



# 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,

August 2, 2007  
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**Feature Article:** "Who Cares What Other People Think"

**Brilliance Team Update:** The Pure Sound of Brilliance

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

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## A Note from Lynne and Vivian

No matter what you are doing in life, you can be having fun. Laughter is the pure sound of Brilliance. You are always in your brilliance when you're laughing.

Laughter can be mixed with tears of joy or sorrow. Laughter can be mixed with the antics of squirrels, pets and children. It comes comes unbidden at just the right time. You can see from this picture that our famous photo shoot dissolved into laughter -- more than once. You can probably understand why we didn't select this photo for our banner signature. Not

wanting to waste anything, we found a use for it. Fill the rest of your summer with laughter, and if you get a good photo, send it to us.



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.

[Learn more and register now](#)

## Feature Article

### Who Cares What Other People Think

By Lynne Hoft, Ed.D & Vivian Hildebrandt, MA

When we worry about wearing the "right" thing, supporting the "right" cause, or find ourselves wondering what others think of us, we are feeling the pull and power of the social consciousness. While we all want to fit in, we love the freedom of living from our true expression more. Our true expression comes from our innate wisdom, our natural brilliance that is a part of each of us. In this article we share a few thoughts about the limits of social consciousness and the freedom of natural brilliance.

Understanding thinking requires that we become aware of the thoughts we are focused on. We need to be able to recognize the thoughts that draw our attention so we can make a choice about them. When we aren't mindful of our thinking, we become lost in our thoughts. A person lost in a forest is unable to identify the path taken or to find the way out. Finding the path allows choosing which way to go. Similarly, once we identify the thoughts we've been following, we can choose either to continue on the same path or forge a new trail.

Our social consciousness, or what we know about the beliefs of our society, is stored in our computer mind. That mind is a collection and storage center for all of our experiences and all of the experiences that have been shared with us, consciously or unconsciously. For example, everything our parents have shared with us, everything our children have shared with us, everything our coworkers have shared with us is filed in our computer mind. This information shapes our

attitudes, our decision making, our beliefs, and our behavior. The sense that we make of who we are comes out of this conditioning. It is an understanding, our story; it may or may not be real.

Knowing our social consciousness only holds memories, beliefs, and perceptions from the past, can you see how limiting this understanding might be? All the fears, worries, and concerns of our world are projected on the screen of the social consciousness. When we keep our attention focused on these programs, they create the pictures we see, the stories we hear, and the feelings we have. We are destined to continually repeat the past until we shift our focus beyond our computer thinking and return to our brilliance.

It seems as if everywhere we look the message is "Ain't it awful-what a terrible condition our families, our politics, our world are in." War, famine, poverty, racial prejudice, genocide, and homicide are some of the pictures we typically see. Could it be that the prevalence of these images is simply supporting the fact that people generally are not aware of their brilliance?

When we begin to see the possibilities before us, we connect with all that can come from our brilliance. We realize there is hope for healthy, happy relationships and that our homes, our work environments, and our communities can become supportive, productive, and joyful. We step beyond our limiting beliefs and become creators in our world rather than victims. When enough of us create our lives from our brilliance, the world around us cannot help but reflect this transformed understanding.

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**

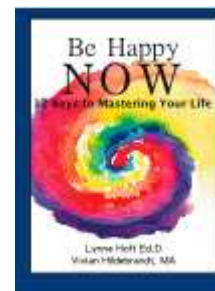
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[Learn more and register now](#)

### ***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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