



HARMONIC
BRILLIANCE



WEEK TWO —

THE BRILLIANCE OF BEING BOUNDLESS

A WORKBOOK FOR SHEDDING OLD IDENTITIES

FIRST, YOU NOTICED. NOW YOU BEGIN TAKING ACTION.

Last week you looked. You caught yourself running patterns that were hidden precisely because they felt like you. You ended the week with a map and your Top Three.

What you found was the tip of it. Underneath the patterns, there is usually a personality you took on to stay safe, and a story your brain tells to keep that personality in place.

We're still uncovering the patterns and stories. This process takes focus, love, and courage. Breathe that in.

This week, along with the discovery, you will uncover the identities or personalities you developed along the way to feel safe.

Next, you will create a strategy to interrupt the patterns and rewire, both consciously and energetically, back into a state of safety, love and wholeness.

Please read through the entire workbook first. Then, go at your own pace. Some of what surfaces here will be tender, because you are looking at who you had to become when simply being you didn't seem to be enough.

You don't have to finish anything here in one sitting.

RAQUEL

GO AT YOUR OWN PACE

This week asks who you became in order to be safe. That question lands closer than last week's did, so give it room.

If something comes up that feels big, pause. Go into your High Heart, feel into your body, take a deep breath, and notice what is surfacing.

You are not being asked to give up the identity. You are being asked one question of each: Does this feel expansive? Or does it feel contractive? The answer will tell you whether the identity feels natural or was created to keep you safe.

These personalities served you at some level. They kept you alive, liked, needed, prepared, and more.

This awareness empowers you to choose whether they still serve you. It helps you determine if they operate from a space of love or fear.

YOUR TECHNIQUES THIS WEEK

Quantum Clearing

The mainstream version, as you already know it.

Timeline Clearing

To work at the energetic levels and neutralize the charge in the nervous system.

Your third technique

Will arrive mid-week.

*When you see **Energy Clearing Protocol** later in this workbook, it means whichever one you reach for in the moment.*

Write longhand where the page gives you room. Handwriting slows down the process so you can see the truth clearly..

THIS WEEK HAS TWO JOBS

SHED THE IDENTITY

Name the personalities you took on to stay safe, and ask one question of each. This will bring to Light which ones you chose and which ones are coping mechanisms.

INTERRUPT THE STORY

Catch the **what-ifs** & the **buts**; the stories that get triggered. Ask: Is any of this Real, actual truth right now? Then, choose a strategy or action to interrupt the pattern.

