

THE BRILLIANCE BLUEPRINT

WITH NASHARHETTE QBAWA

**AWAKEN YOUR INNER LIGHT
AND LIVE THE LIFE YOU DREAM OF!**

"The Brilliance Blueprint" is a transformative journey into the heart of spiritual living and personal enlightenment. Rooted in the profound wisdom of Universal Law and Spiritual Alchemy, this program offers a 7-step framework that guides participants toward mastering the art of spiritual living and the manifestation of their deepest desires.

ENROLL TODAY

WWW.NASABAWA.COM/UNVEILYOURSHINE

Try recording this on your own or listen to the prerecorded below!

Welcome to this guided meditation for dissolution. This meditation will help you to dissolve your old self and reveal your true self.

Find a comfortable position and close your eyes. Take a few deep breaths and relax your body and mind. Let go of any thoughts, worries, or distractions. Just focus on your breathing and the present moment.

Now, bring your attention to your solar plexus, the area above your navel. Feel the fire that burns in your core. Imagine that this fire is consuming all the impurities, attachments, and illusions that have been holding you back. As you breathe in, visualize the fire growing stronger and brighter. As you breathe out, visualize the fire releasing the ashes of your old self.

As you continue to breathe, imagine that the fire is transforming into water. Feel the water flowing through your body, cleansing and healing you. Imagine that the water is washing away all the emotions, memories, and traumas that have been buried in your subconscious. As you breathe in, visualize the water becoming clearer and purer. As you breathe out, visualize the water carrying away the debris of your past.

Now, ask yourself: Who am I really? What is my true essence? Listen to the voice of your intuition and let it guide you. Whatever comes to you, accept it and embrace it. It can be a word, a phrase, a symbol, a color, a sound, or anything else that resonates with you. Whatever it is, hold it in your mind and feel it in your heart.

As you continue to breathe, imagine that the water is transforming into light. Feel the light shining from your core, illuminating your true self. See yourself as you really are, without any

masks, labels, or roles. How does it make you feel? What qualities do you possess? Joy, peace, love, wisdom, power, or something else? Feel those qualities in your body and let them fill your entire being.

Now, affirm to yourself: I am the true self. I am free from the old self. I am in alignment with my soul's purpose. I am in harmony with the divine will. Repeat these affirmations silently or aloud, as many times as you need, until you feel them in your core.

Take a moment to thank yourself and the universe for this opportunity to dissolve your old self and reveal your true self. Know that you are always supported and guided by the higher power that dwells within you. Trust that everything is unfolding for your highest good.

When you are ready, gently open your eyes and return to your normal awareness. You have completed the guided meditation for dissolution. You can do this meditation as often as you like, and watch your life transform in amazing ways.