



Coaches Corner

Brilliance - It's Time to Shine



"Before the beginning of great brilliance, there must be chaos. Before a brilliant person begins something great, they must look foolish in the crowd." From the I Ching

Brilliance is defined as 1. The state or quality of being brilliant, 2. Splendor; magnificence. I love this definition as it's a perfect match to the topic I want to share with you today. The previous newsletters have

focused on self love, forgiveness, and gratitude. This newsletter is designed to inspire you to see yourself as others see you. You are brilliant. You are beautiful. You are love. You are kind. You are a bright shining star!

Your life might feel busy and you might be wondering what you "should" be doing with your life. We all feel chaos and we have questions about our lives. My challenge to you is to allow the chaos to exist but do not follow it. Do not let it control your life. Stay focused on your brilliance, your magnificence. You were born perfect and whole. You do not need to do anything other than allow.

You are not your past. You are not any label someone or even yourself put on you. Everything you think you are is just that...a thought. You can choose to be anything you want, so think big - think extreme brightness.

"It is only when we forget all our learning that we begin to know." Henry David Thoreau

The Story of the Golden Buddha:
Back in 1957 a group of monks had to relocate a clay Buddha from their temple to a new location. When the crane began to lift the giant idol, the weight of it was so tremendous that it began to crack. What's more, rain began to fall. The head monk who was concerned about damage to the sacred Buddha decided to lower the

statue back to the ground and cover it with a large canvas tarp. Later that evening the head monk went to check on the Buddha. He shined his flashlight under the tarp to see if the Buddha was staying dry. As the light reached the crack, he noticed a little gleam shining back and thought it strange. As he took a closer look at this gleam of light, he wondered if there might be something underneath the clay. He went to fetch a chisel and hammer. As he knocked off shards of clay, the little gleam grew brighter and bigger. Many hours of labor went by before the monk stood face to face with the extraordinary solid-gold Buddha. Historians believe that several hundred years before the head monk's discovery, the Burmese army was about to invade Thailand (then called Siam). The Siamese monks realizing that their country would soon be attacked covered their precious golden Buddha with an outer covering of clay.

I share this story so you know that if you or your past put clay on your brilliance; go get the chisel! Yes there will be hard work, but the reward is priceless. The layer of clay may be thick so surrender your fear, your beliefs, and your chaos. Inside each of you is gold. You are not alone and the world needs you! It needs your passion, your beauty, and your splendor!!

With Deep Joy, Dani

Resources

Abraham Hicks - <http://www.abraham-hicks.com/>

A few of the guiding philosophies:

- The basis of your life is Freedom; the purpose of your life is Joy.
- Anything that you can imagine is yours to be or do or have.
- You are choosing your creations as you are choosing your thoughts.

About Dani Palacio



Dani lives in Portland, Oregon where she enjoys the blessings of a life filled with joy. She is surrounded by her family, friends, and community as she develops her practice of coaching and Reiki. She offers her gifts to groups, associations, and individuals.