THE DEEPER LAYER

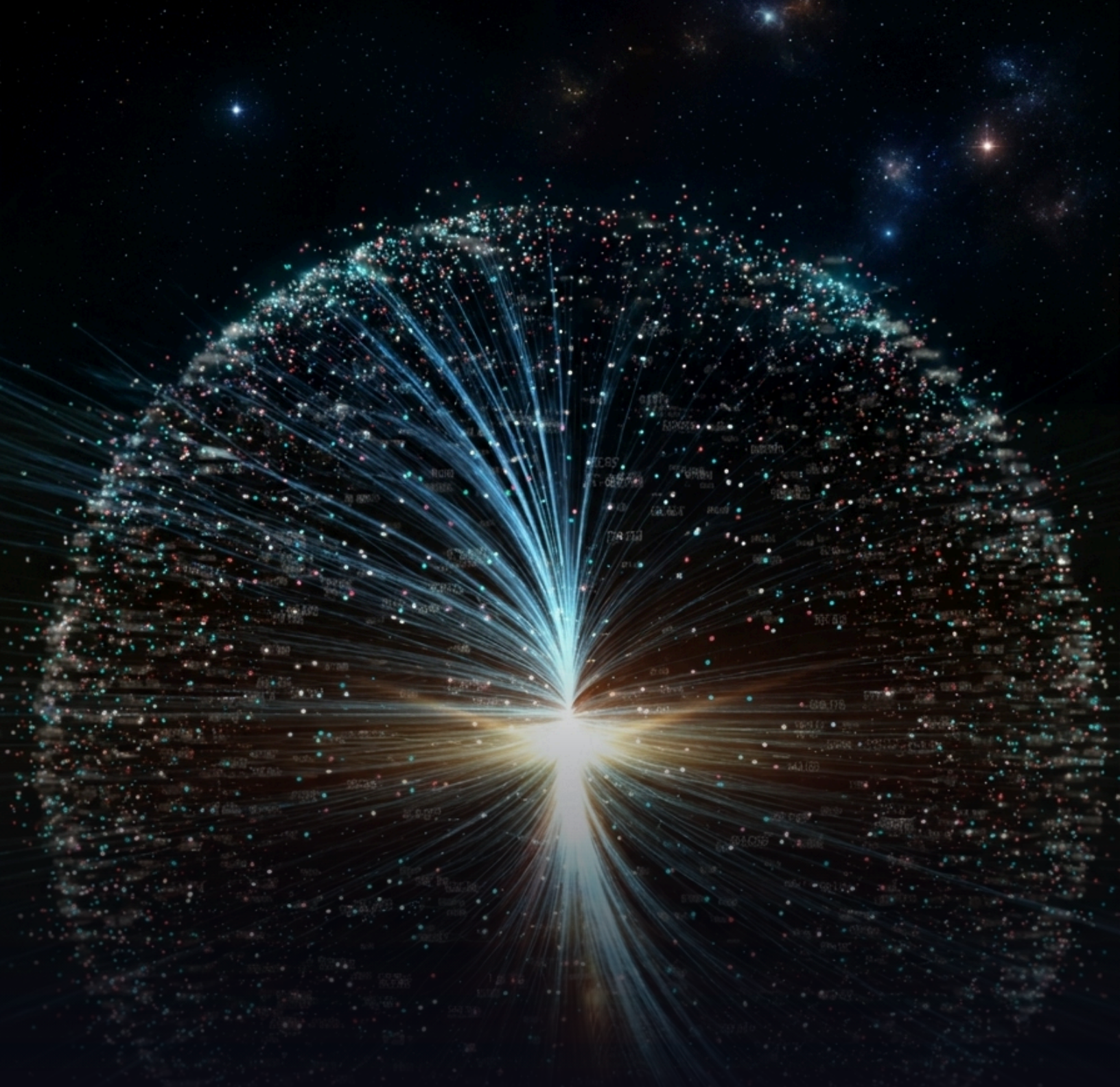
The programs held in the larger Light architecture, running separation and duality, are dissolving.

As Quantum Beings, we are entangled throughout the universal experience and deeply tied to the architectures.

In addition, those holding vast energetic containers intertwined with the predatory mind architecture have been essentially 'hard-wired' into the program throughout our human nervous system. This has made it extremely difficult to unlock and release at this level of consciousness.

This is why unlocking your patterns, identities, and programs has been difficult. This is why we are addressing both the human and quantum levels with this work.

YOU ARE RETURNING TO YOUR ORGANIC SELF



YOU ARE THE **CENTER** OF
ALL YOUR EXPERIENCES.
YOU **ARE** THE FIELD.

THE IDENTITIES

A pattern is what you do. An identity or personality is who you had to become so the pattern would work. You learned early in life that being a certain way helped you feel safe, loved, or approved of, and your system filed it as a rule in your operating system. Then it built a personality around the rule to help you adapt.

The six that follow are common. You may identify with ones not even listed. If so, include them. You know yourself best.

Read them slowly. You are looking for recognition, not a diagnosis. Most people run three, four, or more, since they often piggyback off each other.

THE QUESTIONS TO ASK OF EACH

Do I do this because I genuinely love it, or am I trying to keep control?

Am I doing this out of love, or for the validation from outside myself?

Most of them piggyback off each other. Which of mine work together?

AS YOU READ EACH ONE, CHECK YOUR BODY. DOES IT FEEL EXPANSIVE OR CONTRACTING? THAT IS THE CLUE.

THE IDENTITIES

THE SEEKER

TRUTH

Loves discovery and new ideas. Genuinely loves to learn for its own sake.

PROTECTION

If I stop, I'll miss the answer that might fix me. I might miss out. I have to keep looking."

ASK: WHERE THIS SHOWS UP IN YOUR LIFE?

THE ACHIEVER

TRUTH

Truly loves accomplishing things; new projects at work and at home. It's just something they love.

PROTECTION

"If I stop doing X, Y, or Z, do I become irrelevant? Am I not important? Do others not see any value in me?"

ASK: WHERE THIS SHOWS UP IN YOUR LIFE?

THE CARETAKER

TRUTH

Genuinely loves helping people. That's just their true nature.

