



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

Dear Lynne,

July 12, 2007
Vol. I, Issue 2

Published every Thursday. You are on our list because you signed up for one of our programs. To change your subscription see link at the end of email.

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We Recommend: Teleclass - Stop Stress in Its Tracks

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A Note from Lynne and Vivian

We just returned from a week long working vacation at Lake Okoboji, one of Iowa's glacier formed lakes and one of seven blue lakes in the world. It is spring fed and 134' at it's deepest. The contrast between the green trees and landscape and the blue water along with mostly sunny days was rejuvenating and inspiring.



For over a year we've been talking about getting away to do some writing. This was it. We have several new articles and many more ideas now for you.

Here's to Your Happiness,



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

Teleclasses and Workshops

Stop Stress in its Tracks

Join us for a life changing class. In three one hour sessions you will learn 15 steps to banish stress from your life. You will begin to understand the myth of stress and be able to release and eliminate it. You'll learn strategies and skills to short-circuit stress reactions. You'll learn to listen through your innate wisdom, to follow your heart, and live the life of your dreams.

Does this sound too good to be true? You'll be amazed how simple and easy these steps work. We guarantee it! Get a 30% discount as part of our July Freedom Sale.

[Learn more and register now](#)

The Keys to Brilliance: The Art of Living Happy

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. Our next 8 week teleclass begins August 6, 2007.

[Learn more and register now](#)

Feature Article

"Mind Control"

By Lynne A. Hoft, EdD & Vivian Hildebrandt, MA

Do you have trouble getting to sleep? Are your thoughts keeping you awake? Try as one might, it often seems impossible to quiet those racing thoughts. Yet it is possible to quiet a busy mind by understanding that each of us has the ability to choose which thoughts we want to put our attention on and let go of the rest.

Beyond knowing that thought is a function of being alive, it's key to recognize that we can train ourselves to control which thoughts we focus on. Instead of letting our minds run loose, we can take charge of our thinking and therefore our lives. Just as we can train our bodies to execute beautiful dance movements, we can teach our minds to choose beautiful thoughts. Without the training for surfing, dancing, or skating, for example, we wouldn't have the freedom to do these wonderful things. By training ourselves to choose the thoughts we want to express, we gain the freedom to create the lives we truly want to live.

To be in control of our thinking, we need to learn certain skills. We need to know the practices, strategies, and tools that will help us take control of our thinking. We've already talked about **taking deep breaths** when we feel agitated or stressed. These deep breaths will always help us shift the flow of our thinking. A tool one of our clients uses is **canceling one thought with another** by saying to himself, *What was I thinking?* Another strategy is to practice **asking yourself these questions: *Is this where I want to go? Is this working for me? Is this really true?*** When we start to get caught up in our thinking, we can **self-talk** our way out of it by saying, *Oops! Erase (that thought)! It's not worth it!* Knowing that you are in charge, you will find your own unique strategies that will allow you to shift your thinking so it works for you rather than against you.

You might remember the old story of Pete and Repeat. One person says to another: "Pete and Repeat were in a boat. Pete fell out and who was left?" The answer, of course, is "Repeat". The first person plays along, repeating the riddle until the second wakes up to the fact that this is a pattern and stops the game. In our lives, our thoughts just keep repeating until we realize we've developed a pattern. At that point we can stop "playing the game" and use our thoughts to create the lives we want.

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

WANT TO USE THIS ARTICLE IN YOUR E-ZINE OR WEB SITE? You can as long as you include this complete blurb with it: Lynne Hoft and Vivian Hildebrandt publish *The Ultimate Treasure*, a weekly e-zine for adventurers who are looking for brilliance, freedom, and happiness. If you are ready to discover the secret for creating your dreams and being truly happy, sign up for our e-zine at <www.backtobrilliance.com>. You will receive a FREE bonus article, "Live Full Out from Your Brilliance".

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

Stop Stress in its Tracks

Join us for a life changing class. In three one hour sessions you will learn 15 steps to banish stress from your life. You will begin to understand the myth of stress and be able to release and eliminate it. You'll learn strategies and skills to short-circuit stress reactions. You'll learn to listen through your innate wisdom, to follow your heart, and live the life of your dreams.

Does this sound too good to be true? You'll be amazed how simple and easy these steps work. We guarantee it!

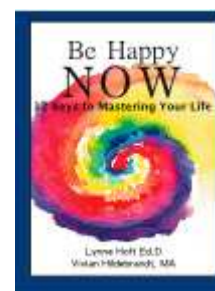
This program would be a bargain at its normal price of \$67. Now as part of our July Freedom Sale we have added a 30% discount dropping your cost to \$47.

[Learn more and register now](#)

Be Happy Now: 12 Keys to Mastering Your Life

Our brand new book 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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