



BLISS MOJO™

“what you love ...”

Solutions for Living a Happier Life in The Modern World

Ra Bliss

www.blissuniversity.com

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It is said that, we live in a dynamic world where the only thing that is constant is change. In presenting this book I am aware that - *"As soon as the truth is expressed, it may become a falsehood."*

Lao Tzu - China 2,500 .C.

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Ra presents seminars throughout Australia. For more information please visit: www.BlissUniversity.com

PREFACE

This book is a result of my personal experiences and research accumulated over a period of 25 years.

Throughout history, many times new ideas have often been ridiculed, as they challenge the structure and security of old beliefs and traditional concepts. This can be seen even today as the current orthodox medicinal establishment and main-stream society so often sees the so called 'alternative' healing modalities as 'quackery' .

Also, we can often see this same ignorance, naivety, bias and closed mindedness in the field of 'self development' or 'personal growth'. However, these fields are also growing fast. More and more techniques or modalities of 'self development' or 'personal growth' are being discovered, developed and refined at a rapid rate. Likewise more and more people are being attracted to these various techniques or modalities.

I see this more recent increase in public acceptance of these modalities as being very exciting. With more people becoming more aware of themselves and our relationship with the world that we live in shows a great hope for a much brighter future. At this time, primarily due to improved personal awareness we can see the pressure on the old outdated bureaucracy to change.

Yet, even so, I appreciate that many of the new ideas, concepts and considerations in this book may seem a little challenging or even rather radical to some. Sure, I accept that some may even find that this book may present a radically different point of view, however it may be just what we need at this point of time to create a better world for us to enjoy.

I must say how much of the inspiration for these writings came to me throughout my own experiences. Yet, I also thank my many patients and mentors over the last 25 years for their contribution . In these pages I share with you my research, inspiration, insights, revelations and experiences. I hope that you find this book easy to embrace, practical and of benefit.

You may have also experienced how, despite the great diversity of our modern English language, sometimes, in many ways, it still seems too limited to explain the true magic of some of our experiences. With that said, I encourage you to practice for yourself, the various processes in this book to help you really gain a true appreciation of what I am seeking to share with you.

Essentially, this book is about embracing an approach to help us on the path of returning to wholeness.

Here, in this book I can merely paint a picture. Remember, any piece of art can only present a perspective, and it is up to the beholder to perceive the beauty and appreciate what it means for themselves. A true appreciation of what I share here, can only be reflected through actual experience.

It is said that we don't know what we had till we lost it. Likewise, it may be said that we don't know what we have been missing until we have it.

Many have expressed to me how they have been yearning for a book such as this for some time. May this book help to offer you inspiration and an opportunity for transformation in your life. I hope that this book may open up a grand and glorious adventure for you.

TABLE OF CONTENTS

INTRODUCTION ...	8
MOJO MOJO ...	10
BLISS CONSCIOUSNESS ...	13
INHIBITORS TO BLISS ...	15
COMMON PERCEPTUAL FRAMEWORK ...	16
HOLISTIC HEALING ...	18
SOLUTIONS FOR HAPPINESS ...	21
STRESS SOLUTIONS ...	23
BEATING PAIN ...	25
OVERCOMING FATIGUE ...	27
BREATHE YOURSELF BETTER ...	29
CONSCIOUS CREATIONS ...	32
BREAKING FREE FROM THE MATRIX ...	34
SELF-REALISATION ...	35
SUMMARY ...	37
RECOMMENDED READING ...	38
OTHER BOOKS BY RA BLISS	41

INTRODUCTION

Essentially, this book grew from a thesis that I submitted for the award of a Naturopathy degree. The overall theme of the thesis was about enhancing the quality of our life through the power of breathing.

Over 25 years in practice as a Naturopath, I've really seen so many debilitating conditions. Also, as I research more, I've observed how so much poor health seems to be related to what we could term as stress. I've subsequently researched the various causes and effects of stress. As we will discuss, much can be attributed to our perception of reality and our lifestyle.

I guess I could say that my interest in this started at an early age. I remember when I was about 3 or 4 yrs old. I was in the back yard with my father and I remember looking at this amazing flower, it's colours, shape and scent. I found it captivating. I turned around and said to my father, 'look, look at that!' He said something to the effect of, it's just a flower, and I clearly remember how I felt. I felt shocked that he didn't really appreciate it. Then the next day I said, 'oh yeah .. it's just a flower' and after a while I didn't even notice it. Over the years I've remembered that experience and I've often reflected every now and then, how for so many people, most of the time it's like they're on autopilot. Quite frankly, most people just don't stop to 'smell the roses' and to appreciate what's around them. It seems as though the mind is stuck in some sort of program.

This introduction is a more abstract, broad stroke discussion of the overall concepts about improving the quality of our life. A more detailed and practical application of these concepts will be covered in the following chapters. Now, sometimes to improve things we need to confront some truths, and sometimes they're uncomfortable truths! Most of us know of the actor; Jack Nicholson. There's a movie he did in 1992 called 'A Few Good Men' and one of my favourite lines is; "you can't handle the truth". The reason so much is hidden from us is simply because we can't handle the truth!

