** in my ankles..

~~~~~ I am aware of **Radiance** in my shins & my calves..

~~~~~ I am aware of **Radiance** in my knees..

~~~~~ I am aware of **Radiance** in my thighs & my hips..

~~~~~ I am aware of **Radiance** in my abdomen..

~~~~~ I am aware of **Radiance** in my solar plexus..

~~~~~ I am aware of **Radiance** in my chest..

~~~~~ I am aware of **Radiance** at the bottom tip.. the base of my spine..

~~~~~ And very gently..

I bring my awareness of this **Brilliant Radiance**... up my spine...

to the top of my head. (pause)

~~~~~ &, using my creative imagination

I make a little opening... at the top of my head.

~~~~~ I let my awareness... my sense of self... move through this opening...

~~~~~ I let it go instantly... to the **Center of Creation**... wherever that is.

~~~~~ The **Center of Creation** can be reached simply by my willing to be there.

~~~~~ The words are... **"I will to be at the Center of Creation NOW!"**  
(longer p)

~~~~~ For many people the **Center of Creation** is sensed...

about **6 to 10 inches (15 to 25 cm)** above the head. (longer p)

~~~~~ As I arrive.. at this point of consciousness...

I see... that all of creation... is filled with this Radiance...

~~~~~ this light... this illumination...

brilliantly pulsing... shimmering... vibrating... (p)

~~~~~ I just let myself... be surrounded... & encircled... in this Radiance... (p)

enveloped & embraced.. in this Radiance... (p)

I merge... with this Radiance... (p)

I become one... with this Radiance. (longer p)

~~~~~ &, as I do... I realize... that this Brilliant Radiance... this Radiant Light

is the creative force... of ALL LIFE. (p)

~~~~~ & this force... has many names.

But, one name... I can give it... is *unconditional love*... (p)

~~~~~ the unconditional love... of creation...

for all of itself. (longer p)

~~~~~ &, since I share... in this creation...

since I am part... of this creation...

I know... that I share... in this unconditional love. longish p)

NOTE: Here are two **OPTIONS** for interns &/or experienced meditators only:

- 1) This longish pause can take as long as I want to enter
and stay in a deep silent state of relaxation or meditation.
- 2) After as long a pause as I want, I can continue with this W-S Relaxation
guided imagery exercise visualizing the image
of a lemniscate... a figure eight...
an infinity symbol... at the Center of Creation.

Keeping pacing in mind, pause between each sentence speaking the following words which can take from five to ten minutes as you sense appropriate:

Now, I visualize a figure eight infinity symbol at the center of creation. (p)

~~~~~ & gently, I bring this infinity symbol down into my head

so that each loop encircles each hemisphere of my brain. (p)

~~~~~ Now, at the crossover point between hemispheres

I create a beam of Brilliant Radiance... (p)

~~~~~ & now, I let this beam of Brilliant Radiance

start to move in either direction

just like a **little train** would move along a **track**. (long p)

~~~~~ As it **encircles** each **hemisphere**,  
I am aware if each is **equal & symmetrical**..

~~~~~ If **one** or the **other** is **disproportional**, I just allow  
the **beam of Brilliant Radiance** to keep moving  
until **balance & proportion** are achieved. (p)

~~~~~ If it comes to a **stop** I just allow it to stay there  
until it **starts** to move again. (p)

~~~~~ Now, I allow this **beam of Brilliant Radiance**  
to come to a **stop** at the **crossover point**. (p)

~~~~~ & now, I allow it to move in the **opposite direction**. (longish p)

~~~~~ Sometimes I am **surprised** to find that  
my **hemispheres** are **proportional** in one direction  
& **dysproportional** in the **opposite direction**.

~~~~~ As this **beam of Brilliant Radiance** **encircles** each **hemisphere**  
I am aware if each is **equal & symmetrical**. (p)

~~~~~ If **one** or the **other** is **disproportional**  
I just allow the **beam of Brilliant Radiance** to keep moving  
until **balance and proportion** are achieved. (p)

~~~~~ If it comes to a **stop**, I just allow it to stay there  
until it **starts** to move again. (p)

~~~~~ Now, I allow this **beam of Brilliant Radiance**  
to come to a **stop** at the **crossover point**. (p)

~~~~~ Now I let the **infinity symbol** move back up to the **Center of Creation**. (p)  
& **thanking** it, I let it **dissolve** into
(Androgeny) **Loving.. Healing.. Balancing.. Brilliant.. Radiance.**

& now.. I draw this **Brilliant Radiance...** this **Radiant Light**
down through the **top** of my **head...** into my **brain center**.

~~~~~ &, I let the **consciousness..** of all the **cells...** in my **brain...**  
receive this **Brilliant Radiance...** as a **gift...** from myself...



for functioning perfectly... (p)

~~~~~ giving me perfect balance...

in my left & right hemispheres... (p)

in my male & female polarities. (longish p)

~~~~~ & now.. I let this Brilliant Radiance... flow into my forehead area.

