



Bliss Tapes Quick Start Guide

- All practices are performed while lying on your back, shoes off, eyes closed. Make sure your chin is lower than your forehead, so the brain stem is relaxed. . The practices may put you to sleep—which is great if you need this—but that’s not the point. To transform and rejuvenate body and mind, deeper changes will come more quickly when you’re awake and aware.
- Each session is 22 minutes. **Twenty minutes is the minimum time needed to reset your body’s rhythm** (the additional 2 minutes aid our transitions in and out). The music keeps playing, if you want to linger in the practice space and plant your own affirmations, making for a 30- minute session.

- The longest portion of each session is the 10-minute body relaxation sequence. This is not the typical relaxation practice which directs your mind to relax each part of the body named. These sequences are more passive. Your mind doesn’t have to relax anything. It just needs to follow the bouncing ball of my words.

If I say “upper lip,” for example, your mind just listens. *It will let you know that it’s listening* by either **visualizing** your upper lip, **sensing** this area in your body, or **repeating the words** “upper lip.” Your mind will naturally choose whichever is easiest for you (which can be a shifting combination of all the above).

This activity is unlike hypnosis, which puts your mind to sleep but keeps your body awake. Here we do the opposite. We keep the mind awake as the body enters a mild sleep state. This is a “transformation short cut” discovered by yogi masters long ago. (For more about this, see “How It Works” in your *Bliss Tapes Guide*)

Our first ten minutes of relaxation slow the mind and prepares it to more deeply absorb the next ten minutes of affirmations and visualizations. (To read what you’ll be hearing, see “Affirmations & Enchantments” in your *Bliss Tapes Guide*)

- If your mind wanders (and likely it will), just jump back in when you notice. If you don’t resonate with a particular instruction, just jump back in when you do. If you fall asleep, you’ll still benefit. But again, deeper changes come more quickly when you’re gently awake and aware.
- Practice time is *your* time. Trust your instincts and enjoy!