



HARMONIC
BRILLIANCE

BONUS MATERIALS

THE BRILLIANCE OF BEING BOUNDLESS

PRACTICAL TOOLS FOR THRIVING

GENTLE CONSISTANCY YOUR BODY REMEMBERS

Shifting into a new paradigm requires a wholistic approach. Your body is key. As you gently nurture the emotional, mental, and physical shifts from the old programming into the new, you will expand your capacity to embody your Superconsciousness.

Self-compassion, patience, nurturing, and ultimately self-love are all required to embody who you truly are.

You can not fake your way through this with half-hearted attempts to change. It takes persistence, courage, and a willingness to be deeply honest with yourself.

This is a journey home. A journey back into wholeness at every particle, every level of your Being. There is nowhere to hide, no tricking the system, as ultimately you would only be hiding from yourself.

Trust your knowing deep within. You are an amazing Being of Light who has experienced the full depth of the dive into separation and duality. That was the purpose: to learn, experience, and then to wake up and remember who you truly are beyond the programs and rules of 'the game.'

This is a journey home to yourself as an Eternal Being of Light.

RAQUEL

THIS IS NOT A RACE.

As you unlock the stronghold of the lower, egoic mind, it requires working with the totality of your physical body. Your nervous system, vagus nerve, fascia, bones, organs, glands, etc., have all been interfacing with the distorted programs your entire life. It was all that was known and available.

Pushing, forcing, and demanding are all part of the old regime. They are aspects of the patriarchal, hierarchical system of control.

To unlock our biology, a gentle, nurturing approach is needed. **You can't think your way through this; you must feel your way through.**

This is why 'Living From Your High Heart' has been the cornerstone of my work. Your high heart is the gateway home, metaphorically, energetically, and physically.

The higher mind works differently. It is merged with the heart/high heart, where both are integrated and celebrated. They are merged, creating from this expanded state of awareness. This is personal Heiros Gamos.

TOOLS FOR TRANSFORMATION

THRIVE Process

Actions to rewire your nervous system with ease.

Timeline Clearing

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

Non-dominant Handwriting

Uncover deeper hidden levels and let your inner child have a voice, be heard, and be nurtured.

It isn't meant to be legible; it is meant to uncover what's been buried in the subconscious. It is a safe way to feel and release emotions.

Personal Heiros Gamos

This concept has been deeply misunderstood at this level of consciousness.

It is merging the masculine and feminine aspects of oneself into harmony. Balanced, equally honored, unified, and integrated.

YOUR BODY IS A CONSCIOUS LIVING LIBRARY

Your cells hold memory, data, codes, and instruction sets that shift and change throughout every level of your consciousness. This is why it is essential to work at both the human and quantum levels. Everything is intertwined.

Even at the current level of functionality, your body's intelligence is vast; most people simply haven't been paying attention. We were taught to ignore, suppress, and push through pain and discomfort. From a very early age, we were trained to focus “outside” ourselves, ignore the signals, and conform.

This work invites you to reconnect with your body in new ways to create safety, expand your consciousness, and embody beyond what we have known. This process is deeply personal. It is highly sensual, simply meaning ‘of the senses’: sight, smell, sound, taste, and touch. Many associate sensual with sexual, but it is not the same. It is about becoming highly attuned to yourself.

IT'S TIME TO BECOME...

HIGHLY ATTUNED WITH YOURSELF

YOUR SENSORY NERVOUS SYSTEM

The sensory nervous system includes vision, hearing, touch, taste, smell, balance, and visceral (deep feelings or emotional reactions) sensation.

Somatic means 'of the body.' Many somatic therapies can help release stored emotions. I invite you to explore this more deeply if it feels aligned.

What I am suggesting here is simple: **a place to start building safety in your own body.** Easy techniques and actions to help you reconnect on a deeper level as you continue to rewire your nervous system.

It is an essential part of the process, but one you can't push or force.

Be gentle with yourself as you explore with a new level of awareness of your body, the vessel that holds your consciousness.

This work is KEY to transforming from carbon to crystalline, unlocking our personal DNA, and embodying our higher angelic human aspect in 5D, 7D, 9D, 12D, and beyond.

SAFETY IS KEY YOUR BODY KNOWS...

GENTLE CHANGES EMPOWER

UNFILTERED WONDER & EXPLORATION OF YOURSELF

What do you TRULY enjoy?

What makes you FEEL good?

What LIFTS your mood or spirit?

What sounds bring you peace?

What makes you feel alive or inspired?

Can you answer those questions without outside “conditioning”?
Without what you’ve been taught, what you were told based on
others' expectations, but from a true sense of exploration NOW?

For example, do you truly enjoy meditation, or do you do it
because you were told it was the right thing to do? Do you
enjoy being in nature, or “fill in the blank”...

Of course, I’m referring to organic, natural experiences, not
quick fixes like drugs, alcohol, sex, or addictions, etc.

Destructive behavior isn’t real comfort or joy. Of course, we do
what is appropriate for our physical well-being. Healthy eating
and exercise, but even that can be very conditional. It takes real
attention to your body to know what YOU need, rather than
following the latest fads, etc.

This may lead you back to personalities or identities, for
example, do you really enjoy reading, or do you do it because
you need to keep learning? This is just simple self exploration.

SELF EXPLORATION EXPANDS YOUR WONDER

ORGANIC VERSUS CONDITIONED

Below, write out what you organically and actually enjoy, and what may be conditional based on outside influences or expectations. This helps you identify **the small things** you do to build ease and internal safety.

ORGANIC ENJOYMENT

MAY BE CONDITIONED...

WHICH TRULY FEEDS YOUR BODY AND SOUL?

Go back through the things you listed. Check your body, then track it. Pay close attention. Notice the subtleties. Refine your list. Does it make me feel good or truly great? This helps you get to a deeper knowing of yourself, which is always valuable.

	GREAT	GOOD
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐

THE STORIES & PATTERNS

Keep catching the stories and patterns that show up. Writing them out longhand helps you uncover what is real NOW.

WHAT YOU RESIST PERSISTS!

THE GREAT UNKNOWN

As you continue to awaken beyond the old paradigm, your ability to step into the unknown is essential. We have never ascended from this kind of experience in a carbon-based body.

This series, The Brilliance of Being Boundless, is providing the framework and support to return to a profound state of:

INNER SAFETY
RADICAL RESILIENCE
UNWAVERING INNER TRUST & KNOWING

and step into the Great Unknown (at least from our current levels of consciousness) as Organic Divine Creators, Beings of Eternal Light.

As I have said from the beginning, first and foremost, it's an inside job!

Thank you for being here, volunteering to return to unlock from the game of separation and duality, and back into our Organic State of Being.

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 anywhere on your body. It's the tactile action that is important.

R RECOGNIZE

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

I INITIATE

Initiate the **Timeline Energy Clearing** immediately. Go to the moment before the trigger, before the response started, physically or emotionally.

V VISUALIZE

Visualize the field. Your fields 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.



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

WHAT SHIFTED

Celebrate the shifts and changes.

What surprised you the most with this work?

Have you noticed being more gentle with yourself? How?

What changes are you sensing in your everyday experience?

A CLOSING NOTE

I hope you are taking this journey of self-discovery to heart. We are returning to a state of pure wonder and joy, before we entered separation and duality.

With a pure, open heart, we return to our organic self. From a clear and untethered biology, we can embody our superconsciousness as our natural state of Being.

With profound respect and honor for your journey back into wholeness.

A handwritten signature in a cursive script, reading "Raquel".