



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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Vol. I, Issue 4

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Brilliance Team Update: The Buzzzz!

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

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A Note from Lynne and Vivian

If you take a very close look, you can see a small bumble bee head over heels in one of the purple blossoms sipping sweet pollen. As new blossoms keep appearing on these beautiful plants on Vivian's front steps, a scouting party of bees visits regularly. So, too, are we at Back to Brilliance out scouting for the nectar of life. We just finished our mini-series stress teleclass exploring the keys to eliminating stress from our lives. Now we are exploring something new. Watch for our home study course on Stopping Stress in its Tracks. The more we explore, the richer life becomes.



Here's to Your Happiness,



Authors of *Be Happy Now*, 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 August 6, 2007.

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Feature Article

The Key to Understanding Feelings

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

When you feel hurt disappointed, burned-out or used, would it help you to know that your thoughts created those feelings. The simplest way to change your feelings is to change your thoughts. This article provides a little known key to understanding feelings.

To become aware of our feelings, we need to know that they always follow thought. Once we truly understand this, we can develop a new relationship with them. When we think of a lemon, we automatically salivate, and maybe even pucker; this is a physiological response. In the same way, every time we have a thought we have an emotional response. Our responses often are conditioned through our experiences and training. These emotional patterns are easily triggered.

When we believe that feelings come first, that they happen *to us*, then we are powerless and at their mercy. Road rage, domestic violence, people exploding at a salesclerk over having to wait a turn, and parents yelling at their kids in public exemplify out-of-control emotions. Had the people involved understood that they could choose which thoughts to focus on and thereby the feelings they experience, none of these events would have happened.

The thinking that promotes emotional distress comes from our patterns and programming; it comes out of stored past experience or fear. It's the ingrained expectation of how things should be, the fear of being seen as a bad parent, the belief that we have to do all things and be all things beyond what's humanly possible. This is computer-mode thinking, in which we frantically search our files of

experience for answers to current situations, hoping for new outcomes. The computer mind holds no new answers; it can only offer a repeat performance.

When we're seeking a new level of experience, we need to move to a new level of thinking. We need to shift to the transmitter mind, our natural brilliance. Everything we need to know to create more harmonious lives is available to us there. Our brilliance gives us understanding that leads to patience with other drivers on the road. It gives us insight that leads to seeing ourselves and others with acceptance. We can be at peace while waiting in long lines. We can be kindhearted and loving with our children even when we're tired and stretched.

In any situation, we have access to a new understanding. We can stop for a moment, refocus our thinking, and relax into a new level of peace and well-being. By rethinking from our natural brilliance, we create harmonious feelings. By choosing a higher order of thinking, we choose happier lives.

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

The Keys to Brilliance: The Art of Living Happy

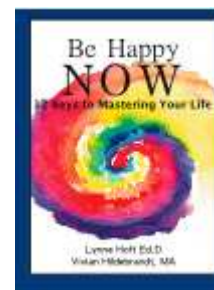
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Be Happy Now: 12 Keys to Mastering Your Life

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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