Do you know it's a myth that ostriches bury their head in the sand. Yet, we bury our heads in the sand as we just don't want to know, especially that which conflicts with our current belief system. Look at history, how so many innovators have been ridiculed and killed because they challenged the beliefs of the day.

One of my favourite stories is; 'Alice in Wonderland'. Now, I see how this is a story to help us wake up about reality. It just happens to be that so much of what we take to be real is really just a fairy tale, it's a fiction, a fantasy or a make believe.

I trained as a hypnotherapist, yet I don't practice it anymore because I believe that we are already hypnotised, mesmerised and conditioned into so many behavioural patterns and programs without even knowing so. When we are in a state of hypnosis we are unconscious, we are asleep, we're in a trance.

My role now is to help people wake up, I call it to 'facilitate transcendence' or to end the trance and to awaken to greater possibilities. Essentially, the problem is that when people are asleep, so often they don't even know that they are asleep.

Let's recall how different we feel when we are on holidays. Remember when you were young, jumping out of bed when on holidays, excited about the adventure ahead. However, in contrast, in the everyday domestic scene, sadly, it seems most people have 'got the handbrake on', are feeling 'stuck in a rut', worse still are 'going against the grain' and continually 'pushing uphill'. So often, they're not following their passion, not excited or 'fired up' about the adventures of their day. Many would even say that they feel as though they are 'stuck up the proverbial creek without a paddle'.

My observation is that this type of existence causes resistance, which causes stress, pain and fatigue. To help handle this scenario most look at simply alleviating or masking their symptoms. The most common forms of medication are distraction by some type of entertainment. So often it's either the TV, food, alcohol, caffeine, nicotine or by creating some sort of drama. Quiet frankly, by this approach, most people simply just putting a lid on the pressure cooker. It just so happens that the symptoms are merely just the tip of the iceberg. Just addressing the symptoms doesn't deal with the real underlying issue.

Remember when we discussed about handling the truth. The truth is, that stress, pain and fatigue are about resistance. It's resistance, a block or denial about facing what's really going on. With this coping mechanism of repeated denial, these issues then become implanted in our unconscious. Sadly, most people have accumulated so much unconscious coping mechanisms that they perceive it as normal behaviour. These are then displayed as reactions. This may be when someone reflects to them what's really happening. Often, the reaction would be that messenger would be persecuted.

Yes, it's true that while most people are just satisfied at simply relieving their pain, stress and fatigue, they are denying themselves a valuable opportunity of personal growth. Now, pain, stress and fatigue can be a wonderful thing. It works as an alarm bell to tell us how much resistance we have. So by taking the opportunity of processing these issues can help cultivate great personal development.

This book is a lot more than just a method of healing. It's about personal development and what may be called spiritual growth. The breathing practices here are intended to help you to get in touch with who you really are. will be exploring these concepts in further detail in the following chapters.

MOJO MOJO

Nelly, an elderly grandmother lies on her hospital bed. She looks like the sweetest little granny, some say almost angel like. However her heart is filled with so much anger, resentment and bitterness. Sadly, throughout her life she could not forgive much of her experiences and her body is crippled with pain. As she laid there, I wondered how she may have done things differently if she had her time again.

Maybe you also know someone too who has somewhat withdrawn from life. It has been said, that death is not the final collapse into the grave, more so it creeps into our life along the way, each moment that we are not fully alive. Have you ever noticed how as we age, somehow we become a little bit slower and somewhat more resistant to embracing the opportunities that life has to offer? Maybe, you have noticed, also for yourself how you don't quiet jump out of bed and skip to your daily activities the same way you did when you were younger. Maybe you keep putting off getting involved in those activities, going to the gym, heading out for that party, or at least not quite as enthusiastically as you once did!

Sadly, it has to be said, that most people are not doing what they love, and consequently, are doing what they don't love. Ask yourself: What do you love? ... What do you love doing? ... What do you love not doing? What are you not doing that you love? ... What are you doing that you don't love?

Let's face it, we all succumb to making poor choices now and then. So often, just as a way to cope, we simply do the best that we can at the time. Yet, how often do you find yourself doing something that you simply don't enjoy? When it comes down to it, so many people spend so much time doing what they don't want to do and are denied to be able to do what they truly want to do in life.

Take time now to reflect upon your journey throughout life and ask; how much good quality time do you enjoy in activities that bring you pleasure? Likewise, you may find yourself in the similar situation whereas you are not able to be engaged in the activities that give you greater fulfilment and joy in life. It's just the way it is, if you are not doing what you enjoy, if you are going against your grain you will become incongruent. Hence, you will find how this behaviour is reflected in many aspects of your life.

