

THE BRILLIANCE BLUEPRINT

WTR NASABAWETTE 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.

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Mindful Boundary Dissolution Exercise: Breaking the Invisible Barriers

Mindfulness is a powerful practice that can help us dissolve unnecessary boundaries by fostering a deep awareness of our thoughts, emotions, and the present moment.

Here's a mindfulness activity specifically designed to support the dissolution of unnecessary boundaries:

Objective: To mindfully explore and dissolve self-imposed boundaries, fostering a sense of interconnectedness and openness.

Instructions:

- 1. Find a Quiet Space:** Choose a quiet and comfortable space where you won't be disturbed. Sit or lie down in a relaxed but alert position.
- 2. Center Yourself:** Close your eyes and take a few deep breaths to center yourself. Feel the sensations of your breath as you inhale and exhale.
- 3. Body Scan:** Conduct a brief body scan to bring awareness to physical sensations. Start from your toes and gradually move up through your body. Notice any areas of tension or discomfort.
- 4. Visualize Your Boundaries:** Imagine that there are subtle, invisible boundaries around you. These boundaries could represent limiting beliefs, fears, or self-imposed restrictions. Visualize them as a transparent force field.

5. **Identify Unnecessary Boundaries:** With mindfulness, identify specific boundaries that you believe are unnecessary or limiting your growth. These could be related to self-doubt, fear of failure, or judgments about yourself and others.
6. **Mindful Breathing:** Shift your focus to your breath. Inhale deeply, acknowledging any tension associated with these boundaries. As you exhale, visualize releasing and letting go of these barriers.
7. **Affirmative Breathing:** With each inhalation, breathe in a sense of openness and possibility. Imagine that the breath is breaking down the invisible barriers. As you exhale, release any thoughts or beliefs that contribute to these boundaries.
8. **Mantra or Affirmation:** Choose a positive mantra or affirmation that resonates with breaking boundaries. Repeat this mantra silently or aloud with each breath. For example, "I am open to growth and change."
9. **Expand Your Awareness:** Gradually expand your awareness beyond your physical body. Visualize your energy extending beyond the imaginary boundaries, reaching out into the space around you.
10. **Connect with Unity:** Imagine a web of interconnectedness between yourself and the world. Recognize that we are all part of a larger whole, and these boundaries are illusions that can be dissolved through mindfulness.
11. **Gratitude Practice:** Express gratitude for the awareness gained during this practice. Acknowledge your ability to break down unnecessary boundaries and embrace a more open and expansive mindset.
12. **Closing Moments:** Slowly bring your awareness back to your breath. Take a few deep breaths, gradually reconnecting with your surroundings. When you're ready, open your eyes.

By regularly engaging in this mindfulness activity, you can cultivate a heightened awareness of your mental and emotional boundaries, working towards their dissolution and fostering a greater sense of openness and interconnectedness with the world around you.