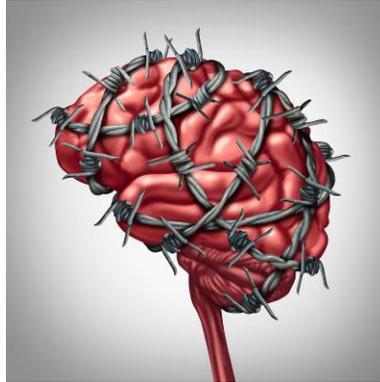


The Affirmations and Enchantments



Here's the bad news: the human brain is hardwired for negativity. The factory settings in our brains incline our minds to hold onto bad experiences and quickly release the good ones. This is actually an evolutionary advantage. From our bad experiences we get smarter. The same isn't typically true of happy times. Being critical and judgmental is better for our survival. It makes us pay attention—which can save our lives!



The good news is that Nature gave us a way out. Each human brain can grow its own happier thoughts. We can upgrade the factory settings. This is called "neuroplasticity." And it's why every gratitude practice you've ever sincerely tried did indeed work wonders for you. Focusing on your blessings for an afternoon can uplift you for an entire month. The affirmations & enchantments in the Bliss Practices can change your life forever. They did for me. But don't take my word for it. Try these practices and see!



The Sun

Today you're willing to find the best in everyone –in yourself and those around you.

Today you're willing to be optimistic, generous, and strong.

At the dawn of each day, it's nice to say, "I'm going to have a great day today!"

Your possibilities are limitless. All is well in your world.

You trust yourself.

You respect yourself.

At the close of any day, good or bad, you're happy to say, "I did my best. I did good work today. "

When you do what you love you shine.

I treasure my own company.

It's fun to be me!

More-and-more I see myself as a person of great value.

More and more, I recognize, I have much to offer this world.

I'm capable and confident.

Throughout the day, I can hear myself say, "I got this. I can do it. Good job!"

Today I love myself, just the way I am, right now.

I am who I choose to become.

More and more, I behave in the ways that make me proud.



A burning candle ... the desert on a moonlit night ... a campfire blazing ... the sound of thunder ... a castle, shining on the hill ... bright banners and trumpets ... "The King is here!" ... Oh joy. Rising in the east, it's the Sun.

From "The Bliss Tapes" by Dana Gerhardt

Once again, breathe the length of your spine. Notice a golden cord of vibrating energy appears to the right, along your spine. This is your Sun Channel. Sparkling, shimmering, exuberant with delight.

This energy now flows into your right side body; it spills into the left as well. Now it surrounds your whole body, in an orb of golden sunshine, sparkling through your cells, bringing you new joy, strength, and confidence

The radiance gathers now into three small Suns, shining as Truth in your throat, Love in your heart, Power in your core



Imagine, from the bottom of your feet, your aura expands all the way to the forward horizon. From the top of your head, your energy field grows to meet the horizon behind you.

Extend your aura into the heavens, above and below you.

Stretch it wide, left and right, to the edges of the Milky Way.

Touch the stars.

You're made of stardust too.

Child of the Great Primordial Sun,

You are a light in this world.

Savor this truth

As you gently reel your field back in,

From the heavens, to the earth,

From the horizon, to your town,

Into the space where you began.

Crowned with happiness,

Your aura adjusts to a comfortable size.



The Moon

In my deep solitude I know I'm connected to everything.

Goddesses, angels and guides are looking out for me.

I'm protected.

My heart is open and connecting.

I know how it feels to be wanted and loved.

Anywhere I go, I belong.

I'm at home in my world.

Sometimes I'm startled by how great I feel.

I'm overwhelmed by my own well-being.

We're so glad you're here. You're welcome.

Everything you need to heal was hardwired inside you.

Your intuition is sharp. You trust it.

You like to take good care of yourself.

You choose fresh, life-giving foods.

You're well-nourished and well-rested.

You're tender with your inner child.

More and more, you let yourself be seen, supported, and held.

Your good boundaries keep everyone safe.