Why is it that so many people are suffering from symptoms such as pain, aches, pain, tension, stiff neck and shoulders? I consider that the various signs and symptoms of , causes stress, pain and fatigue may be as a result of incongruent behaviour. For so many people, while the heart says one thing, the head says another. This may be considered as a major underlying major cause of so much dysfunction, suffering and early aging. We can typically see this with so many conflicts, disputes, relationship breakdown and general poor quality of life.

The truth is that we are all unique, and we all have special talents. Actually we all have many facets and are multi-talented. To find, ignite and boost your mojo, you need to cultivate that environment which nurtures and promotes your true full expression to shine.

As a consequence of poor lifestyle choices, consider some of the ways in which so many people attempt to cope with our modern day stresses. We can see that most people are simply ill prepared to handle what comes their way. Hence, some of some of the most common forms of self-medication we typically observe are with alcohol, cigarettes, caffeine, sweets, sex, drugs, television, holiday escapes and so on. Do you really think that others would enjoy engaging with you if they could see that you're not coping with life too well?

To improve the quality of your life, you need to realign your whole body and mind back in the right direction. Truly we need to somehow, get back in alignment with our true purpose. Surprisingly for many, an essential key in successfully achieving this is to bring more fun back into your life. Fun is fundamental in changing our attitude, our enthusiasm and passion to take the right step forward. To get into gear, you simply need to know how to find your mojo.

Finding your mojo is about tapping into that which truly excites you, inspires you and lifts you up. You will know when you have found your mojo as you'll feel as if you are firing on all cylinders and you'll enjoy an elevated, vibrant enthusiasm for life. Your mojo is the magic you possess as you take ownership of your true passion, desires and embrace your special talents. As you tap into your unique niche, you will notice how you'll exude that charming charisma. It's truly amazing when you have found your mojo how you will notice that people are compelled to look at you differently. You will find how challenges are easier to embrace when we living our passion and engaged more fully with life.

It could be said that your mojo is your special unique talent, how you best express your magic charm. Your mojo can be seen as that special influence you exude, a type of magic power you possess when you are in touch with your very purpose for being here. You will notice how when someone has found their mojo, they are exuding a higher self-esteem and self-confidence. As you tap into your mojo, you will display a high aptitude, a natural skill that comes easily because it's so pleasurable. Finding your mojo is about being courageous enough in resolving any of those blocks that have somehow, at some time held you back. It's about making the choice to follow your true path and to express your true passion.

As you get in touch with your mojo, embracing more of who you truly are, you may find there comes an extra-ordinary ability to overcome almost any challenge much easier. You may find yourself, to be at your peak performance and always on top of your game. Connecting with your mojo will provide you with the gift of celebrating each moment with an exuberant, outgoing, vivaciousness with little or no hint of hesitancy, resistance or stress wearing you down.

As you boost your mojo you will find how you become more engaged with life, embracing your physical, emotional wellbeing along with an enhanced positive mental outlook. You will discover as you are so highly motivated, that you will embrace challenges more so as excitement to enhance your performance. You owe it to yourself to find that which excites you, inspires you, lifts you up, motivates and moves you to strive forward in life with much more ease and joy. When we have found our mojo it is so much easier to transform stress into success.

Simply take a pen and paper and begin to jot down all of those aspects of life that you aspire to. Allow your self to become an 'aspirant'. Realise how to experience that driving thirst, that insistent desire, intense yearning and deep craving is a most important part of the creation process.

Reflect and make an honest note of how you see your own personality characteristics. This is a great way to get to know yourself better. You may list characterises that you admire and others that are not so admirable. Then brazenly rate each of your characteristics. Honesty is the key that will unlock what has been holding you back.

Once you have grasped a clearer profile of your true passions, come to acknowledge your true personality characteristics, then take time to ponder why you want to follow your passion. In what ways would you be more fulfilled by following your passion. Then reflect how if you were not to follow your true path, what would you be missing. The idea of this step is to address the purpose for your actions, Once we are clear as to the 'why' it is much easier to take the required action to achieve the results we desire.

This is just a very brief outline of the 'find, ignite and boost your Mojo process'. The above is an extract of the first simple cognitive step. The next step is to collapse polarities, and then to facilitate clearing processes at a deeper energetic level. The full more in depth process is practiced in the 1 day 'Bliss Mojo' seminars. The 1 day seminar is about creating the conducive nurturing environment for allowing you to access and express who you truly are.

BLISS CONSCIOUSNESS

'Bliss Consciousness' refers to the level of being aware that extends above and beyond the 'ordinary' state experienced by most people every day. Bliss is the experience of ecstasy that occurs throughout our body when we are in total appreciation, gratitude and can acknowledge the perfection of everything in our life. It is accompanied by a feeling of extreme peace and wakefulness in which the ordinary the space-time continuum is temporarily abolished. I have so often experienced this and have also heard how others have enjoyed moments of 'Bliss' upon completion of various breathing practices. Essentially, tapping into 'Bliss Consciousness' is about improving the quality of our life. As we improve the quality of our life, we may then find, ignite and boost our Mojo. This is what we love, what we are truly here for.