PROTECTION

"If I stop, what will happen? Will things fall apart? Will there be chaos?" Unable to control the environment, operating from fear rather than the heart.

ASK: WHERE THIS SHOWS UP IN YOUR LIFE?

THE IDENTITIES

THE HUSTLER

TRUTH

Truly inspired. Enjoys creating, enjoys what they're doing.

PROTECTION

"If I slow down or stop, I have to keep going, or I'll never get there. I'll never achieve. I'll never be enough."

ASK: WHERE THIS SHOWS UP IN YOUR LIFE?

THE INDEPENDENT ONE

TRUTH

Truly feels comfortable by themselves. Enjoys doing things alone.

PROTECTION

If I rely on others, I can be let down. If I don't let anyone close, they can't hurt me.

ASK: WHERE THIS SHOWS UP IN YOUR LIFE?

THE PEOPLE PLEASER

TRUTH

Genuinely loves making others happy. It comes from inner joy, not control.

PROTECTION

If everyone is happy, I feel safe and in control. If they are angry or upset, I have failed, feel threatened, or unloved.

ASK: WHERE THIS SHOWS UP IN YOUR LIFE?

THE REAL INDICATORS

Underneath every example — seeker, achiever, caretaker, hustler, or any other identity — the same question applies:

DOES IT FEEL CALM — OR DOES IT FEEL URGENT?

Truth-based identities are expansive. You could stop, pause, or redirect, and you would still feel whole. The behavior comes from wholeness. You do it because you love it, because it's an expression of who you are.

Protection-based identities are urgent and contracted. You feel that if you don't keep doing it, something bad will happen. You feel irrelevant, chaotic, not enough, missing out, and abandoned. The behavior comes from fear and lack. You do it so something bad won't happen. So you feel safe.

YOUR BODY KNOWS FIRST - TUNE IN...

Pay attention to your body's signals. The mind will often build a justifying story after the fact. But the body registers the difference between expansion and contraction **before the story starts.**

Before acting on an identity or pattern, pause and ask:

- Am I coming from a space that is truly part of my essence? Does this bring me joy? Does it feel good?
- Or is this a protection mechanism — if I don't do this, will my world somehow fall apart? Will I not be good enough? Will I not have enough?

You won't find the answer by analyzing it further. You find it by noticing whether it feels expansive and joyful, or urgent and contracted.

WHICH ONES ARE YOU?

Do not overthink it. Write the ones that made your body react, and next to each, note where it shows up in your life. Then look for the ones that worked together.

FROM RAQUEL

Mine were the Peacekeeper and the Caretaker, and they piggybacked on each other. If voices got raised in a room, I was already moving, already managing it, already deciding how to calm it down again. It looked like being good at handling things.

I do genuinely love taking care of people. That part is real. What was not real was needing the room to be calm before I could be.

Which of mine piggyback off each other?

EXPANSIVE OR CONTRACTIVE

Go back through the identities. For each one, do not decide with your mind. Check your body, then mark it.

Does this feel expansive, or does it feel contracting? That is your body's wisdom. Pay close attention. Notice the subtleties.

	EXPANSIVE	CONTRACTING
The Seeker	☐	☐
The Achiever	☐	☐
The Caretaker	☐	☐
The Hustler	☐	☐
The Independent One	☐	☐
The People Pleaser	☐	☐
	☐	☐
	☐	☐
	☐	☐

Where did the contraction show up in your body?

THE STORIES

The identity holds itself in place with a story. It shows up in two ways, and you will recognize both. The 'what-if', which runs forward into a future that has not happened. And the *but*, which shows up to invalidate something, usually something good or positive.

Watch how quickly it builds, and notice that **no new facts** appear once it begins.

FROM RAQUEL

My boss didn't make eye contact with me in the meeting... The story starts: Did I do something wrong? Oh my gosh, am I going to get fired? How will I keep my house? I'll have to get a new job, but I don't have the right skills, etc., etc., etc.

Here is a smaller one. You send a text. You see the three dots. Nothing comes through. By the time your phone goes dark, you've already built a whole story about how they are mad... don't like you... You did something wrong, etc.

The stories are NOT based on fact, but that doesn't stop your mind. The What-If's and But... scenarios start before you even notice.

