

**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

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Meeting Recap Notes

During our session, we delved into the profound concept of calcination and its significance in our lives as energy beings. We explored the idea that calcination serves as a process to eliminate limiting beliefs ingrained within our DNA code and the nervous system, stemming from past traumas in this lifetime. This powerful discussion highlighted the importance of recognizing and actively working to overcome these barriers to achieve emotional alchemy. As we moved into clarifying the work of this week, we covered that this month was about tapping into our emotions! You can view the quick recap below. As well as detailed notes about Emotional Alchemy and Emotional Barriers. Being aware of these behaviors while you're doing the work, will help to remind you of what you're working towards.

As a reminder, to facilitate your ongoing growth and development, I encouraged each of you to focus on your vision boards or books throughout this month. Detailed instructions can be found in the Brilliance Blueprint Vault, providing a valuable resource to manifest your aspirations.

Here's a quick recap of the key points discussed:

1. **Calcination as a Transformative Process:** We explored why calcination is essential for shedding limiting beliefs embedded in our DNA code and nervous system.
2. **Emotional Alchemy and Barrier Breaking:** The session emphasized the significance of emotional alchemy in our personal growth journey and the need to break through emotional barriers.
3. **Vision Board/Book Focus:** A friendly reminder to dedicate time this month to work on your vision boards or books, following the instructions outlined in the Brilliance Blueprint Vault.

4. Confidentiality in Group Sessions: We collectively decided that our group sessions are vulnerable spaces where open sharing takes precedence. As a result, we will not be recording these sessions to maintain a safe and trusting environment.

5. Accessibility for Guidance: Remember, you are part of a coaching program, and I am here to support you. Feel free to reach out via Mighty Networks or email if you need guidance or have any questions between our scheduled meetings.

Let's continue to support each other on this transformative journey. I'm excited about the progress we're making together and look forward to our continued growth.

P.S. Quarter Two payments are about to be deducted. If you wish to discontinue this program. Please let me know before you payment hits.

Meditation and Visualization: Lead a short meditation and visualization session to help the participants relax and connect with their inner selves. Ask them to imagine their ideal life and what they want to accomplish in the next year or in a specific area of their life. You can use some of the following statements to guide them:

- Close your eyes and take a few deep breaths.
- Imagine that you are in a beautiful place that makes you feel happy and peaceful.
- Think about what you want to create in your life. What are your goals and dreams? What are you passionate about? What makes you feel alive?
- Visualize yourself achieving your goals and living your dream life. How does it feel? What do you see, hear, smell, taste, and touch?
- Let yourself feel the joy, gratitude, and excitement of having what you want.
- Open your eyes and smile.

This Month's Project | Creating the Vision Board: Provide the participants with the materials they need to create their vision boards, such as card stock, magazines, scissors, glue, pens, etc. You can also offer some creative challenges or prompts to spark their imagination, such as:

- Find a picture that represents your biggest goal for the next year.
- Find a word or phrase that inspires you or motivates you.
- Find a symbol or image that represents your core values or beliefs.
- Find a quote or affirmation that resonates with you or empowers you.
- Find a picture of someone you admire or look up to.

The difference between emotional alchemy and suppression is that emotional alchemy is a process of transforming negative or painful emotions into positive or empowering ones, by using awareness, compassion, and creativity¹, while suppression is a strategy of hiding or inhibiting the expression of emotions, without changing the inner emotional experience².

Emotional alchemy can be beneficial for our well-being, as it can help us learn from our emotions, use them as sources of strength and wisdom, and achieve our goals and dreams¹. Suppression, on the other hand, can have adverse effects on our health, happiness, and relationships, as it can lead to emotional numbness, increased stress, reduced empathy, and poor communication.

Emotional alchemy and suppression are not the only ways to regulate our emotions. There are other strategies, such as reappraisal, acceptance, mindfulness, and expression, that can also help us cope with our emotions in healthy and effective ways. The key is to find the best strategy for each situation and emotion, and to practice it regularly.

Some examples of emotional alchemy techniques are:

- **Viewing the emotion as a message:** This technique involves noticing your emotions and the patterns around the emotions you find difficult, and exploring what information they might be giving you about your needs, values, or beliefs. For example, if you feel angry, you might ask yourself what boundary has been crossed, what value has been violated, or what need has been unmet. By viewing the emotion as a message, you can gain insight into yourself and your situation, and use it to make positive changes¹.
- **Using the energy of the emotion to fuel positive action:** This technique involves using the emotion as a source of motivation or inspiration to do something constructive, such as exercise, making a change, expressing yourself, or helping others. For example, if you feel sad, you might use the energy of the emotion to write a poem, listen to music, or reach out to a friend. By using the energy of the emotion to fuel positive action, you can channel the emotion into something creative, productive, or meaningful¹.
- **Seeing the emotion and its message as the beginning of a pathway that can allow you to experience life and grow constructively:** This technique involves seeing the emotion as an opportunity to learn, grow, and evolve, rather than as a problem to avoid, suppress, or deny. For example, if you feel fear, you might see it as a challenge to overcome, a signal to prepare, or a catalyst to expand your comfort zone. By seeing the emotion and its message as the beginning of a pathway that can allow you to experience life and grow constructively, you can transform the emotion into a positive force for personal development¹.