It may be said that the true nature of consciousness is always in a state of perfect bliss whether we are consciously aware of it or not. Until then, this state remains at the subconscious level waiting for us to integrate it to our higher consciousness by clearing blocks, suppressions and falseness from our lives. When we clear out fear and illusion we can experience 'Bliss Consciousness'. When we are untruthful to the present moment by not being here now, we become separated from our true self and hence suffer the loss of Bliss at the conscious level. It is a form of lying to ourselves.

Sadly, it has to be said, that most people are not doing what they love, and consequently, are doing what they don't love.

Ask yourself: What do you love? ... What do you love doing? ... What do you love not doing?

What are you not doing that you love? ... What are you doing that you don't love? ...

We are all unique, and we all have different talents. Actually we all have many facets. To embrace bliss consciousness we need merely open our self to that state of consciousness which already exists. We do that by clearing away the inhibitors to bliss.

Let me explain it this way. What we repeatedly do sets up patterns in our life. These patterns form a structure that can either support or inhibit our function. If it inhibits us, we gradually become unconscious. Be conscious of choosing functions that only create supportive structures in your life. If you observe an inhibitive pattern, break it up. Spontaneity can be very freeing. Introduce some chaos into your life. Yes, apparently, even as Buddha said how chaos is inherent in all things. We need a balance of order and chaos to compliment each other.

To embrace more bliss in your life, find, ignite and boost your mojo. Observe your personality type, discover your passion and determine your true purpose. Action creates change. Take the action that is needed to put into place that which promotes your true full expression of life.

The essence of ‘Bliss Consciousness’ is love. Love is our true nature. We can conceptualise and feel love, yet true love can only be experienced through the practice of giving and receiving love. Unconditional love is total acceptance of the divinity of each individual. When we are in love, we are in bliss. Ask yourself each day, how much love do I have?

"Instinctively, we know that Bliss Consciousness does exist or we would not be continually searching for it in our lives" - Colin Sisson - Power of Being Present.

The world is such that, due to our unconsciousness, we separate ourselves from the truth and live in a duality experience. By living in a life of opposites we experience conflict which perpetuates a whole illusory series of actions and reactions.

Basically, the amount of suffering in our lives reflects how much illusion we are living. Through integration we can allow ourselves to overcome this suffering. As we achieve this we may begin to experience more moments of ‘Bliss Consciousness’ in our life.

Bliss Consciousness is the realisation that of how we experience synchronicity, where everything is in the most perfect place at the most perfect time.

INHIBITORS TO BLISS

Something that I realised many years ago was that in order to find a solution we need to clearly define the problem. There are many issues that inhibit us from embracing bliss in our life. This chapter looks at identifying some of these problems.

Leonard Orr talks, the founder of Rebirthing talks about the '5 Biggies'. These includes the 'Unconscious Death Urge'. Basically this is said to be set up because of our unresolved 'Birth Trauma' The basic premise is that our first introduction into the world sets up an impression, an implanted point of view about the nature of the world. For many, this is of a harsh and cruel environment. Leonard has a lot of interesting quotes about the 'Unconscious Death Urge'. He says; "The only way you can conquer the death urge is to outlive it." Basically what he is saying is that as we connect more to our spirit and become more alive, experience more aliveness then we can transform that 'Unconscious Death Urge' into a stronger urge to live our life more fully. It's acknowledged that Sigmund Freud brought the unconscious death urge to light in his own work. However awareness of the topic mostly faded back into the unconsciousness after he died.

I've also heard Leonard Orr talk much about the 'Parental Disapproval Syndrome' as being one of his original '5 Biggies'. Essentially he refers to how we are disapproved of in various ways as being one of our major causes of fear and negative programming. Leonard and Sondra Ray say how the syndrome develops as a result of our parents' experiencing disapproval from their parents and their resentment of that disapproval. Actually, I also refer to various aspects of our society that we can allow our self to feel disapproved by. Here we may especially consider the various expectations of the education system through schools, the media, religion, government and so on. Consider how many ways you may feel disapproval of if you don't fit into the expectations of others. An excellent book covering these inhibitors to bliss in much more detail is by Pauline Win; 'Overcoming the 7 Inhibitors to Bliss'

The other 'Biggies' are 'Specific Negatives Lies' that we hold about our self and life. Also the negative effects upon our life from our so called 'Past Life Influences'. I have found the concepts of past lives, karma and reincarnation to be interesting topics, yet are not meant to be dealt with in any detail in this book.

There seems to be a dense matrix of illusions in our world today that inhibits our free expression. The accumulated burden of various negative conditions placed upon us can while weigh us down. As a result, you may have noticed how so many people are walking around like zombies. These topics are covered in more detail in my seminars and my book; 'Scriptures of Holistic Healing Arts'

COMMON PERCEPTUAL FRAMEWORK

I guess that you would agree, that as we all have had different backgrounds and hence different experiences, it is much likely that we could have many different perceptions about any one thing.