THE NERVOUS SYSTEM DOESN'T LIKE PAIN, BUT
IT WILL ALWAYS CHOOSE PAIN OVER
UNCERTAINTY,

WRITE THE STORY OUT

Take one story that is running right now and write it out in longhand. All of it, unedited, down to the last thought.

NOW READ IT BACK

Split what you wrote into two columns. Only what you could prove- what is actually real goes on the left. Everything else, however certain it felt at the time, goes on the right.

WHAT ACTUALLY HAPPENED

WHAT I ADDED

IF IT KEEPS COMING BACK

If something no longer carries a charge but your awareness keeps returning to it, that suggests there is still something to clear at the quantum levels. Go back and work with the specifics. The place, the event, the details. Clear it again until it stops coming into your awareness.

THE REWIRE

THRIVE

Six steps. One continuous flow of Conscious Action.

TAKE NOTICE T

OBSERVE IT AS IT HAPPENS

Catch the story or pattern while it is
still running, in the moment.

H HALT

TOUCH YOUR HIGH HEART

Interrupt the thought and energy
with a tactile action.

RECOGNIZE R

WHAT IS ACTUALLY REAL

Separate the fact from the story.
Reframe with what is true Now.

I INITIATE

TIMELINE ENERGY CLEARING

Immediately, back to right before
it triggered.

V VISUALIZE

THE FIELD, FLOWING LIGHT

Your body and fields neutralized,
clear, and flowing again.

E ENGAGE

EMBODY THE NEW PATHWAY

The action of creating a new neural
pathway. Simple, quick, & easy.

THRIVE

Six steps, in order, to do the moment the pattern fires. It will take practice, but this is what rewires your systems.

T TAKE NOTICE

Observe the pattern or story in the moment, as it happens.

H HALT

Interrupt the pattern, the thought, the energy, by touching your High Heart or some other tactile action to inform the nervous system.

R RECOGNIZE

Recognize what is actually REAL in this moment. Reframe the response. Stop reacting and start rewiring. You are SAFE.

I INITIATE

Initiate the **Timeline Energy Clearing** immediately. Go to right before it triggered. The full clearing can happen later. This is for **In The Moment**.

V VISUALIZE

Visualize your body and the field neutralized and flowing **Organic Light**.

E ENGAGE

Engage a new pattern and embody this new neural pathway now. Your Ten, on the next page, is what you reach for here.

ACTIONS TO CREATE THE NEW PATHWAY

Ten things that reliably bring you back to center. That makes you feel at ease. These are what you do and how you engage, so they need to be easy and quick.

ONE Smell an essential oil - olfactory is powerful it bypasses the mind

TWO Step outside or away from the situation

THREE Put your hand on your high hear and take long deep breaths

FOUR Hum a song

FIVE

SIX

SEVEN

EIGHT

NINE

TEN

The four in grey are seeds. Cross them out if they are not yours.



THE MORE WE **CLEAR** AND
UNLOCK, THE LARGER OUR
ORGANIC FIELD CONTINUES
TO **GROW**.

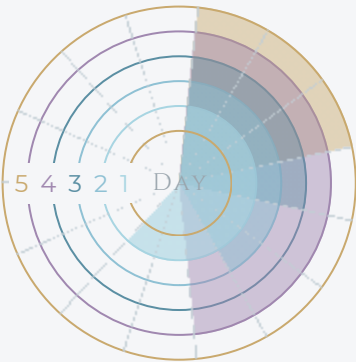
CARRY FORWARD

Copy your Top Three from Week One. These are rings one, two, and three on every dial this week, in these colors.

- ONE _____
- TWO _____
- THREE _____
- FOUR The what-if story
- FIVE The but story

READING THE DIAL

EXAMPLE



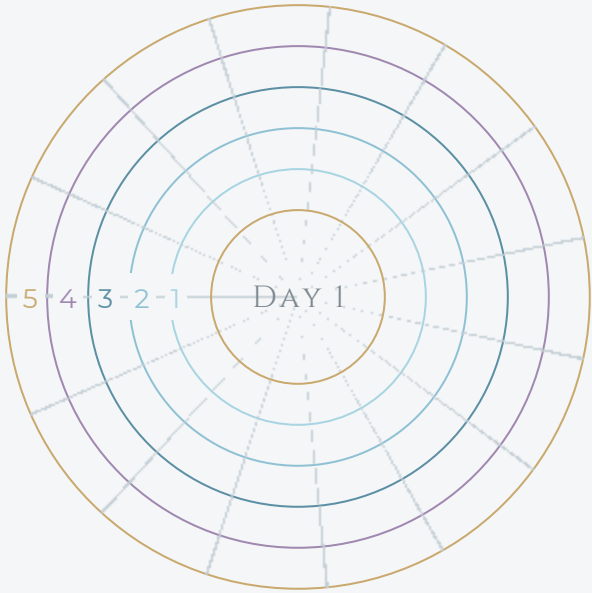
Each day has one dial. The five rings run from innermost to outermost in the colors above. Rings one to three are your Top Three, carried forward. Rings four and five are the two stories.

