



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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A Note from Lynne and Vivian

Lynne's Grandfather, Ralph Dean, was an avid golfer for most of his long life. Forty some years ago the first Ralph Dean Golf Tournament was held. This was the start of many annual family reunions centered around love of family and love of golf. Now into the fifth generation, this continues to be a time for family, extended family, and friends to renew their relationships, celebrating with fun, food, and lots of laughter.

You would laugh too if you saw the homemade trophies that continue to be passed along year after year. Now, everyone who attends receives a prize whether they golf or not. Everyone is a winner.



Our photo is of Lynne and Timothy Cochran, her son, at this year's awards ceremony held in St. Louis, MO. Timothy is our Back to Brilliance Creative Director, doing our web design and layout.

Here's to Your Happiness,



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

Teleclasses and Workshops

Stop Stress in Its Tracks, Home Study Course

Is it time to **get rid of the stress in your life**? Our home study course does more than put a band-aid on the symptoms of stress. We give you real life keys to

open a new door to stress free living.

Our approach incorporates a new understanding of thought, feelings, and the power of your natural brilliance to eliminate long-term stress. Did you know that shifting the direction of your thoughts can shift the direction your life?

[Learn More and Purchase 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 September 5, 2007.

[Learn more and register now](#)

Feature Article

More about Brilliance #1

Radio Interview 5-1-07

With Karen Curry, Lynne Hoft and Vivian Hildebrandt

Karen: So, I am excited to have Vivian and Lynne here tonight. I have watched you guys for several years, and you really hunkered down and wrote a book in a super short time. You are dedicated and committed and both have experience in teaching children and adults. You are here to talk about and your new book *Find*

Your Brilliance: 12 Keys to the Art of Living Happy, and your new teleclass that begins next week. You have spent most of your life teaching in a public school system, I 'm so curious about what inspired you to write a book?

Lynne: I always wanted to write a book for years and years and this book has been a passion for 18 years. When I first got introduced to the keys that we are working with right now, I was at a place in my life where I knew that the patterns I grew up with didn't work. I knew I was creating my life but it wasn't the life I wanted. I knew I needed new patterns and when I first got going with this work, something just lit up for me and I said, *Yes, Yes, this is it!* I wanted to integrate this way of living into every fiber of my being because it was something that would take me into true joy and true happiness and would leave all of that, for a better word, dysfunction, behind.

Karen: So you started on your own personal journey to happiness?

Lynne: Right, I've been on that journey for quite awhile. It was about 18 years ago that I was first introduced to the keys. The first thing I thought was that this is what I was looking for and I would have done anything, whatever it took, to really get this working in my life more and more. I realized this would make me a better parent; my son was in 2nd or 3rd grade at that time and I was a single parent. That wasn't real easy to do. Then I had all the kids I was working with who were in jail. I knew they were in there because they'd acted when they were in a low mood. I had three strong reasons to get going on this. After seeing all of these keys, the idea of putting them into a book became very attractive. I will say, Karen, that we talked about writing a book for several years. But it was when we began working with you as a business coach, and the first thing you said to us was "write the book!" that we went into action.

Karen: Part of this is that many of my clients tell me they are writing a book, but when I ask about it, they say that they actually haven't begun it yet. And that's okay, but when I said that to you, both of you said "Okay, we'll do it." And every time since then that I have talked with you and asked what you were doing, you've told me that you were working on the book.

And part of this is that the twelve principles that you teach give you the passion and commitment to really stick to what you want to do, and to have that create the energy and drive and joy that carries any project forward.

Vivian: Karen-this is Vivian. I will be really honest. I never, ever thought about writing a book until Lynne started talking about it. And then I started to see that this is the way to get these ideas across to many people, outside of our work settings. So she inspired me, more and more, to do it. Of course I got caught up in the process which was a wonderful, wonderful experience for me.

Karen: I just have a vision of the two of you sitting down, little sparkles coming out of your pens. SO, okay, the title of the book is *Find Your Brilliance: 12 Keys to the Art of Living Happy*. Tell me what the book is about.