We all have various filters that shape the way that we perceive the world. We then project our perceptions to before us. These projections again develop our perception of reality. It sometimes seems that we live in a never ending maze of illusions.

It can be seen how these false perceptions, illusions may distort the expression of who we truly are. Much of the world we see around is merely a mirroring of these projections and perceptions.

To be open to truly see clearly the beauty of life, requires us to clear away these accumulated layers of false concepts and conditioning.

I've observed how, so many people are so confused about so many things in their life. This is because the windows have become frosted over and they have lost touch with the light of the day. Recreational Breathing is about clearing away that clutter to allow the light to shine through.

It may be said that any idea makes more sense for us, if we are able to relate to it through our senses.

Much of these blocks may be due to unresolved conflicts between what we think and what we feel. As the breath is said to be the interface between our mind and body we may use our breath to bring these two aspects of our self together. We can bring both the left and right hemispheres of the brain together, our mind and body, thoughts and feelings become merged

The science of our western world has arisen out of Aristotelian logic and the Sophists in Greece who believed that one arrived at 'completion' through dialectical reasoning and deductive logic. However, Socrates, brought philosophy into the process. Whilst 'Philo' means love and 'sopho' means wisdom, hence philosophy means love of wisdom.

On the other hand, the eastern world had available to them the practice of meditation. They knew that just by going into the silence they could go beyond the mind to attain enlightenment.

Hence, here we have the science of the west and the meditations from the east seem like worlds apart, just somehow awaiting for integration. So too within the mind and body relationship within of each of us.

So much confusion is caused by so much conflict because the mind is thinking one thing while the body is feeling something else. Both are just waiting for integration.

It may be said that simply, integration is the process of bringing together and resolving different points of view. The greatest benefit it this is that rather than having two opposing forces expending their energy in continuous conflict, making you feel confused and tired, once they work together as a team, their united force becomes multiplied for the common good of all.

So it may more so be said that, if an idea is to make any sense for us, we must be able to relate to it through all of our senses in an integrative way.

Once this integration happens, there is a 'turning of the tide' so to speak. We may see how things seem to turn around for the better. Rather than the two opposing forces being locked into a negative downward spiral there is a conversion, their direction changes and there is a transformation.

Recreational breathing is an experiential process. Hence, in many ways, breathing practices work can provide a way of 'bridging the gap' between our logical mind and the more subjective experiences of our body. Recreational Breathing can help us to connect the mind and the body, the thoughts and the feelings and experience the changes in our perception of reality.

I will be discussing these concepts in more detail through the following chapters.

HOLISTIC HEALING

Interestingly, I guess that it may be said, that actually we all have many facets. Holistic healing addresses the overall physical, emotional, mental, environmental, spiritual aspects and beyond.

I believe that holistic healing is much more of an art than a science. The art of holistic healing promotes the total support for the true full expression of the many aspects of an individual. The art of holistic healing is to awaken these wider perspectives without force or suppression. Here we see a fine line.

With holistic healing, an emphasis is more on the responsibility of each individual for their own health. Whilst not denying the occasional necessity for swift medical or surgical intervention, a holistic approach places an emphasis on assisting and facilitating people to understand and help themselves, with education and self-care rather than through treatment and creating dependence. Holistic healing has the potential of transforming both the practitioner as well as the patient.

Holistic healing is about allowing all the being to be expressed as they truly are. This is only accessed through the practice of love. Unconditional love is total acceptance of the divinity of each individual. This is the core of where healing begins.

Plato told the Greek physicians of his time: *"The part can never be well unless the whole is well"*

Please be aware of the difference between "healing" and "cure". Healing is a dynamic process of moving towards 'wholeness' so as to express the entire soul, body, mind and spirit. To 'cure' means to 'eliminate' or to 'fix' which means to set in a static state. In essence, we can never be cured. We are not a 'Golden statue'.

As we are inherently organic beings, we are always changing, relative to our environment.

I believe that if we are not growing, we are stagnant and we die. Recreational Breathing is about accessing inspiration for growth. It's about integration of the inspiration and then transformation.

I appreciate how the term 'holistic healing' may tend to offend many orthodox medical practitioners, as the concepts don't fit into their paradigm. Hippocrates wrote the statement two thousand years ago: *"It is nature who heals"*, the nature of the Universe. The true nature of man needs to be expressed for healing to be effected.

As Plato pointed out to the Greek physicians of his time, the word ‘health’ means a state of being whole, well, hearty and sound in all phases of our being, being spirit, soul, mind and body. ⁸

Holistic Healing embraces all aspects of our being. This includes such areas as a healthy body, environment, relationships with others, healthy thoughts and emotions, a healthy spiritual connection and much more.

Although we may be mostly unaware of it, healing is actually quietly and inherently at work within us at varying degrees most of the time. We may see this with the healing of our wounds, how we recover from an infection, fatigue and so on.