Every time you catch one running, fill in the next cell along its ring. Fifteen cells to a ring, so a full ring means you caught it fifteen times in one day.

Under each dial, one line asks how many times you ran THRIVE that day. That is the number to watch. Rings four and five have nothing to compare against yet; rings one to three do, and Day Seven puts both numbers side by side.

DAY ONE

Mark the ring each time you catch one running. When you catch it, run THRIVE.
You are not fixing anything today, you are interrupting it.



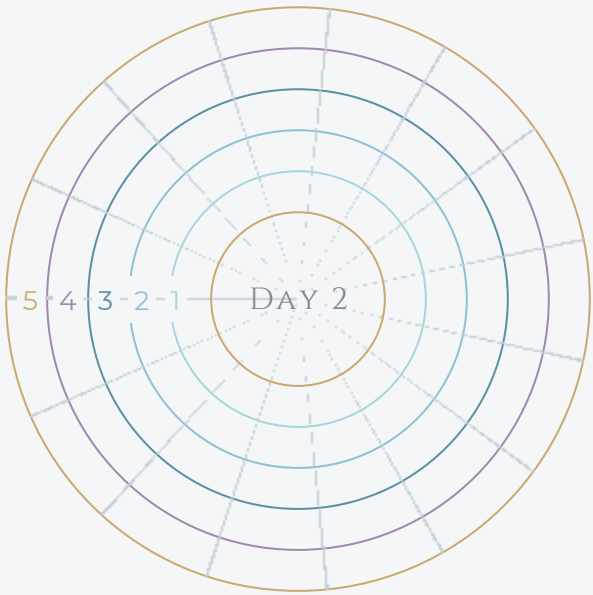
- 1 _____
- 2 _____
- 3 _____
- 4 The what-if story
- 5 The but story

I ran THRIVE _____ times today.

One moment I caught today, and what I ran instead:

DAY TWO

Watch for the what-if today. It usually arrives before the feeling does.



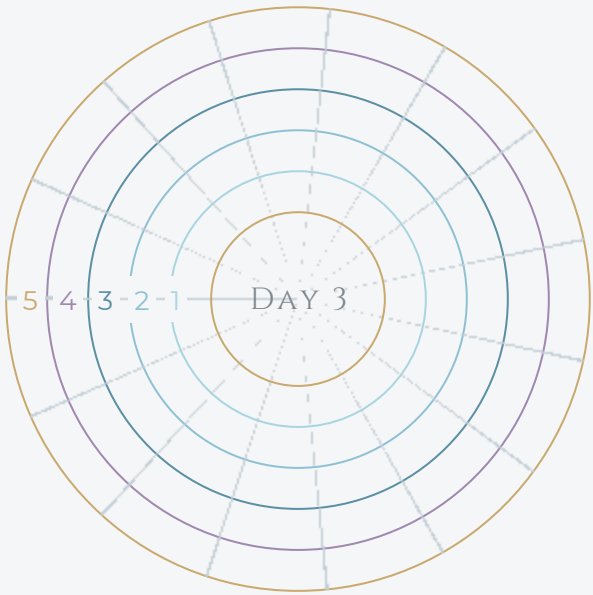
- 1 _____
- 2 _____
- 3 _____
- 4 The what-if story
- 5 The but story

I ran THRIVE _____ times today.

One moment I caught today, and what I ran instead:

DAY THREE

Halfway. If a number is going up, you are catching more, not doing more.