Your body ...- dense ... feels heavy as a pile of stones. Skin, muscles, and bones-
feeling-light ... like cotton . Body rising ... into a fluffy-white-cloud. Cloud-gathering-
water-grows-dark-and-dense. Now rainwater falling ... body falling ... into a great white
lotus ... that floats on an ocean of love . Body supported ... like a baby, swaddled and
safe, in divine bliss.

From "The Bliss Tapes" by Dana Gerhardt

Now draw your attention into your center line, where a silver-white cord of energy appears to the left, along your spine. This is your Moon Channel. Luminous, blissfully soothing, cooling, joyously wise.

The light grows to fill the left Side of your body, flowing into the right side as well, now surrounding your whole body in an orb of moonlight, washing loving incandescence through your cells, everywhere, soothing and healing.

The white light grows stronger, more active. Now it's vibrant and foamed like an ocean wave, scrubbing channels, bones and organs clear, sending all grudges and fears out into the sea. The light recedes to its pearlescent home in your core. All cells contented and pleased. You love your life, unconditionally.



Imagine, below you, down through earth and out the other side, stretched wide are the arms and apron of Grandmother Moon—as if to say, "I got your back."

Into the space between you and the Moon

Pours the blessings of loving-kindness

From every good wish you've sent or been blessed by.

From every kind word you've ever said or heard.

From every smile you've given or received

Here too are your allies

The angels, protectors, and guides

Who've loved, watched, and aided you

From the beginning

And will, until the end of time.

Seal all this goodness into your field.



Venus

Wherever I look, I discover something beautiful.

When I look in the mirror I see Beauty smiling back at me.

I like sending love and kindness into the world.

It's safe to be so lovable.

I'm soft and strong.

Gracefully, harmoniously, I follow my flow.

I prosper wherever I turn.

I listen to my deepest heart longings.

Nature is my therapy—I revive with wind, water, sunshine and trees.

I like to sing. I like to dance. I like to shake my tail from time to time.

I'm fertile and creative.

I delight in the characters that other people play.

My heart is open to the many surprising ways that love appears in my world.

My joy tomorrow grows from my gratitude today.

My thoughts are powerful. The more beautiful they are, the more beautiful is my world.



An Amazon rain forest ... moist, fragrant, alive with sound ... your body lifts and begins to soar ... through clear blue sky ... flying into a rainbow ... whole body is red ... now orange ... body penetrated by yellow ... now green ... washed by blue ... whole body violet. At rainbow's end ... you descend ... feet on cool welcoming earth ... all around ... you see ... pots of gold stretching endlessly ... the universe has abundance enough for all who be ... coins jump in and heavy your pockets.

Draw your attention to the river of energy, just above and along your spine; shimmering, trembling, quivering with delight. It's your central channel, the Sushumna, connecting base to crown, river of enlightenment, your path to a joyful mind.

Here too are your chakras, like jewels in a line. A diamond above your crown, turning clockwise, comfortably, opening to the love from above. Behind your brow, purple, amethyst, turning clockwise, calming, clearing. Turquoise or aquamarine, turning in your throat, relaxing and energizing. Emerald or jade, green jewel in your heart, healing, gathering power. A golden egg, turning at your navel, strengthening, stabilizing. Orange, coral or carnelian, in belly and sacrum, sensuous, awakening. Red in your root, bloodstone or ruby, grounding. All turning, energizing, deeply nourishing, joyful and balancing.



Imagine ... you're floating in a boat on the river of time, gliding ... into your future.

There's a wonderful destination ahead.

A project you'd like to complete. A dream you'd love to see realized.

Flowing through the day in a wonderful way

Your happy destiny is marked by a rainbow.

Now watch, how in your boat, toward this you flow,

Gliding through the straights, winding through the curves,

Crossing through turbulence with joy and skill.

Meeting friends, finding connection and love,

Balancing ... work, rest and play.

Now there you are ... under the rainbow. Dream realized. The angels cheer.

You raise your hands to the sky and sing, "Thank you for this life!"