

The Ultimate Treasure: There are No Problems in the Present Moment.

From: **Back to Brilliance** (contact@backtobrilliance.com)

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To: lynnehoft@hotmail.com



The Ultimate Treasure

Lynne Hoft & Vivian Hildebrandt

A bi-monthly E-zine for adventurers who want to discover the secrets for creating their dreams and being truly happy.

www.backtobrilliance.com

Hello Lynne

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In This Issue

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We Recommend: *Activate Your Brilliance*

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Note From Lynne & Vivian

There are no problems in the Present Moment. Have you noticed how much time you spend thinking about what isn't working, about

problems, about circumstances that are less than optimum in your life?

We have been observing ourselves in the past week. We've become aware that our thoughts were being drawn to what most of us think of as problems. It's amazing that even with daily access to our Brilliance, the social consciousness has us trained to focus on what's not working, to always be problem solving.



This is a tough habit to break. But break it, we must, if we are to live in the Present Moment and create our lives from our Brilliance. What we've discovered is that we are not able to manifest the lives of our dreams if we are in any way focused on our problems. When we focused on problems, even when problem solving, we experienced negative feelings. Of course, these feelings are telling us that we've stepped outside of our Brilliance and into our habits of thinking.

Feelings of hopefulness and self-confidence occur when we allow Brilliance to shape our lives. The Brilliance connection brings brilliant actions that promote our well-being and move us toward fulfilling our dreams.

We've turned a corner this week and have avoided focusing on problems. We have been able to stay right in the middle of the present moment. We've found ourselves energized and motivated to move ahead into the future our Brilliance is showing us. It is possible to be impeccable with our attention and when we are, miracles happen.

What appears miraculous is the natural result of staying in the presence of Brilliance.

Here's to Your Brilliance,

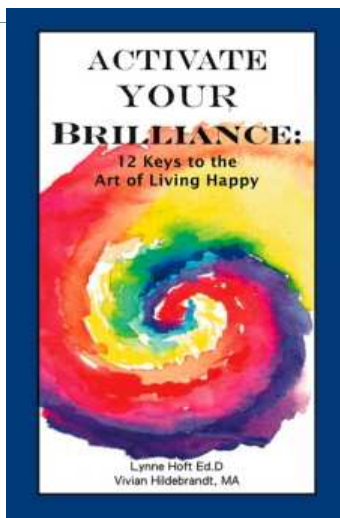
Lynne and Vivian

Use the forward email link at the bottom of this e-zine to send a copy to a friend.

The Brilliance Team Recommends:



Activating your brilliance is the key



to **Mastering your Life.**

**Be the master of your own ship.
Start living from the inside out.**

"When you understand that you can live from your Universal Brilliance, the pressures, expectations and limitations of the external world lose their power. You begin to choose those things, the thoughts, actions and words that are in harmony with your natural brilliance. Your choice supersedes a sense of obligation and social pressure. By choosing to follow your heart you choose to own your own power."

(Activate Your Brilliance, Chapter 1 ©2007)

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**Using the Brilliance Formula opens
the door to solve your problems!**

Featured Article:

Stress Destroys Happiness

Vivian Hildebrandt and Lynne Hoft

Today we cannot pretend that we're not experiencing stress. People in record numbers are facing job layoffs, the loss of savings, loss of homes, and increased costs of living. This takes a toll on relationships, family, friendships, and personal confidence. For many their quality of life is dramatically diminished. Most people are looking for the secrets of stress reduction. Who knows if things will get better or worse. We all hope a better day is coming.

The impact of stress on our lives is pervasive. It can sap our energy, destroy our health, and leave us frustrated and hopeless. Often times this is an incremental process. You may be running as fast as you can to keep your job and then suddenly lose it. When we are too busy we might not notice the warning signs of stress.

For example, many of us have put all of our money into our homes and still have lost them to the mortgage companies. Having worried for months that the worst could happen, we are then presented with an even more serious set of concerns when it does. And, we are living so close to the edge of our incomes that there is nothing left when an emergency occurs.

For the person who has avoided these extremes, life may still be filled with stress. We may be experiencing relationship problems, parenting challenges, workplace stress, and/or health issues with the latest epidemic headed your way. It seems that our neighborhoods are no longer safe, our leaders are no longer trustworthy, our world is filled with poverty and despair, and our planet is endangered. We're feeling anxious, overwhelmed, angry, worried, afraid, and weary.

It's possible that we've been in these patterns for so long that our stressed out lives appear normal to us. Sometimes we wonder when we last had a sense of security and a moment of peace and happiness.

Our experience has proven that we can eliminate stress whatever the cause. When you understand its causes you are able to own your power to live stress-free and follow the steps to natural stress relief. Here are two easy steps to get started to make stress-free living a reality instead of a dream.



- Your first step to stress-free living is to choose to focus on solutions for yourself and the world, instead of focusing on problems.
- The second step to stress-free living is to get in touch with your natural Brilliance.

Activating your Brilliance and living from the inside out is the key to natural stress relief.

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About the Brilliance Team

Entrepreneur Lynne A. Hoft, EdD is a national award winning licensed teacher/administrator and certified trainer. She excels at program and curriculum development with accelerated learning components.

Entrepreneur Vivian Hildebrandt, MA is a teacher and counselor with extensive

experience in chemical health counseling and prevention, curriculum design, employee training, education and life skills facilitation.

As business partners and co-founders of Back to Brilliance they offer Books, Home Study Programs, Articles, Reports, Teleclasses, Weekend Intensives, and Personal Coaching.

contact@backtobrilliance.com

Teleclasses and Other Offers

What is the biggest problem people face today? What is it that takes away our energy, our focus and our motivation?

We have discovered that **Stress is one of the greatest barriers to success.** We tend to worry about money, feel overwhelmed by our learning curve, and feel inadequate to meet all the demands of our everyday fast paced lives and of living in today's world

Our program, **Stop Stress in Its Tracks, Home Study Course**, cuts to the chase by identifying the root cause of most stress.

It provides proven strategies to help anyone **master their mindset** and shift to stress free living.

For more information or to purchase:

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