



## Are You Ready to live your BLISS?

So much of life is all business and no BLISSNESS! What's up with that? Let's begin My BlissPlan!™

Why have we allowed our lives to become so full of the "busyness-of-the-nothingness" that bogs us down? Yes, I know that we all have to have jobs and we all need incomes to survive. I get that. I agree with that 100% - no arguments from me! In fact I believe that responsibility is admirable and good. Yet I also know that far too often we seem to let that be the "be all, end all" of ourselves. We find ourselves wanting, no, CRAVING the creative parts of ourselves! We find ourselves lonely for who we REALLY are, who we know we CAN be. We long for BLISS from the innermost parts of our being. We needn't "go looking for it in all the wrong places."

### Webster's Definition of BLISS...

- Supreme happiness; utter joy or contentment
- Theology; the joy of Heaven; paradise: the road to eternal bliss.
- Cause of great joy or extreme happiness.
- Ecstasy
- The ecstasy of salvation;
- Spiritual joy.
- Heavenly rapture
- A mystical experience!



### Webster's Definition of Plan...

- A specific project or definite purpose: plans for the future
- Representation of a thing drawn on a plane, as a map or diagram
- In perspective drawing one of several planes in front of a represented object, and perpendicular to the line between the object and the eye.
- A formal program for specified benefits, needs, etc.
- To make plans for: to plan ahead

### Definition of My BlissPlan!™

So let's put it all together now! LIVING fully awakened lives filled with purpose and passion! LIVING with intentional plans to experience BLISS & Spiritual Joy knowing that we will have mystical experiences as supreme benefits in our day-to-day world! We will view our life in new and transformational perspectives that will affect not only our own lives but those within our circle of influence and beyond! Agreeing not to allow the business choke out our BLISSNESS!

Planning futuristically to LIVE life with BLISS each day & as we journey together we know that this can become reality. Yes, BLISS IS possible!



## FIRST STEPS...

### THE POWER CHOICE!

Clearly, we don't have power over all the dealings of our lives, but upon reflection, we learn that we do exercise a rather good size circle of influence because we have the power of choice. And if you think about it, each choice you make has short and long term consequences bad or good. Because of that there really aren't insignificant choices if you think about it. In determining what and how you will speak to someone, what foods (or junk foods) go in your mouth affects you physically, spiritually as well as emotionally. Whether you listen to God or choose not to... Every single choice has power.

Choosing how to respond to employees, family members, bosses, co-workers, those in traffic. It all matters.

Some of the choices we make cause us deep regret, especially when we knew at the moment we were making a bad choice and did it anyway and suffered the bad consequences of it.

Begin to look at your choices from a place of MISS or BLISS! In your choices today begin asking "Do I want to MISS the joy?" OR "Do I want the BLISSFUL joy?" Make ALL of your choices with BLISS in mind and discover how your life begins to become more filled with BLISS!



Choice is God-given; He never ever wanted us to function as robots, but rather as human beings filled with love, joy and bliss.

We are told ask and we shall receive. Start asking God to lead you into His wisdom and empower you with living your life with the right choices.

Bliss is wonderful! Why wouldn't we choose BLISS!?!

Bliss is Spiritual!

Carl Jung described maturity as an awakening to the need to live a life of spiritual purpose rather than simply fulfilling the basic needs of physical survival or pursuing pleasure. He saw each person as the hero of his or her own life's journey who sets out on a path to greater spiritual awareness.

To me this is BLISS...

Join me in the exploration toward your intentional choice to live out My BlissPlan! Visit [www.MyBlissPlan.com](http://www.MyBlissPlan.com) for more information and your Bliss to become a reality!

Here's to new life and living your BLISS!

Kathryn Bonner –Life Coach –Speaker/Author –Entrepreneur –Igniter of Faith, Vision & Dreams  
[www.MyBlissPlan.com](http://www.MyBlissPlan.com) – [www.KathrynBonnerMinistries.com](http://www.KathrynBonnerMinistries.com)