&, I let the consciousness... of all the cells... in my forehead...

receive this Brilliant Radiance...

as a gift... from myself.. for giving me...

perfect inner vision... perfect insight... perfect intuition...

(optional) & if I wish.. perfect psychic sensitivity.. (p)

**NOTE:** Here is opportunity for interns &/or experienced Meditators to use this point to meditate silently as long as is appropriate.

~~~~~ This is often experienced... as a physical feeling... a sensation...

a tingling... or pulsing... in the center... of my forehead...

as my inner vision... gently opens... & strengthens. (longish p)

~~~~~ Now, I let this Brilliant Radiance... flow through my eyes & optic nerves...

my nose & sinuses... my ears... my mouth... my teeth & gums... my throat...

~~~~~ I let the consciousness... of all the sense organs... in my head...

receive this Brilliant Radiance... as a gift... from myself...

for functioning perfectly. (longish p)

~~~~~ Now, I let this Brilliant Radiance..

flow down my arms.. into my open hands.

For a few moments, I turn my palms upward...

opening my hands... to receive this Brilliant Radiance. (p)

~~~~~ I let the consciousness... of all the cells... in my hands...

receive this Brilliant Radiance... as a gift... from myself... for giving me...

a perfect touch... a perfect strength... a perfect creativity...

(optional) if I wish, a perfect healing touch...

all of which I can use... whenever I choose to. (long p)

~~~~~ This also is often experienced... as a physical... feeling.

I realize... that I am holding... a pulsing crystal...

of Loving... Healing... Balancing... Brilliant Radiance...

in the palms... & the finger tips... of my hands. (p)  
~~~~~ &, as I can feel this Pulsing Energy... in my palms...

I can know, in fact... that I have brought...

this Loving... Healing... Balancing... Brilliant Radiance...

to the consciousness... of every cell... in my body...

my mind... my emotions... my spirit... MY WHOLE-SELF. (p)

Note: *It is at this moment that I am balancing my DNA
by copying my DNA into RNA,
The RNA corrects the default at its core source.*

~~~~~ It is simply... that in my hands... my sense of touch...

I can feel this Brilliant Radiance.. very clearly. (longer p)

**Note:** *Now, as I open compassion through sharing  
I trigger the neurotransmitter dopamine in my brain.*

~~~~~ Now, I offer this Loving... Healing... Balancing... Brilliant Radiance...  
to all those persons... I have known...

who have trusted me & have asked me for help or healing...

that each person may use it... in whatever way... is most appropriate...

for our mutual growth... development... & evolution.

~~~~~ Here, I briefly think... of each person's name...

or briefly visualize... each person's face.

(Pause for a minute or two. Sense how long.)

~~~~~ Now, I offer this Loving.. Healing... Balancing... Brilliant Radiance...  
to all those persons... I have known...

who have trusted me & have asked me... for help or healing...

whose names... do not come to me... at this moment...

that those persons, too... may share in it. (p)

~~~~~ Now, I offer this Loving... Healing... Balancing... Brilliant Radiance...  
to all those persons I have known...

who have died... are near death... or near birth...

that each person may use it... in whatever way... is most appropriate...

for our mutual growth... development... & evolution.

~~~~~ Here, I briefly think... of each person's name... or briefly visualize...

each person's face. *(Pause for a minute or two. Sense how long.)*

~~~~~ Now, I offer this Loving... Healing... Balancing... Brilliant Radiance...  
to all those persons... I have known...  
who have died... are near death... or near birth...  
whose names... do not come to me... at this moment...  
that those persons, too... may share in it. *(p)*

~~~~~ Now, I offer this Loving... Healing... Balancing... Brilliant Radiance...  
to all those persons... who have loved me or whom I have loved...
in the past... love now... in the present... or ever will love... in the future...
that each person may use it... in whatever way... is most appropriate...
for our mutual growth, development & evolution.

~~~~~ Here, I briefly think... of each person's name... or briefly visualize...  
each person's face. *(Pause for a minute or two. Sense how long.)*

~~~~~ Now, I offer this Loving... Healing... Balancing... Brilliant Radiance...  
to all those persons who have loved me...
or whom I have loved... love now... or ever will love...
whose names... do not come to me... at this moment...
that those persons, too... may share in it. *(p)*

~~~~~ Now, I offer this Loving... Healing... Balancing... Brilliant Radiance...  
to everyone... with whom I have had conflict  
or who has had conflict with me...  
that each of us may use it... in whatever way is most appropriate...  
to reach understanding... resolution... peace & appreciation  
for how perfectly we have served each other!

~~~~~ Here, I briefly think... of each person's name...  
or briefly visualize... each person's face. *(Pause for a minute or two. Sense how long)*

~~~~~ Now, I offer this Loving... Healing... Balancing... Brilliant Radiance...  
to all those persons... with whom there has been conflict...  
whose names... do not come to me... at this moment...  
that those persons, too... may share in it. *(p)*

~~~~~ Now, I offer this Loving... Healing... Balancing... Brilliant Radiance...

to Mother Earth... & to all those having an impact on her. (p)

I think of all the places... countries... nations... leaders... & peoples...
 who have been... or are living in conflict... or natural disasters that
 they, too... may use this Brilliant Radiance... to balance. (p)

~~~~~ Now, I offer this Loving... Healing... Balancing... Brilliant Radiance...  
 to any project... or intention... I am working on... at this time... in my life.

