

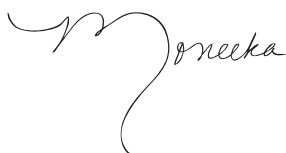


5 EASY WAYS
TO BE
Happy, Free, & Strong

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CORE BLISS LIFE

LEARN HOW TO HAVE
MORE *Bliss* IN YOUR LIFE
WITHOUT ADDING MORE TO
YOUR SCHEDULE.

- ☐ Wake up to something uplifting
- ☐ Smile
- ☐ Feel Gratitude
- ☐ Move a little
- ☐ Breathe Deeply

 Moneeka

Put Bliss into your Life without adding more to your schedule.

As a Bliss Mentor, I always strive to give people simple ways to add bliss to their lives. My goal is to help you live the life your heart deeply desires, however you can't do that unless you are feeling blissful inside.

So, how am I defining Bliss in this context?

I define Bliss as a deep state of emotional contentment. It's a place of being in which there is always an underlying feeling of joy, satisfaction, and peace. It's a feeling of always being held, no matter what is going on in your life. You may still get hurt, feel sad, angry, or scared, but you are able to come back to a place of joy and fulfillment. From this place we are able to experience life with awe, wonder, curiosity, a sense of learning, and the playfulness of youth.

To help achieve this goal of spreading bliss into the world, I do a weekly talk called Bliss Bits. I'd love to have you listen in anytime. And bring questions, because we always have a fabulous discussion during the Q&A part of the call. But to get you started, let's talk about a few of my favorite strategies for creating bliss in your life.

Strategy #1: Wake up to something uplifting.

In the first moments of your day, when you are being lifted out of sleep, your subconscious mind is at its most vulnerable. Everything it hears will be absorbed in like a sponge. And this will set the tone for your entire day. So, it's very important that you are careful about what you are exposed to when you are being woken up.

So think about what you are woken up to. Do you use some sort of alarm to wake up to? If so, what does the alarm play for you? Do you wake up to talk radio, a music station, the news? Do you wake up to a harsh buzzing sound?

If you've set your alarm to wake you up to music, you might be waking up to a sad or angry love song. Or if it's a radio station, you may be first exposed to a commercial. If you are woken up by news or talk radio, maybe the topic that you wake up to is depressing, confrontational, or upsetting. Is this what you want the first moments of your day to be influenced by?

I recommend that you wake up to something soothing, joyful, or uplifting. I started doing this many years ago when all I had was a clock radio to wake me up. One of the things I really love is Mariachi music, but I don't understand Spanish. So, I set my clock radio to a Spanish station so most of the time I was woken up to fun Mariachi music. If they were talking or there was a commercial, I didn't understand what they were saying. So, my wakeup music always made the beginning of my day feel like a celebration.

Now, since we have smart phones, we have so many other options. You can set the alarm to all sorts of sweet happy tunes. You can have it play instrumental music, meditation music, or songs that make you feel good. Another thing you can do is record an affirmation and use that as your alarm. I have a friend who wakes up to the affirmation "I am so grateful for my amazing life." So that's what he hears over and over again until he shuts it off. I saw noticeable differences in his moods within a week of him changing his alarm to that.

Strategy #2: Smile

I know this sounds a bit trite, but seriously, it's really hard to feel really bad when you are smiling. Or if you continue to feel bad, it won't be as bad as when you allowed yourself to have a grumpy face.

Have you heard the phrase "Fake it till you make it?" That's what I recommend you do with a smile when you are feeling bad. Just put the smile on, and keep it on until you feel better. There is actually a chemical reaction that happens in the body when your facial muscles contract into a smile. So it's hard to stay upset for long if you are smiling.

And when you are feeling good, reinforce that feeling with a smile. It will help extend that feeling and make it deeper and last longer. And there's another thing that a smile can do for you. It makes the world seem like a much nicer place. Why? Because smiling is contagious. When you are smiling, people smile back. More people want to meet you and so you have more joyful social encounters. And they may ask you why you're smiling, and then you get to make something up that's worth smiling about. That reminds you of things in your life that make you smile, which also makes you feel happier.

One of the fun games I play with myself is I pretend I just got told a really juicy secret. Do you know the face you make when that's happened to you? That's the smile I wear around all day. It's really fun.

Strategy #3: Feel Grateful

For whatever reason, it is so much more natural for us humans to focus on the negative. We have a very habitual way of feeling, talking, and being negative. I heard someone say that our brain is

like velcro for unhappy thoughts. I don't know why we are built that way, but it doesn't serve us.

