

**FREE ONLINE
CLASS**
THE BRILLIANCE OF YOU



The Brilliance of You Worksheet Guide

There is a sequence of 3 Simple Secrets that we can do every day which will enable us to:

1. Think differently which helps us to become more present
2. Feel Differently allowing us to feel better about ourselves
3. Act differently to receive amazing outcomes in our life

Secret #1 – How to Think Differently

If we can accept that we are all our past thoughts, feelings, words and actions and that our present lives and choices are a result of our thoughts, our outer world will reflect our inner changes.

By simply breathing properly, just like you did at birth. A full breath of healthy air nourishes your entire body.

When you inhale you are taking in fresh oxygen, which is entering your bloodstream and flowing to every cell in your body.

As you exhale you are letting go of the past and releasing things that no longer serve you.

Your breath is essential to your life or Chi Energy and helps you remember how you are connected to the world around you. The quality of your breath has a significant impact on your mental, emotional, and physical health. Think about times when you are stressed – I bet you will find yourself holding your breath.

So breathing properly will enable you to become present and realize what you are thinking so you can release the past or thoughts that don't serve you.

Let me show you how to implement this using ...



The 4/7/8 Breathing Technique

I want you to find a comfortable spot, sit up straight, close your eyes, and relax while doing this.

You will be breathing deeply into your inner core in your belly and expelling all this air from there as well. If it helps put one hand on your belly and the other on your heart so you can feel the movement. Just concentrate on your breath, following my instructions and breathing – this is all there is to do at this moment in time.

Place the tip of your tongue just behind your upper front teeth and keep it there through the entire exercise.

You will be exhaling completely through your mouth, making a whoosh sound..... So close your mouth and inhale quietly through your nose to a mental count of four. 1..2..3..4... Hold your breath for a count of seven. 1..2..3..4..5..6..7.. Exhale completely through your mouth, making a whoosh sound to a count of eight. 1..2..3..4..5..6..7..8.. This is one breath

Repeat this cycle three more times for a total of four breaths. Inhale ..2..3..4 hold 2..3..4..5..6..7.. Exhale 2..3..4..5..6..7..8.. Inhale ..2..3..4 hold 2..3..4..5..6..7.. Exhale 2..3..4..5..6..7..8.. Inhale ..2..3..4 hold 2..3..4..5..6..7.. Exhale 2..3..4..5..6..7..8.. Inhale ..2..3..4 hold 2..3..4..5..6..7.. Exhale 2..3..4..5..6..7..8..

You are breathing deeply into your inner core

Remember you are not your thoughts, not your mind, not your physical body and

Ask yourself “Where am I?” and listen for the reply from deep within which will be

“I am here”

For you are not in the past, not in the future...you are right here, right now....

Say to yourself

“I am safe and I am loved”

and feel that love radiating through your core.

Now slowly open your eyes – shake your hands and wiggle your fingers



Apply when you find yourself thinking thoughts you know don't serve you

Any time during the day when you feel stressed, sad or anxious or feel like a wine!

Breathe through the feelings and allow them to rise up and release

Notice the change in your thoughts which are now released – set free – like clouds over the ocean

It is especially powerful to do this on waking.



Let me now reveal: Secret #2 – How to Feel Differently

To feel differently you need to firstly think differently about yourself so you can feel better about you...

you will then look at yourself differently and feel gratitude for yourself and your life.

Recognise how amazing you actually are!

Look after your physical body with hydration – good quality filtered water.

Drink 2 large glasses of water when you wake up in the morning.

Bless this water, fill it with as much love as you can muster and imagine it cleansing and clearing your body and your soul. Be grateful for this water giving you life.

Gratitude is an amazing gift that enables you to tap into all that is and accept who you really are.

Water enables your mind and body to be fluid and gives us life – for we are mainly water. It clears your organs and body from the previous night so you feel clearer.

Start with small things on waking .This initiates energy which leads to gratitude leading to more things to be grateful for.

If you have any sort of gut issues (which often lead to anxiety & depression) you can also put a tspn of aluminium free bi-carb in the water to help alkalise your small intestine – great for Reflux and SIBO

For ease keep the glass by your bed

Water is also a great alternative to wine at night – just dress it up a bit!

Or try green tea, soda water or kombucha instead – also good for gut.



Secret #3 – How to Act Differently

You can act differently by simply choosing to do so.

Wake up in the morning and as you are being grateful for the water and the breath of life set up your day. Ask for what you want, imagine your perfect day.

Do you want a magical day? A day of miracles? Ask for what you want or imagine a perfect day for you.

Keep thinking about what you can achieve, what would you like to achieve, how would you like a certain relationship to be today or what would you like your health or energy to be like today?

What amazing things will happen today? Set your mind free thinking of all the things you would like. What makes you truly happy? You can even ask for a sign eg something from nature. Ask to see a butterfly or a feather, a flower – something that will show you you are on the right track and that will encourage you to keep going and doing this every day.

And another great tip is to sing something uplifting in the shower in the morning. Try to keep the first minute in the shower as cool as possible as this also cleanses your body. I love to sing now, it's a bit weird and I haven't got the best singing voice, I sing I've got the magic in me and jump up and down, and it really just helps me feel a lot more amazing and gives you that extra buzz – remember our actions help create our feelings.

Choose thoughts that will empower you – how do you want your day to go – even if you are struggling just choose something very simple that you think may be achievable.

This is the law of Cause and Effect.... Our thought is the cause and reality is the physical effect that shows in our world.

Play with this and see what happens – you can also do this in any moment.

You will act differently and different things will show up in your world!!

Now I notice if I don't set up my day to be powerful I act like the old me and start receiving the old results so all I need to do is

stop, sit (if possible)

be present,

focus on my breath,

feel gratitude (eg I will be able to find a solution to the current situation) and

then I will be able to take a different action... simples...



So now you have the tools to

1. Think Differently by breathing to bring you into the present and realising at this moment you are safe and loved
2. Feel Differently by hydrating yourself and feeling gratitude
3. Act Differently by nourishing your Soul and Body with breath, water, gratitude and by setting up your day

Thank you for joining me.

With love Tracey [Ultimate Healing info@Ultimatehealing.net.au](mailto:info@Ultimatehealing.net.au)

“Your story may not have such a happy beginning, but that doesn't make you who you are.

It is the rest of your story - who you choose to be.” .. by Soothsayer in Kung Foo Panda

“Yesterday is history, tomorrow is a mystery, but today is a gift. That is why it is called the present.”

..by Grand Master Oogway in Kung Foo Panda