Health is generally considered as being in static state of balance, peace or harmony. However, I consider that it is a lot more than that. During my many lectures, I explain concepts of health in much more detail.

Whilst the word ‘health’ tends to describe a more static state, more so, I see health so more of a dynamic between static and moving. This is similar as in the dynamics of our structure and function.

Rather than the term ‘health’ I much prefer to use the term ‘healing’ which indicates an ongoing process. Healing is more so about being an integral part of a dynamic expression.

Researchers suggest that the very nature of our DNA is a receptor and a transmitter. Well, actually I see that the whole of our being is also a receptor and a transmitter. You see, we perceive things, interpret them and then project our interpretation into the world.

As we previously discussed, our world is basically skewed by our perception of reality. Observe how people around you judge about what fits into their expectations of reality and what doesn’t fit into their reality.

Holistic healing is a process about being able to embrace, integrate and express more aspects of our being.

"Integration is the process of allowing what we had once tried to make wrong through our thoughts and suppression, right, by consciously being aware of a sense of freedom and perfection." - Colin P. Sisson

"Integration is the process of allowing yourself to become aware of something you once suppressed and choosing to enjoy it." - Sondra Ray

An analogy is that in some ways, we are like a computer. We are similar to a circuit board, whereas all the parts need to be connected in all the right ways. We obviously have physical connections, with ligaments, tendons and fascia, etc., and also with organs, blood vessels, a highly complex neural network and of course much more. Yet beyond the physical, we have our thoughts, beliefs and ideas, etc. which are said to reside in our mind, which must also be all arranged in the right order and are intricately connected throughout our body, in which we generate a complex series of senses, feelings, emotions, passions and desires beyond any imagination.

All of these aspects of our being are intimately connected to our genetic inheritance, our evolving environment, culture and our many relationships, and a complex web of cosmic influences, often well beyond our conscious perception.

Essentially, if any part of this highly complex circuit board is affected, in some way it will affect the whole, as it is all connected. It may only take one aspect of our life to be in disharmony with the whole, for there to be a 'fuzzy' image reflected on the computer screen.

As is the cliché, rubbish in, rubbish out, whereas as we are all intimately connected, also socially, commercially any dishonour we express towards another also affects our selves and further distorts our perception of reality. I propose that much of our individual health issues has much about the world that we live in. Hence with a 'Holistic approach to health, as we 'join the dots' and draw the many connections in our life and start to unravel the maze we may discover a whole range of health benefits we never previously imagined.

Some aspects to consider is that beyond the mere healing of the physical, mental and emotional aspects of our being comes an increased intelligence, an expanded awareness and a greater sense of happiness,

joy, creativity, purpose in life, a deeper inner peace, with more compassion and harmonious relationships, and a much higher evolved species.

If we are to follow a path to realise our potential, we need to integrate all aspects of the being to work well with each other. Of course, as organic beings, we have infinite connections and infinite potential. Philosophically, what could we become if we allowed our-self to be more deeply connected at all levels of our body, mind, emotions, our environment, our spiritual connection and beyond, and we were to become more whole?

SOLUTIONS FOR HAPPINESS

We all love a happy ending. We watch the movies and we hope it all works out well in the end so that we can walk away happy.

In many ways, we have also set-up our life as like a movie. We tend to reflect at how dramas started and we look forward to how they will end. Only in our mindset is there a beginning and an end. In nature nothing has a beginning and an end. There is always something before the beginning and always something after the end. Everything in life is a process. When we go against the process we experience suffering. Otherwise we can trust the process and enjoy the ride.

We can enjoy the process by taking one step at a time. Each step we take is here and now. Also within each step we let go of the past and step into a new future at the same time. Sure, this is mind blowing. As with our breathing, we only breath, here and now. By bringing our mind to focus on the breath, we cultivate our awareness to be more present.

Happiness is about being contented in the present moment. Contentedness is about allowing the content of anything to be integrated within its context. Most suffering happens simply because we don't allow our self to appreciate the many facets of our experiences. We tend to be more happy when we think that things are resolved. We can allow greater resolution, by simply perceiving any conflict as a contrast. A greater contrast can allow us to see deeper, more dimensions and aspects of a situation. By simply shifting our perception, we may be able to perceive in a way that is both objective and subjective at the same time.

Our mind focuses more on content, being the specific details of an issue. On the other hand, our feelings tend to tune more into the context. This aspect is more about the overall atmosphere, and how things all fit in together. The trick is in allowing our awareness to perceive the virtues of both and to merge both perspectives together on the one page. The key to happiness is allowing opposites to compliment each other rather than being stuck in conflict.

Our world promotes so much competition. Children are conditioned from a young age to engage in competitive games. We have chess, poker, football, tennis, racing and the list goes on. This competition sets up a winner and a loser. We even compete with nature as we race against time. This sad mindset infiltrates throughout most of or society, such as in our business world. Most people are only happy when they think that they have won and consequently unhappy when they loose. However the truth is that in competition, there is no real winner. There are only winners when all wins in a complimentary relationship. To cultivate happiness, change our culture to complimentary relationships where all win.