These are some of the examples of emotional alchemy techniques that can help you transform your negative or painful emotions into positive or empowering ones. You can learn more about emotional alchemy and other related topics from the web search results I have provided.

Some common obstacles to practicing emotional alchemy are:

- **Finding the time for formal and informal mindfulness practice:** Mindfulness is a key component of emotional alchemy, as it helps us to become aware of our emotions, accept them, and transform them. However, finding the time to practice mindfulness

regularly can be challenging, especially in a busy and stressful life. [To overcome this obstacle, we can try to schedule a specific time and place for formal mindfulness practice, such as meditation, and also incorporate informal mindfulness practice into our daily activities, such as brushing our teeth, eating, or walking](#)¹².

- **Staying awake and interested during meditation:** Meditation is a powerful tool for emotional alchemy, as it helps us to calm our mind, focus our attention, and cultivate compassion. However, staying awake and interested during meditation can be difficult, especially if we are tired, bored, or distracted. [To overcome this obstacle, we can try to meditate at a time when we are alert and energized, experiment with different postures and techniques, and vary our meditation exercises](#)¹².
- **Dealing with external and internal distractions:** Distractions can interfere with our emotional alchemy, as they can pull us away from our present moment experience and our emotional awareness. External distractions can include noise, people, or devices, while internal distractions can include thoughts, memories, or fantasies. To overcome this obstacle, we can try to find a quiet and comfortable place to practice emotional alchemy, and also learn to open up our attention to the distractions, rather than resist or avoid them. We can also use the distractions as objects of our mindfulness or emotional alchemy practice, by noticing their characteristics and effects on us.
- **Becoming uncomfortable or overwhelmed by emotions:** Emotional alchemy involves facing and transforming our negative or painful emotions, such as fear, anger, or sadness. However, becoming uncomfortable or overwhelmed by these emotions can be a common obstacle, as we may feel tempted to escape, suppress, or deny them. To overcome this obstacle, we can try to be gentle and compassionate with ourselves, and remember that emotions are natural and temporary phenomena. We can also use techniques such as breathing, grounding, or self-soothing to cope with the intensity of the emotions, and seek support from others if needed.
- **Expecting immediate or perfect results:** Emotional alchemy is a process of transforming our emotions, not a quick fix or a magic trick. It requires patience, practice, and perseverance, and it may not always work as we expect or hope. Expecting immediate or perfect results can be a common obstacle, as we may feel frustrated, disappointed, or discouraged by our progress or lack thereof. To overcome this obstacle, we can try to be realistic and flexible with our goals, and celebrate our efforts and achievements, no matter how small. We can also remind ourselves of the benefits of emotional alchemy for our well-being, happiness, and growth.

Here are some possible discussion prompts you can use:

- What does emotional alchemy mean to you? How do you practice it in your daily life?
- What are some of the emotional barriers that you have faced or are facing in your life? How did you or how do you plan to dissolve them and turn them into sources of strength and wisdom?
- Share an example of a time when you successfully transmuted a negative emotion into a positive one. What did you learn from that experience? How did it enhance your journey to brilliance?

- What are some of the benefits of emotional alchemy for yourself and others? How can it help you achieve your goals and dreams, and create lasting transformation in your life?
- What are some of the challenges or difficulties of emotional alchemy? How do you overcome them or cope with them?
- What are some of the tools or techniques that you use or would like to learn to practice emotional alchemy? For example, meditation, journaling, art, music, etc.
- How do you engage in supportive dialogue with fellow participants or other people who are interested in emotional alchemy? How do you listen empathically, share authentically, and give constructive feedback?
- What are some of the keys to emotional liberation and inner illumination that you have discovered or are curious about? How do you apply them or explore them in your life?

Understanding Emotional Barriers:

What does the term "emotional barriers" mean to you,

According to the web search results, emotional barriers are mental limitations that prevent you from openly communicating your thoughts and feelings. They can affect your emotions and feelings, and interfere with your ability to deliver or receive clear messages. Emotional barriers can be caused by low emotional intelligence, or the lack of awareness or control over your emotions. [Some examples of emotional barriers are anger, fear, sadness, frustration, and disappointment¹²](#). Emotional barriers can have negative impacts on your well-being, happiness, and relationships, and can prevent you from achieving your goals and dreams. Therefore, it is important to learn how to overcome emotional barriers and communicate effectively with others. Some ways to overcome emotional barriers are to practice mindfulness, meditation, and emotional alchemy, to be realistic and flexible with your expectations, to be gentle and compassionate with yourself and others, and to seek support when needed.