*I visualize the object I would like to receive;*

*Or the subject I would like to achieve!* (p)

~~~~~ As I see - I clearly visualize... & feel it... in my hands.

And, I know... that I have made the first step

~~~~~ I see it surrounded... by the Loving... Healing...  
 Balancing... Brilliant Radiance... of the Center of Creation.

~~~~~ I see my intention illuminated... with this Brilliant Radiance...  
 & feel it in my hands.

& as I see it totally become one... with this Radiance...

~~~~~ I experience... that at this moment... it already is given to me. (p)

~~~~~ & I know... that from this moment on...

I need only to concentrate on the next steps. (p)

(Optional)

~~~~~ Now, I offer this Loving... Healing... Balancing... Brilliant Radiance...  
 to all my past life dimensions of consciousness. (longish p)

~~~~~ & to all of my genetic ancestors.. to my parents...  
 to my grandparents... to my great grandparents...
 to all my generations... back to the beginnings... of human consciousness;
 back to the first two human beings. (longish p)

~~~~~ Now, I offer this Loving... Healing... Balancing...  
 Brilliant Radiance... into my own Heart Center.

~~~~~ & I let the consciousness... of all the cells... in my heart...  
 receive this Brilliant Radiance... as a gift... from myself...
 for giving me... perfect Unconditional Self Love... (p)
 perfect Unconditional Love of Myself. (p)

~~~~~ &, I feel joy in my heart...  
           as I realize... that I have actually... merged back  
                   with a source... of my own being; (p)  
           that I am no longer alone... but connected... with this source.

~~~~~ &, I thank my heart... for pumping the life blood...  
 through my body... every moment of this life. (p)

~~~~~ &, with each beat of my heart...  
           not only is it pumping my blood... but also this Brilliant Radiance...  
           to my brain & central nervous system... to my immune system...  
           to my thyroid & parathyroid glands at the base of my throat...  
           to my thymus gland by my sternum... to my breasts  
           & adjoining lymphatic system... to my lungs...  
           to my solar plexus... to my abdomen... to my reproductive system.

~~~~~ I let the consciousness of all the cells... of all my organs...  
 my glands... my systems... my muscles...
 my bones... my joints... my skin...
 all the hair of my body... receive this Brilliant Radiance...
 as a gift... from myself... for functioning perfectly. (longish p)

~~~~~ & now, I just let this Loving.. Healing.. Balancing.. Brilliant Radiance..  
           flow down over my head & my face... (p)  
           my shoulders.. my back.. my arms.. my chest.

~~~~~ I realize.. that I am sitting.. in a vibrant cascade..  
 of Loving.. Healing.. Balancing.. Brilliant Radiance..
 flowing in.. through.. & around my Whole-Self. (p)

~~~~~ &, knowing.. that I can renew this energy.. whenever I want..  
           I let it flow over my hips & my thighs.. my knees..  
           my shins & my calves.. my ankles.. my feet.. my toes.

~~~~~ &, because.. I have been very conscious.. & very wide awake...  
 I can close the little opening.. at the top of my head..
 &, thanking my Whole-Self..
 when I want.. I can gently open my eyes.

Note: After an appropriate settling period, it is often beneficial to share any experiences about this Whole-Self guided imagery relaxation exercise.

Essentially, this is a wonderful **individual or group relaxation exercise**.

The **Brilliant Radiance** comes from any source to which people are attuned.

For those in particular faith, whatever it is, that belief is supported.

For those not in any faith, it offers an inner strengthening.

Because people feel the energy physically in their hands, they often receive a **special upliftment** not just **knowing** but **actually feeling** that they have connected with “**a source of their own being**”

We invite all individuals, therapists & stress reduction or other groups to copy, share & use this **Whole-Self Radiance Relaxation Exercise©**

in any or all daily or weekly, regular or occasional meetings.

Acknowledging the **Whole-Self Discover & Development Institute** as their source.

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It takes approximately 20 to 25 minutes to speak the words.

However, when done silently it can be done in about 10 minutes or even in seconds when necessary.

When time is a factor, it is also possible to offer the **Radiance**

- **the Radiant Compassionate Light** directly from **the Hands to the Heart** leaving out all the other groupings of individuals to whom it could normally be sent.

We would welcome your experiences by post or Email to the **W-SDDI**

at the European address listed at the beginning of this script.

English, German & Greek CD of this script is available from **W-SDDI, Inc.**

Much Peace & Much Love! Jon RG & Troya GN Turner

The Past is Born With Every New Life!
Troya Turner