We know when we are happy as we compare the experience with the times when we are not so happy. So we could say that happiness is relative. As an example, if we lose something, we may be unhappy about our loss. Yet, if we find again what we had lost, or gained something even better, then we will most likely be happy. Interestingly, we would probably be happier than before we had lost it.

You may have heard it said that we don't appreciate what we've got till we've lost it. Also, it could be said, we don't know what we're missing until we get it. Hence, there's a relationship with appreciation and happiness. Therefore if we can enhance our appreciation, we may also experience enhanced happiness.

I remember how surprised I was many years ago when I was studying Oriental Medicine. In Oriental Medicine philosophy it is considered that anything in excess is a pathology. I remember hearing how even excessive, joy and happiness can have a negative effect upon us. Actually Oriental Medicine considers that underlying each excess is a corresponding deficiency. Therefore, it may be considered that underlying happiness is a lack of contentment. In reality, there's usually a whole web of interacting emotions, maybe say of joy, pain, fear and despair in relation to various associated strengths and weaknesses.

We may say that any solution is that which has been sorted out and shared equally and evenly across the whole field. A solution is as a result of clarity a harmonious mix. Hence if we were to seek a solution for happiness, it would be a way where we were happy all of the time. However as we discussed that is not the nature of happiness.

Apparently, it was Einstein who originally said how we can't solve a problem with the same way of thinking that caused it. Generally, we consider that happiness is an emotion. Yet, you may agree how it's the result of our thinking. Essentially, it's how we judge things as being more good than bad. Therefore, we may say that it's how we judge reality that determines our happiness. However, it's said that we can't be a judge in our own matter. Most of our judgements are based on only those aspects that are more obvious to us. It seems that the solution to happiness is to simply change our perception of reality. Some things are much easier said than done. Our perception comes from our observations. To enhance our perception, we need to sit in the observer's seat and to become a neutral witness. As we practice this, we can transcend thoughts, let go of the old mentality and raise our consciousness. Hence we are on our way to embracing the 'Bliss Consciousness' that is already inherent within us.

'Bliss Consciousness' may be referred to a state of being happy whether our mind thinks that our experience is good or bad, for the better or the worse. It's a marriage of opposites to come together as one. It's where there's an appreciation that either 'good or bad' is perfect. It's an unconditional love of life no matter what our perceived experience may be.

Essentially, tapping into Bliss Consciousness is about improving the quality of our life. As we improve the quality of our life, we may then find, ignite and boost our Mojo. This is what we love, what we are truly here for.

STRESS SOLUTIONS

Most people are so surprised to hear me say that there is really no such thing as stress. Stress is a myth.

Now, to take the next step, with my ongoing research, I've discovered that the underlying cause, and surprisingly and as unbelievable as this may sound with most of my clients' conditions is actually not really so much 'stress' that's the problem, it's actually, more so about how we react poorly to situations in our life. We can merely see the various signs or feel the various symptoms of how we respond poorly, such as stiff neck and shoulders. Hence, these signs and symptoms are what is generally referred to as stress.

If we do a little bit of research, we find out how history tells that it was Dr Hans Selye, who was a European Doctor, that is actually acknowledged as adopting the term 'stress' and popularised it to as we now use it in terminology today. You see, so as strange as it may seem, less than 100 years ago there actually wasn't this notion of this thing that we call 'stress' that we have today. So Doctor, Hans Searle who coined the term, in the 1930's was really the first who started using this term 'stress' for us humans. By the way he made an important distinction between positive stress and negative stress.

Now, along with the latest research into stress these days, with the likes of Dr Serge Doublet Ph D, with his book, 'The Stress Myth', it's telling us in much more detail how the concept of stress is actually so much a myth.

So, when we seem to be suffering from what is called 'stress', what I'm suggesting is that it's actually more so the signs we see and the symptoms we experience as a result of our poor response to our various challenges.

By the way, let's face it, we do live in a very challenging world these days. I've seen so many people suffering with conditions like 'Chronic Fatigue, Fibromyalgia and so on and what I've observed that these people typically suffer also from are things like; low energy, especially in the morning and mid-afternoon, sore muscles, stiff joints, persistent headaches, anxiety, moodiness, trouble sleeping, brain fog and an inability to concentrate. You probably know someone yourself with these types of conditions, which can be so debilitating.

When we look closer at these conditions we can observe how often there has been a history of poor response to challenges. Furthermore, I've observed how it so often comes down to an underlying weakness or deficiency. This underlying weakness or deficiency is what I call 'low vitality'. So often 'low vitality' is due to a pattern of poor responses, or to be more precise due to unconscious reactions.

Essentially the solution is to transform our behaviour from a reaction to a more integrated response. Let's get a little bit clearer about what the differences are here.

