



Strong from Within

with Ann Strong

RETHINKING THINKING

For a Whole New Life

13. Brilliance is Our Essential Nature

As we recognize and access our innate well-being more consistently, we experience a high mood more consistently. We tend to live lightly and playfully, full of good humor. We feel appreciative and grateful, loving life. We transcend our own self-imposed self-consciousness, naturally reaching out to contribute to others.

We live in the flow of Universal Joy and acceptance and our specific Brilliance and love rather than the swamp of regurgitated thinking.

To greater and greater awareness. . .

Strong from Within

Loving, embodying and expressing you

Empowering women business owners to make their extraordinary contributions

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