



# The Ultimate Treasure

Lynne Hoft & Vivian Hildebrandt

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

[www.backtobrilliance.com](http://www.backtobrilliance.com)

Dear Lynne,

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## A Note from Lynne and Vivian

As summer begins we are starting a new season in our business with a new FREE e-zine.

This crab apple tree grows in Lynne's front yard. Every year it heralds the spring. All winter Lynne used this tree to visualize her life and business in bloom. When this tree bloomed in early May its profusion of blossoms was breathtaking and far surpassed previous years. We are accepting this as a symbol for our blossoming business. Our new book is on its way to the printer and our classes begin again in August.

Here's to Your Happiness,



Lynne & Vivian

Authors of *Be Happy Now*, A How To Book about Mastering Happiness

## Teleclasses and Workshops

Our next 8 week teleclass, *The Keys to Brilliance: The Art of Living Happy*, begins August 6, 2007.

Do you want to want to achieve massive results in living from your brilliance and transforming your relationships with yourself and everyone else? Are you ready to make a powerful investment in your success, sanity, and wealth? If you answered yes to these questions don't miss this valuable series. [Learn more and register now.](#)

## Feature Article

### "Live Full out From Your Brilliance"

By Lynne Hoft, EdD and Vivian Hildebrandt, MA

Whenever we create a new goal for ourselves we do so because it has great benefits for us. If it didn't we wouldn't choose to make a change. In more than 20 years of studying brilliance we have found that brilliance is something we all have. It is easily accessible. Using it makes all the difference. Here is a list of the benefits we've discovered by living from our brilliance.

**#1 Freedom:** When we understand that we can live from our brilliance, the pressures, expectations, and limitations of the external world lose their power. We begin to choose those things-thoughts, actions, and words-that are in harmony with our natural brilliance. Our choice supersedes any sense of obligation or social pressure. By choosing to follow our heart we choose to own our own power. Equally important, we gain the freedom to express our creative gifts in the world. Whether we love photography, cooking gourmet meals, coaching our child's soccer team, singing in the shower, caring for our pet, or any number of creative activities, we live in full expression, full out.

**#2 Contentment:** Richard Carlson said, "Contentment is the foundation to a fulfilling life." What comes to mind when you think of contentment? For us, contentment is the peace of mind that comes from owning our choices, from knowing that we can always make a new choice, and from living from our hearts. It is the difference between thinking we have to learn from our mistakes and knowing that when we truly follow our hearts, there are no real mistakes. The more we are able to live from the inside out, the more beauty, joy, and fulfillment we experience.

**#3 Less Struggle:** Living from our brilliance doesn't mean that the experiences we call problems will disappear; however, the struggle we associate with them does begin to go away. Just knowing that struggle resides in the computer mind as a pattern out of the past takes the punch out of the problem-and a problem without punch is not a problem. When we live from our brilliance we shift from worrying about trying to make everything work to knowing that everything can be effortless. Shifting from one thought, such as *Something is wrong* to another

thought, such as *All is going to work out* makes all the difference. It's amazing that those little words and that shift can take away the struggle.

**#4 Appreciation & Pleasure:** When we are heart-connected and living out of our brilliance we see the beauty around us. We hear the wind, birds singing, and children laughing. We are more aware. This awareness carries into every area of our lives and brings pleasure and appreciation. It doesn't matter what it is that we are experiencing, we can enjoy it. We can learn to appreciate everything.

**#5 Total Confidence & Joy:** As we begin to uncover the old patterns we've been living out of, we move away from the computer mind's conditioning that tells us we need to know more, be more, and do more. Our wisdom shows us that we are enough, we do enough, and we know enough. That gives us total confidence and total joy at the same time. It's amazing! This is the way we can live because we already have the natural wisdom inside of us. It's not like we have to read 30 more books. It's just there.

**#6 No Limitations:** Only in our minds, our computer minds, do limitations exist. When we buy into our computer thinking, we, as Captain Kirk used to say in *Star Trek*, "make it so." In the social consciousness there is a tendency to focus on what's missing, what doesn't work, what's wrong. The computer mind will never allow us to go further because it only holds the past and often is focused on the worst-case scenario.

Once we shift to our transmitter mind, our innate brilliance and natural wisdom, we have unlimited possibilities. Limitation is an overlay that keeps us stuck, and as soon as we shift our focus possibilities come alive. Unhappiness is an overlay and as soon as we let go of it, happiness bubbles right back up to the surface. We can "make it so."

**#7 Megatrends:** One of the ideas we've been having involves the concept of megatrends. All of us who are living out of our brilliance are vanguard people, pushing the envelope. We're pushing it because our brilliance sees that there is truly a greater world coming in. As more individuals learn to live from the inside out, from their natural state of mind, from their heart centers, something much greater than each of us is growing. We are creating a megatrend that will soon be unstoppable. We are creating a world that is informed by love and wisdom.

**#8 Magic:** Life is magical. When we become masters of brilliance we experience that magic much more often. We live from our inspiration with an explosion of ideas and endless possibilities dancing on our doorsteps. We are invited to express our grandest dreams in lighthearted joy and celebration.

A friend of ours was working on not taking life so seriously. Her life was full, with lots of bases to cover, and she found herself agitated by people who seemed to be playing at life. She was reading a book titled *Life is Short, Wear Your Party Pants*. She decided to lighten up and wear her "party pants" and she found that she got a lot more done with a whole lot more fun. Find whatever works for you to kiss the magic in every day.

Excerpted from *Be Happy Now* by Lynne Hoft and Vivian Hildebrandt. ©2007 Back to Brilliance LLC.

## About the Brilliance Team

Entrepreneur Lynne A. Hoft is a national award winning licensed

teacher/administrator and certified trainer. She excels at program and curriculum development.

Entrepreneur Vivian Hildebrandt 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 cofounders of Back to Brilliance they offer Teleclasses, Weekend Intensives, and Personal Coaching.

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## The Brilliance Team Recommends

Our brand new book *Be Happy Now: 12 Keys to Mastering Your Life*, is on its way to our printer. Copies will be available next week!

This book shows how to:

- Master your thoughts and feelings
- Jump-start fabulous and fulfilling relationships
- Move from stressful to stress-free living
- Live from your Brilliance and make your dreams come true

Are you ready to return to joy, laughter, excitement, and enthusiasm in spite of the demands, responsibilities, and challenges of your everyday life? In this book we share the keys to living from your natural brilliance, from the inside out.

[Learn more and purchase here.](#)

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