Some common emotional barriers in relationships are:

- [Lack of trust: Lack of trust can be one of the most common emotional barriers in relationships and this could develop due to past emotional wounds related to childhood, negative experiences in previous relationships, or fear of rejection or loss of the current relationship¹](#). Lack of trust can lead to suspicion, insecurity, jealousy, and resentment, and can prevent the partners from being open, honest, and supportive with each other.
- **Poor communication:** Poor communication can be another common emotional barrier in relationships and this could result from different communication styles, preferences, or expectations, or from lack of emotional intelligence, listening skills, or feedback. Poor communication can cause misunderstandings, conflicts, and distance, and can prevent the partners from expressing their thoughts, feelings, and needs effectively.
- **Fading enthusiasm:** Fading enthusiasm can be a common emotional barrier in relationships and this could occur due to boredom, routine, or lack of novelty, or due to changes in life circumstances, goals, or interests. Fading enthusiasm can lead to

dissatisfaction, disconnection, and detachment, and can prevent the partners from maintaining their passion, intimacy, and commitment.

- **Long work hours:** Long work hours can be a common emotional barrier in relationships and this could happen due to career demands, financial pressures, or personal ambitions, or due to poor work-life balance, time management, or prioritization. Long work hours can lead to stress, fatigue, and burnout, and can prevent the partners from spending quality time, having fun, and supporting each other.
- **Lack of personal time and space:** Lack of personal time and space can be a common emotional barrier in relationships and this could stem from codependency, clinginess, or insecurity, or from lack of boundaries, respect, or autonomy. Lack of personal time and space can lead to suffocation, irritation, and resentment, and can prevent the partners from having their own hobbies, friends, and identity.

These are some of the examples of emotional barriers that can affect relationships negatively. [You can learn more about emotional barriers and how to overcome them from the web search results I have provided²³⁴⁵](#). I hope this helps you with your question. 😊

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Some signs that indicate the presence of emotional barriers in a relationship are:

- **Avoiding eye contact:** This sign can indicate that one or both partners are feeling uncomfortable, guilty, or ashamed of their emotions, and are trying to hide them from each other. [Avoiding eye contact can also signal a lack of interest, respect, or trust in the relationship¹](#).
- **Refusing to talk about a certain issue or topic:** This sign can indicate that one or both partners are feeling defensive, fearful, or resentful of their emotions, and are trying to avoid conflict or confrontation. [Refusing to talk about a certain issue or topic can also signal a lack of communication, understanding, or compromise in the relationship¹](#).
- **Using monosyllabic answers during conversations:** This sign can indicate that one or both partners are feeling bored, irritated, or detached from their emotions, and are trying to end the conversation as soon as possible. [Using monosyllabic answers during conversations can also signal a lack of enthusiasm, connection, or intimacy in the relationship¹](#).
- **Not responding to emotional cues from the other partner:** This sign can indicate that one or both partners are feeling numb, overwhelmed, or indifferent to their emotions, and are trying to ignore or dismiss them. [Not responding to emotional cues from the other partner can also signal a lack of empathy, support, or affection in the relationship¹](#).
- **Lack of trust:** This sign can indicate that one or both partners are feeling insecure, anxious, or doubtful of their emotions, and are trying to protect

Questions to ponder:

Do you recall a specific instance where you felt hindered by such barriers?

How do you typically cope with challenging emotions? Are there patterns or habits you've observed in your emotional responses?

In your own words, describe the concept of emotional alchemy. How do you see it as a transformative process?

Can you share an experience where you successfully transformed a negative emotion into a source of strength or wisdom?

Reflect on a recent or significant emotional challenge you faced. How did you approach it, and what did you learn from the experience?

Have you ever surprised yourself by turning a difficult emotion into an opportunity for personal growth? What was the catalyst for this transformation?

What obstacles have you encountered in the process of transforming emotions? How did you overcome or navigate these challenges?

Are there specific emotions or situations that you find more difficult to alchemize? Why do you think that is?

Share a personal triumph where the successful transformation of emotions led to a positive outcome. How did this experience impact you?

Can you identify moments in your life where you felt a heightened sense of emotional brilliance? What contributed to those moments?

What role do supportive relationships play in your emotional alchemy journey? How can a sense of community enhance the process of emotional liberation?

How can we create a supportive environment for each other in this group as we explore and share our emotional experiences?

From your perspective, what are the key elements or practices that contribute to emotional liberation?

How can self-awareness and mindfulness play a role in the process of emotional alchemy?

How do you define "inner illumination," and what role does it play in lasting transformation?

What practices or strategies do you incorporate into your life to maintain emotional balance and continue the journey towards brilliance?