

# 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.

**ENROLL TODAY**

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Here are five mindfulness games or activities that can help bring someone back into awareness:

### 1. Five Senses Exploration

- Take a moment to pause and become aware of your surroundings.
- Identify five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.
- Engaging all your senses in this way brings your attention to the present moment.

### 2. Breath Counting:

- Find a comfortable seat and close your eyes.
- Focus your attention on your breath. Inhale slowly to a count of four, and exhale to the count of six.
- Repeat this process, counting each breath cycle up to ten, and then start again from one.
- This simple counting exercise helps anchor your attention to your breath and the present moment.

### 3. Mindful Walking:

- Take a slow, intentional walk, paying close attention to each step.
- Feel the sensation of your feet lifting, moving through the air, and making contact with the ground.
- Notice the subtle movements in your body as you walk.
- This activity helps bring awareness to the present by grounding you in the physical sensations of walking.

### 4. Gratitude Journaling:

- Set aside a few minutes each day to jot down three things you're grateful for.

- Focus on the details of each experience or blessing and why it brings you gratitude.
- The act of writing and reflecting on positive aspects of your life enhances mindfulness and appreciation.

#### 5. Body Scan Meditation:

- Find a comfortable position either sitting or lying down.
- Bring attention to different parts of your body, starting from your toes and moving up to your head.
- Notice any areas of tension or relaxation without judgment, allowing your awareness to move through your body.
- This mindfulness practice helps cultivate a non-judgmental awareness of bodily sensations, promoting relaxation and presence.

Remember that the key to mindfulness is bringing your attention to the present moment with an open and non-judgmental awareness. These activities can be adapted and personalized based on individual preferences and circumstances.