Vivian: Well, one of the things of the book, and there are many, is that it encompasses the whole idea of brilliance, that we all have this center, this innate wisdom, this brilliance that we are born with. And I think a lot of people don't realize that; they may experience just brief moments of it, but the fact is we all have it and can utilize it every day. So we talk about activating that brilliance; in other words, understanding that it's there, learning how to get to it, and then learning how to stay in it and live from it. That is one of the main things. Of

course, to do that there are many components. But it's not hard; it is so fun. Once you realize that this is available, then this desire and this ability just kind of grow and you really get into your brilliance. Lynne, what other things do you want to share about the book; that is the big one for me.

Lynne: It was a lot of fun to write and it was also a commitment. I don't know if we would ever have gotten it done if it hadn't been the two of us. We made a commitment and we weren't going to back down.

But here's the thing, this book is about brilliance. Just saying that word brilliance doesn't tell you everything; it's finding out what that is and how it works. We all have this core of wisdom that is unstoppable; it's insight and common sense and there is a part of us that has the answers to any questions we might have. Our lives go so fast, rush-rush, hurry-hurry, and that happens also in our thinking. I worked with a guy a year ago who was a coach for girls' gymnastics. That man, when he was into the performance season, wouldn't sleep for days. He said that he went to bed at night and his mind was so busy, going so fast, that he couldn't relax and go to sleep.

The other thing, because it is a key to getting to your brilliance, is mastering your mind or mastering your thinking. It's not controlling your thinking; there is a lot of that going on at many levels. But this is not thinking about your thinking, which is what a lot of people think you need to do. This is truly gaining mastery of where you put your attention, what thoughts you want to focus on. As you are able to do this, and a lot of other things like relaxing and staying in the moment, then that brilliance has a real shot at getting your attention.

Karen: I love that it's not about controlling your thinking. I see a lot of people who are connecting with prosperity consciousness and creation principles who really wrestle with getting their mind under control. And I think that getting your mind under control is first of all, in and of itself, a very challenging thing to do. Your mind is designed to think; it's always going tick, tick, tick, tick, tick. And when you move into that mental control place, I think you cut yourself off from your heart, and this is what I see people wrestling with. They are kind of living out of their heads, and working out of their heads, and they are not dropping down into their hearts. I think the mind is good to think about, but it's important to blend it with your heart. And you can't really effectively just try to control the mind without getting frustrated.

Lynne: Absolutely, absolutely, because you spend all your time thinking about your thinking. When you are doing that you are not connecting to the core of brilliance that you truly are. You are just lost in your thoughts; it's a loop and you are going around and around. Even if you think you are making progress, you usually aren't.

There is another thing we talk about a lot, that we all have this part of our mind that is the left hemisphere where we store and register and save all the experiences, patterns, and everything we have seen and tried. Everything goes into that bank. The problem is that when we try to solve our problems from that part of our mind, we are just rehashing old stuff. We have to get into the present moment, and then get open to the brilliance part of our mind that has new answers.

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The thoughts about brilliance we share here originated in a radio interview with Karen Curry on her www.blogtalkradio.com/joyfulmission show on May 1 of this year. Karen is an entrepreneur, coach and founder

of www.joyfulmission.com.

NOTE: Our book, *Find Your Brilliance*, after its many revisions, will be available by the end of the summer.

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, Home Study Course

Is it time to **get rid of the stress in your life**? Our home study course does more than put a band-aid on the symptoms of stress. We give you real life keys to

open a new door to stress free living.

Our approach incorporates a new understanding of thought, feelings, and the power of your natural brilliance to eliminate long-term stress. Did you know that shifting the direction of your thoughts can shift the direction your life?

[Learn More and Purchase Now](#)

Find Your Brilliance: 12 Keys to the Art of Living Happy

Our brand new book is on its way to our printer. Copies will be available by the end of the summer.

- 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.

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