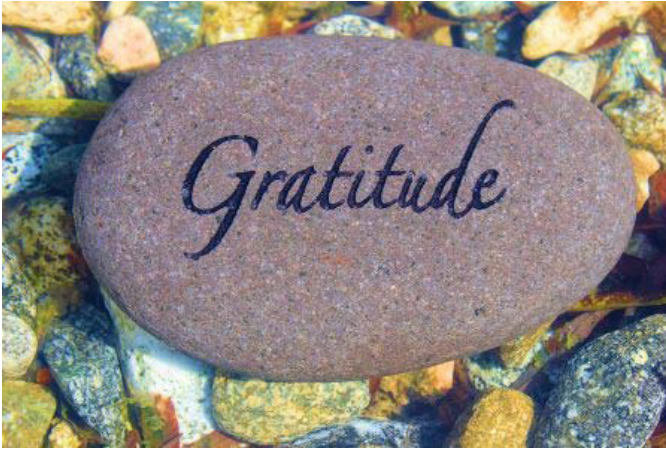
There has been a lot of research done on gratitude, and it's been proven without a shadow of a doubt that people who are grateful are healthier, happier, more energetic, more successful, and have better relationships.

So, what do I mean by grateful in this context? There is the feeling of thankfulness we have when someone does something nice for us or gives us a gift. This gratitude is wonderful and makes us feel good, but it is usually short-lived. Soon you've moved on to feeling the way you always have. This is one side of the gratitude spectrum.

On the other side of the gratitude spectrum are the people we might qualify as consistently grateful people. These people habitually look at life from a grateful focus. They have a deeper abiding sense of thankfulness for life as a fundamental life orientation.

Most of us are somewhere between the extremes of this spectrum. And in order to be the most blissful we can be, we should aspire to being as close to being a habitually grateful person as possible. But how do we do that? There are so many different ways we can move towards that goal that I don't have time to list all of them. But to get you started, here are a few ideas.

- At the end of your day, just before you go to sleep write down three things you are grateful for. I suggest getting a gratitude journal. Doing this at night will help to calm your mind and will help you to sleep better and wake up more refreshed.
- Take a gratitude shower. A friend of mine has a little rock that he keeps in the shower that says gratitude on it. It reminds him to think of some things he is grateful for while he has all that warm, cleansing, refreshing water running over him. He says it's a truly blissful experience.



- I have alarms that go off at certain times in the day and when I look at my screen to stop the alarm it says “I am so grateful for....” And I think of something in that moment that I am grateful for.

So those are a few ideas to get you started. You can think of some of your own that you would enjoy doing. The key to gratitude practices is to do something that evokes the emotion of gratitude. Just going through the motions of doing the exercise will have some beneficial effects on your life. But if you are able to evoke emotion, you will have much better results.

Strategy #4: Move a little

It has been proven that movement helps us to have a general feeling of well-being. It makes us feel a little healthier. It lubricates the body so it isn't so stiff. It makes us feel more vitality and energy. And if you do about 20 minutes of some sort of exercise, even just walking, the body releases endorphins which are like the happy drugs of the body.

But to benefit from this strategy you just need to move a little more than you are doing now. So, for instance:

- Park your car a little further from where you are going so you have to walk a little further.
- If you're just going up one story, take the stairs rather than the elevator.
- After lunch, take a quick walk (even 5 or 10 minutes) before you go back to your desk. You could even do this while chatting with or finishing up a conversation with a friend.
- Make it a game. Think of little ways you can add movement into your day.

I personally got a fitbit, and boy did that get me motivated to walk more. It practically became an obsession. But I have to say, I really feel great. I have more energy, my body feels better, and I love the feeling of reaching a goal daily.

Strategy #5: Breathe Deeply

Controlling our breath is one of the simplest things we can do to adjust our mood immediately. When you are under stress, notice how you are breathing. Usually you will be taking quick, shallow breaths. If you consciously slow down and deepen your breathing, you will immediately feel more relaxed.

This also works when you get upset with someone. If you take a few deep breaths before you say anything it will relax you. It will also interrupt the momentum you had going about being upset. And if you are interested in changing your reaction to what's happening, this will help you to do that. This puts you in control of situations, rather than at the mercy of them.

So, what do I mean by breathe deeply. When you breathe in, breathe all the way down to your belly. Actually feel your belly expand with the air. Then let the air out slowly as your belly relaxes. It's easy, but it works like magic.

I know these techniques seem simplistic. That's the point. I like to give people simple things they can do that will have a big impact on their lives. But don't overlook these strategies because they are simple. Instead try them and watch how you benefit. I think you'll be very pleasantly surprised. I wish you the very best on your journey of life.

Always remember, bliss is your birthright, so go Blissfully and create the life your heart deeply desires.

With love,
Moneeka

To find out about upcoming Bliss Bits and to get automatic replays of all the calls, please join our mailing list. And you get an additional little free gift if you do :) You can sign up here:

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