




Polish Your Brilliance!
Be Well From Within

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Polish Your Brilliance!

AGENDA

- ❖ WARM UP
- ❖ What is **Polish Your Brilliance!**?
- ❖ EXPERIENCE THE MODEL
- ❖ GROUP DIALOGUE
- ❖ INTEGRATION AND WRAP UP

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Polish Your Brilliance!

- Are you moving through life's challenges with grace and ease?
- How energized are you to meet the opportunities coming your way?
- Do you and your organization see that you are (and it is) far more than you imagine?

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- What do you do to foster self-discovery, inner contentment and genuine human connection?
- What does your inner life says about your outer life?

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Cycles

- Life, as we know it, is full of cycles
- Within the cycle, change is continuous
- Cycles remind us that any challenge or opportunity we face has a natural rhythm, a story and a beginning-middle-and end
- When we understand, where we are in each cycle, anxiety and stress are relieved, allowing our clear intuition to emerge

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Cycles

- Most things in our world have cycles. Human beings travel from birth to death and rebirth. Our moon has cycles. Products and organizations also have life cycles
- Butterflies start as caterpillars. Flowers start as seeds and turn back into seeds. Stars have a cycle. An orbit is a cycle. One complete oscillation brings a system back to its' original state

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Breakdown

- Often in organizations, we forget our connection to the whole
- When we are fragmented and disconnected with ourselves or others, we produce results that are less than optimal
- Conflicts arise within us and we cut out our inner intelligence
- The result can be lack of flow, energy, hope or movement toward positive change

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Breakthrough

- Applied quantum physics tells us we can shift in an instant, when we change our perspective
- When we allow curiosity, play, and deep listening, we discover 'aha' moments and breakthrough blocks to experience change and wholeness, effortlessly
- With an intentional, positive focus on our inner intelligence, we sustain our desired outcomes

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- As a reminder of what is good and true, the beauty of who you are quickly overrides uncertainty, negativity or powerlessness
- Each kaleidoscope image represents a cycle that fosters deep dialogue about challenges or opportunities you are facing as an individual or as part of the collective

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- The word mandala or “circle” is Sanskrit and dates back 2300 years
- Chakras are energy centers have 10,000 connections to your nervous system.
- A healthy nervous system is key to wellness
- The images are also a visual representations of 13 chakras, your whole, complete self in connection with the world

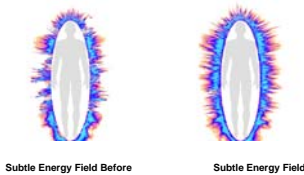
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How the Images Work

- Color, light, shape, geometry and the meaning of the cycles help to balance your system
- Can be used to create group dialogue and spur alignment of shared vision
- Subtle energy body is increased when wearing the images or laying on the chakra poster

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Wearing the Images Increases the Biofield



After Wearing Images
 These images are computer generated representations of the finger corona discharge patterns produced by high-voltage electrophotography taken with a Gas Discharge Visualization Camera (GDV). GDV is a Russian technology that assesses the subtle energy available for metabolic processes in the body. The larger the area of color around the body and the more filled in it is, the better the overall state of health.
 The image on the left was taken before wearing the Brain Jewels IMAGE and the one on the right was taken 2 hours after the person wore the IMAGE.
 The area of the biofield increased from 22,304 to 30,794 and the symmetry (level of organization) increased from 91% to 95%. The significant increase in the area of the Subtle Energy Field after wearing the Brain Jewels IMAGE demonstrate that it greatly improves ones energetic field related to health.

Research conducted by the Energy Medicine Research Institute, Boulder, CO

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Chakras Become More Balanced After Wearing Images

The circles with slashed lines represent chakra balance before wearing Brain Jewels Pendant (heart chakra), as measured by the Gas Discharge Visualization Camera, sophisticated technology from Russia that scientifically measures the biofield. The solid circles represent the chakra balance after wearing the IMAGE for 30 minutes. The closer the circles are to midline, the more balanced the chakras are, showing that the IMAGE significantly brings the chakras into balance. Interestingly, the heart chakra became the most balanced chakra after wearing the Brain Jewel that corresponds to the heart chakra.

Research conducted by the Energy Medicine Research Institute, Boulder, CO

Polish Your Brilliance! Cycles

1. Organization Dynamics Cycle	8. Work Life Balance
2. Pairs/Opposites	9. Movement Postures
3. Dialogue	10. Physical Organs
4. Creativity Cycle	11. Relationship Roles
5. Senses	12. Learning Methods
6. Capacities	13. Positive Aspirations
7. Environments	

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Informal Bibliography

- . In 2007, Sandra and Mathew Blakeslee published a book entitled *The Body has a Mind of its Own*
- Carolyn Myss, author of the *Anatomy of the Spirit*, writes about diseases from chakra imbalance
- Dr. John Rartey's newly released book *Spark: the revolutionary science of exercise and the brain* links the direct connection of achieving mental fitness through physical exercise
- Norman Doidge M.D. entitled- *the Brain the Changes Itself*

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Informal Bibliography

- The Woman Who Changed Her Brain and other inspiring stories of pioneering brain transformation- Barbara Arrowsmith-Young
- Dr. David Bohm and Krishnamurti-On Dialogue
- (we can change our perceptions)
- Gabriele Roth- Five Rhythm Wave talks about life cycles and movement

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