

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.

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Mindfulness Exercise: Embracing Change with Mindful Awareness

Objective: This mindfulness exercise is designed to help you cultivate a mindset of acceptance and embrace the inevitability of change. By practicing mindful awareness, you can navigate transitions with greater ease and openness.

Instructions:

- 1. Set the Scene:** Find a quiet and comfortable space where you won't be disturbed. Sit in a comfortable position, either on a chair or on a cushion on the floor.
- 2. Mindful Breathing:** Begin by bringing your attention to your breath. Inhale deeply, feeling the air fill your lungs, and exhale slowly, letting go of any tension. Continue this rhythmic breathing for a few moments.
- 3. Grounding in the Present:** Shift your awareness to the present moment. Notice the sensations in your body—the feeling of the ground beneath you, the weight of your body on the chair or cushion.
- 4. Observing Thoughts:** Allow your thoughts to come and go without judgment. If thoughts about change or uncertainty arise, observe them without attachment. Acknowledge them and gently bring your focus back to your breath.
- 5. Body Scan:** Conduct a brief body scan, bringing awareness to different parts of your body. Notice any areas of tension or resistance. Breathe into these areas, allowing the breath to bring a sense of relaxation.

6. **Metaphor of Change:** Visualize change as a flowing river. Imagine yourself standing on the riverbank, watching the water move. The river represents the flow of life, constantly changing. Allow this image to symbolize the natural rhythm of change.

7. **Acceptance Affirmations:** Repeat acceptance affirmations silently or aloud. Examples include:

- "I embrace the flow of life and accept change."
- "Change is a natural part of my journey, and I welcome it with an open heart."
- "I release resistance and trust in the unfolding of my life."

8. **Breathing Through Change:** As you continue to breathe mindfully, imagine that with each inhalation, you are breathing in acceptance. With each exhalation, release resistance to change. Feel a sense of openness and receptivity.

9. **Reflection on Impermanence:** Contemplate the impermanence of all things. Reflect on how change is a universal and unavoidable aspect of life. Consider the growth and new opportunities that can arise from embracing change.

10. **Gratitude for Growth:** Express gratitude for the growth and learning that change brings. Acknowledge the strength and resilience within you that allows you to navigate transitions.

11. **Focus on the Senses:** Engage your senses mindfully. Notice the sounds around you, the feeling of air on your skin, and any scents in the environment. Grounding yourself in the present moment through the senses can anchor you in times of change.

12. **Closing Moments:** Gradually bring your awareness back to your breath. Take a few deep breaths, acknowledging your acceptance of change. When you're ready, gently open your eyes.

By practicing this mindfulness exercise regularly, you can develop a greater sense of acceptance and resilience in the face of change, fostering a mindset that is open to growth and transformation.