Find Your Bliss

DAY 3: BLISS

TODAY'S MANTRA: TO BE BLISSFUL, BE GRATEFUL

Step 1: Complete your yoga and meditation videos for the day!

Step 2: Watch the "What is Bliss?" Blog Post

Step 3: Answer Your Journal Questions

How would I define bliss?
Do I suffer from "I'll be happy when..." syndrome? How is it holding me back?
Are there areas of my life where I already feel blissful?
Where in my life do I feel separate from bliss?
What would my life look and feel like if I only experienced bliss?

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Step 4: Release

How am I blocking myself from experiencing bliss?
Fill out the sheet below to create space for a life of bliss.

I _____ call upon the love, support, wisdom and guidance of my higher self, my spirit team, god/the universe and any being acting in my highest good to help me release everything that is preventing me from fully living with bliss.

I recognize that in my life

_____

_____

_____

is holding me back from experiencing the bliss that I deeply desire and that I know my soul deserves.

And now I choose to release it from my body, mind, heart and soul. I release so that I may create space for all that will serve the highest good of my being, so that I may serve the highest good of the collective.
And so it is, and so it shall be.

Thank you higher self, spirit team, god/universe, angels and all other beings acting in my highest good, for loving me, supporting me and guiding me on the path to becoming the highest version of myself.

In love and gratitude,

_____

You can keep this sheet in your bliss booklet or you can tear it out and burn it for further release. If you choose to burn it please use caution.

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Step 5: Replace limiting beliefs

What have I been telling myself that I *need* in order to live a life full of bliss? Maybe it is a car, a house, a job, a partner, a goal weight, etc.

What do I have in my life *right now* that I am grateful for? List as many things as you can! Grab a journal for more space if you need it!

How can being more grateful for what I already have, bring more bliss into my life?

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Step 6 : Intention Setting Practice

What is one thing that I can do TODAY to fill my life with bliss?

Next, form your response into an affirmation as if it is already true.

Example: If you responded by saying "I can fill my life with bliss if I recognize all that I already have in my life and if I am grateful for all that I already have" reword to say "My life is full of bliss because I live each day in the joy of the present moment, fully grateful for all of my abundance"

Step 7: Enjoy filling every area of your life with peace, balance and bliss! Remind yourself of all of your mantras, intentions & affirmations as often as you can. If you get stuck remember your "why", why do you want to experience peace, balance and bliss? If you lose your connection to your bliss you can ALWAYS come back and take your 3 day retreat over again.

Step 8: Go deeper into the practice of connecting with your deep inner truth by joining us for an in person retreat!