



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,

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We Recommend: Keys to Brilliant Living: The Art of Living Happy Teleclass

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A Note from Lynne and Vivian

Vivian has been spending time with old friends this summer. She shared that the circle of friends in this picture began in grade school and is still going strong. Vivian said, "It's not hard to understand why, as each of us has developed a relationship with our own Higher Power-or Brilliance as we call it-and we recognize and affirm the unique expression of it in each other."



"There is no loss of creative interests and pursuits in the group-archeological digging, exquisite quilting, teaching, gardening, writing, camping, decorating, and even pie-baking (the best-ever pies). These personal and friendship connections,

forged by true brilliance, have allowed us to get through the ups and downs of life with grace. Don't worry, we haven't lost that zany humor we perfected in high school; we dubbed ourselves another 'ya-ya' sisterhood a few years ago and always end our visits with a secret ceremony. Hope we can remember that ceremony 10 years from now."

Yes, brilliant friendships last.

Here's to Your Happiness,



Authors of *Find Your Brilliance*, a How To Book about Mastering Happiness

Teleclasses and Workshops

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 September 5, 2007.

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Feature Article

Self-Esteem for Free

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

Most people consider self-esteem and self-concept to be one and the same. In this discussion we need to distinguish between who we are and who we think we are in order to grasp the essential difference between the two. In this article we recognize that all human beings have a core of natural brilliance that is the foundation for self-esteem.

There often is confusion or a lack of clarity about the terms self-esteem and self-concept. Here are two definitions from the Advanced Human Studies Institute in Minneapolis:

Self-Esteem is an inborn, unconditioned positive FEELING of security and well-being that is the core of every person. It is directly accessible regardless of a person's present level of functioning.

Self-Concept is an idea, or mental image, a THOUGHT, who we think we are, depending on what we've learned from our experiences in the past.

In other words, self-esteem describes positive feelings from our natural brilliance and innate wisdom. Our self-concept is what we think about ourselves. If we draw two circles, one around the other, the space in the middle represents our self-esteem, our core of brilliance. The outer circle contains all of the thoughts we have about ourselves and represents self-concept.

Using these terms interchangeably is confusing. Without distinguishing between the two, we base both only on thought; there is no recognition of true self-esteem. Our current psychology is thought-based. The concept of Spirit was eliminated more than a hundred years ago in order for psychology to be recognized as a science.² Today, there is no reference in our schools for Spirit or our core of brilliance, and what is being taught is incomplete. We learn that self-esteem is what we think about ourselves instead of who we truly are.

When we don't teach people that they have this core of natural brilliance, they may assume that they are broken, unworthy, or stupid if they don't match the narrow standard society holds up as ideal. All of our attempts to teach self-esteem as a product of thought cannot succeed. Self-esteem comes from the inside out, from our core of natural brilliance-and everybody has it. Self-esteem is free!

Excerpted from *Find Your Brilliance* 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

The Keys to Brilliance: The Art of Living Happy

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