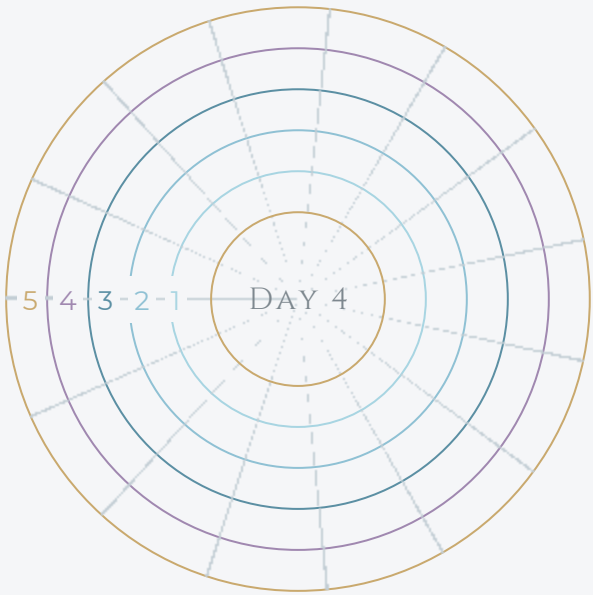
- 1 _____
- 2 _____
- 3 _____
- 4 The what-if story
- 5 The but story

I ran THRIVE _____ times today.

One moment I caught today, and what I ran instead:

DAY FOUR

Today, notice which identity is underneath the story before you clear it.



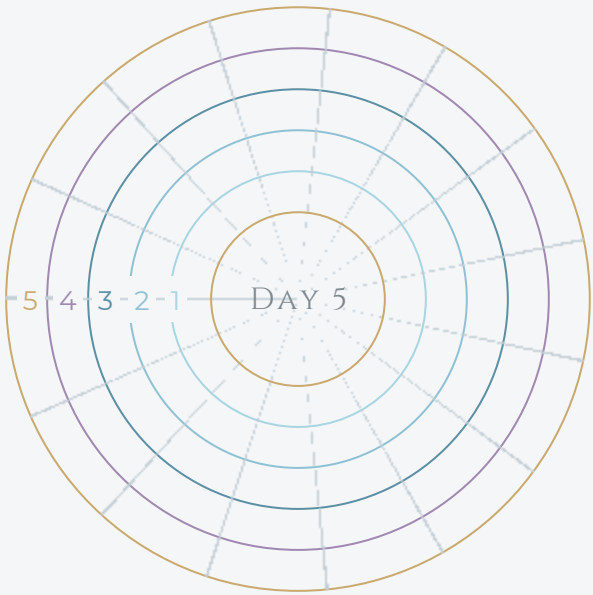
- 1 _____
- 2 _____
- 3 _____
- 4 The what-if story
- 5 The but story

I ran THRIVE _____ times today.

One moment I caught today, and what I ran instead:

DAY FIVE

Is there one you have not marked all week? Look again. That is usually the one closest in.



- 1 _____
- 2 _____
- 3 _____
- 4 The what-if story
- 5 The but story

I ran THRIVE _____ times today.

One moment I caught today, and what I ran instead:

DAY SIX

Last day of counting. Tomorrow you put the numbers beside last week's.



- 1 _____
- 2 _____
- 3 _____
- 4 The what-if story
- 5 The but story

I ran THRIVE _____ times today.

One moment I caught today, and what I ran instead:

BRING IT TOGETHER

Count the marks on each day's dial and write them in. Then bring your Week One totals across from last week's workbook. The two totals sit at opposite ends of the row for a reason.

PATTERN	WEEK ONE	1	2	3	4	5	6	TOTAL
								
								
								
 The what-if story								
 The but story								

A number going up is not failure. You are catching more, not doing more.

Which numbers went down? Which went up?

Which identity was underneath the most of them?

WHAT SHIFTED

Three questions. Answer them in a sentence each, not a paragraph.

What surprised you the most this week?

Which identity did you find to be your true nature?

Where did the Thrive process work?

A CLOSING NOTE

This is powerful work. I highly encourage you to work with the *THRIVE* process daily. As you do, you will see profound shifts happening.

Celebrate the little wins... the story you caught 20 seconds faster; the act you realize is exactly what you needed to do in that moment. When you notice that a past trigger isn't there anymore. In truth, they are huge wins...

This is a process. We are unlocking from the lower mind and rewiring our circuitry to flow with our Organic Essence, our Superconsciousness. TRUST YOURSELF.

You are absolutely more powerful than you can possibly imagine!