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ENLIGHTENING
ADVENTURES

FREE “HOW TO LIVE IN CONSTANT BLISS” WORKBOOK



How to live in Constant Joy for No Reason! | Enlightening Adventures

Free- “How to Live in Constant Bliss”- Workbook

Welcome to the Free Bliss workbook!

The Goal

In this workbook our goal is to help you increase your bliss level from where you are at currently to a much higher level. How much you increase your daily experience of bliss depends on you and your dedication to this task. We can give you the tools, and you will apply them as you have time and inclination. Our recommendation is that you apply maximum intensity, as this goal is by far the greatest goal we can imagine for anyone who is living on this planet.

Let us define bliss again for you:

Bliss is happiness without reason or cause. Just overflowing joy and happiness for no reason. Bliss is our natural state, but it is often hidden from us under layers of thoughts and emotions. We have developed these thoughts and emotions over years from early childhood events and societal learning. Unfortunately we have very few models of constant bliss around us to emulate, so we grow up believing that life is for happiness, happiness based on some external experience, such as the new car, the job, the relationships etc.

In fact when we study those people who do live in bliss we find out:

Bliss is a flowing constant joy and happiness that is present all the time no matter what is happening in the outer world.

Because of this bliss state, people also exhibit other qualities including:

- High energy
- Great creativity
- Increased productivity
- Increased health
- Reduced signs of aging
- Great love and compassion
- Innocence and simplicity
- Great clarity on issues and solutions
- Become more interested in helping others, environmental and humanitarian activities
- Are an inspiration for others

In summary: This is the Ultimate and Ideal way of living as a human being.

The average person reports having moments of bliss about 5-10% of the day

In studies most people report experiencing moments of bliss just a small percentage of the time each day. Unfortunately people who live in what we would consider the best conditions in the world report the least amount of bliss! Recently students at a Los Angeles beachside University, studying dance, reported a level of only 5-10% bliss on a daily basis. These students live in what most people in the world would consider the ideal conditions. They do not have money or work issues, they have time to study, they come mainly from wealthy parents who love and respect them. They live in what is considered the ideal climate by people who look around the world for holiday locations.

Can I achieve more bliss?

Absolutely! The first and most important step is to make the decision that you are going to increase your bliss level to constant bliss. When you make this decision an inner knowing will start to work with you to enable this to happen.

Does it matter what religion I am or what spiritual practice I do?

No, it does not. This blissful way of functioning is a universal state. If you already have religious and spiritual practices the activities in this booklet will complement these, on your path to living constant bliss.

In each religion there are found teachings that you can use to support you in the goal of bliss. Research what that these teachings are and apply them to increase your inspiration.

How do I use this workbook?

Most of the information we are presenting we are giving you in video form for you to easily watch and digest. The videos are typically 10 minutes or less. We recommend that you watch them a number of times so that the concepts are absorbed into your memory.

1. Review the quiz located here: <http://www.enlighteningadventures.com/#!most-important-quiz/c10z9>. Fill in your answers and we will send you a note letting you know what your starting baseline level of bliss is. Our plan is to help you increase this baseline level dramatically so that life becomes even more fun.
2. Watch the video: "How 99.9% of the world misses out of bliss." In this video you will discover the reason why most people in the world are not living in bliss. We find out how life becomes so full, joyful and rich when people switch to the goal of living a life of bliss.
https://www.youtube.com/watch?v=zfR_E3OpwFw
3. Watch the video "Who Stole My Bliss?" In this video you will discover how your specific life circumstances have stolen your Bliss. <https://www.youtube.com/watch?v=FXw5fPwwGhQ>
4. Watch the video "Learn how Stress, Worry and Fear take Hold." In this video you will learn how to look at issues from a different angle and learn techniques to shift to a more empowering perspective.
<https://www.youtube.com/watch?v=UUjb3f6PY3o>
5. Watch the video "The Greatest Tool: Manifestation" This video details the specific techniques and the benefits of manifestation that will enable you to begin the shift to increasing your bliss.
<https://www.youtube.com/watch?v=M8D56F2JkEY>
6. Listen to audio "Creating Bliss Now" and practice the visualization technique that is shared with you. When you practice the technique please enter how it resonates with you on the DAILY BLISS TRACKING SHEET. The technique is located here
<http://www.youtube.com/watch?v=SYbwzAJJLY&feature=youtu.be>
7. Watch the video "Wake up in Bliss" This video gives you the tools to wake up in bliss. When you apply these tools the rest of the day starts to shape up as a reflection of your morning experience. Enjoy! <https://www.youtube.com/watch?v=u0YifV-NoL4>

8. Watch the video “How to Sleep Blissfully.” This video details how to move to a peaceful blissful state as you go to bed. How we sleep has a massive effect on our state during the day, so watching the video and applying these tools is super important! Please enter the results of your daily practice of the gratitude technique shown in the video into the DAILY BLISS TRACKING SHEET

<https://www.youtube.com/watch?v=YWbW2iXGJ0M>

9. Watch the video “How to share Bliss.” This helps you understand that one of the ways that we grow in bliss is by sharing our experiences with others...and as we express our understandings, more bliss experience flows our way. <https://www.youtube.com/watch?v=m9Bhf1HYq7U>

10. Practice the 7- minute meditation by listening to the audio file located at: <https://www.youtube.com/watch?v=IUSSgfgE1lw> This meditation is the fastest way we know to help you relax into a quiet state. We recommend you do this meditation every day.

11. Inspire yourself to bliss by tracking your progress and performance on the DAILY BLISS TRACKING SHEET. Send an e-mail to this address to receive the tracking sheet: enlighteningadventures@gmail.com. The tracking sheet is to be filled in each day. It is designed to show you areas in your life that are working well for you and areas that need some Awareness attention. Our team can monitor your worksheet, and if you have questions please contact us. Each Powerboost is related to a specific technique that we have already shared with you, and you are to record the results of your practice here. For instance we share with you the exercise to be done first thing in the morning. After that exercise you enter the results in the DAILY TRACKING SHEET.

Here is what the tracking sheet looks like:

Question	Sample	Day	Day
DATE	scale 1-100%	1	2
What was your overall bliss level yesterday? On a scale from 0-100%		40	
Powerboost #1 How did you wake up?		50	
Powerboost #2 How did you go to bed after your gratitude exercise?		60	
Powerboost #3 How did you feel after your Visualization exercise?		60	
Powerboost #4 How was it to share your bliss or happiness with another person?		20	
Powerboost #5 How did you feel after your meditation?		40	
What event during the day threw you off the most? Note this answer in row 16. Please do not add numbers against this row, it stops the table from calculating the total			
What did it reduce you to?		5	
What was your greatest success? Note this in row 17. Please do not add numbers against this row, it stops the table from calculating the total			
How did it feel?		90	
		365	
Your daily average	52.1428571428571		
What threw you off the most? Add in the event here.	my boss at work was upset		
What was your greatest success? Add in the event here	I felt blissful for no reason at lunchtime		

Bonus content!

1. How to Succeed at that Critical Job Interview by being Blissful! You will really enjoy this video!

<https://www.youtube.com/watch?v=5kcB-Q2viwo>

2. How to increase work performance. This from a concert pianist who discovered how bliss takes performance to the next level. <https://www.youtube.com/watch?v=Yo0cpHnf0b8>

Your next step

If you find this useful in any way we recommend that you now take the Advanced Online Course

You can enroll on the web site here:

<http://www.enlighteningadventures.com/#!shop--cart/cjf4>

Feedback

Please send your feedback to:

enlighteningadventures@gmail.com