It seems to me that we have two polarised aspects to our being. On one hand we have the thoughts of our mind and on the other hand we have the feeling in our body. When we have conflict between what our mind thinks and what our body feels, we experience emotions. These emotions cause various signs and symptoms such as stiff neck and shoulders.

We can thank our emotions as valuable feedback of the conflict between our thoughts and feelings. We can appreciate why each is in conflict, as due to poor communication. Simply the mind doesn't appreciate the body's point of view, and visa versa. Each is stuck in their own position.

We need a process of reflection so that the mind can recognise the thoughts in the body and the body can feel the thoughts of the mind. Both the mind and body need to integrate these polarised aspects within themselves so that they can also appreciate it within their complimentary partner. Within this integration process, both the mind and body may merge together and function in a more harmonised relationship.

Now, we don't really want peace for too long. Peace is just a small piece of the puzzle. Peace and harmony brings stillness and stagnation. Prolonged stillness and stagnation results in death. On the other hand, conflict promotes growth and change. Especially, if we are able to successfully embrace the challenge we may evolve to be able to handle exploring greater aspects of our self. As we embrace this journey, we are also on the way to truly find, ignite and boost our mojo.

BEATING PAIN

We know from a holistic perspective, if we are suffering physical pain, we may also be suffering on some associated mental and emotional levels. Hence, our physical health, our mental attitude and emotions are all connected.

"Ho, ye who suffer! Know ye suffer from yourselves. None else compels...no other holds ye that ye live or die." - Siddhartha

It could be seen that the main difference between pain and pleasure is a choice on how we perceive the experience. In the Buddhist teachings there's a formula that says: "suffering equals *pain* multiplied by *resistance*" Hence, it's not the pain itself, but the resistance to the pain, that causes the suffering. So, while not denying any existence of pain, the practice is to not hold any resistance to it. The process is to be lovingly embracing the pain by being present with it, as if in meditation. Practice focusing awareness on the pain and observing it in its entire depth and detail. By opening up to embrace the pain it at its full intensity we are at the same time dropping resistance. Furthermore, by tune into the sensation of the pain, allow the pain to become meaningful for you.

In essence, pain is a message, it's a signal of resistance and some blockage. Become aware of your resistance to receiving it's message. Allow yourself to communicate and work together with your pain. Be aware of any experience such as feelings of despair, frustration or anger which may be an indication of the amount of resistance you are harbouring.

Be aware that you can't beat pain. It is not a competition. You will only endure more pain by trying to beat it. Resolution can only be achieved by co-operation, working in a complimentary way with your pain to achieve greater awareness, growth and evolution. This is the way to release all mind/body and spiritual blockages. It's more of a kind of cleansing, a transformation. Pain can stop being hell, a meaningless suffering if we can turn it into a purification process (purgatory) in which we can open up and connection on a spiritual level. As a result of this purification you will eventually experience an increased sense of oneness and connectedness, rather than resistance & negative emotions.

Basically, I see that pain is caused from patterns of inappropriate reactions and resistance. It takes a lot of effort to maintain reaction and hold resistance patterns. Once the resistance is released we may experience new found vitality. Believe it or not, associated with this transformation of consciousness comes an awakening, where we can be so grateful to the pain for the opportunity of experiencing this realisation.

You may have heard the line by the 80's Australian rock band, The Divinyls; 'There's a fine line between pleasure and pain'. There are many more aspects to explore where pain can truly be your friend.

BLISS MOJO™ – ‘Solutions for Living a Happier Life in the Modern World’ ©

For more in depth information and processes, please either attend my seminar or read by book called;
‘How to BEAT Stress, Pain and Fatigue’

OVERCOMING FATIGUE

You may have noticed how, as people age, enthusiasm to get involved in life's activities seems to decline. It just so happens that we become a little bit slower and somewhat can't seem to handle challenges as well as we once did when we were younger. You may have seen how elderly people don't quite have the same spring in their step, go about life with a care free attitude and have the same optimism for the future.

Also when someone is not well, it seems as if the life-force has been knocked out of them. On the other hand, observe how the super fit and healthy seem to enthusiastically take everyday challenges in their stride. For an elite athlete, a simple hop down to the local corner store is no challenge. However, to a crippled invalid, the same journey can be a major task. We know from a holistic perspective, that stress, pain and fatigue are all inter-related. Fatigue is due to lowered vitality. Lowered vitality can be the result of many causes. However, most commonly, they are inter-related. Hence, fatigue on our physical health, our mental and emotions levels are all connected. The key to overcoming fatigue is to boost our vitality. To boost our vitality we need to find out appreciate a little more about it.

There are many ways to look at vitality. On the one hand, we can consider that as long as we are alive, there is vitality, as vitality is vital to life. Also, our vitality may be observed by our enthusiasm, passion, aliveness and joy for life. When addressing issues of vitality, I often refer to Traditional Oriental Medicine, where it is observed in a colourful way that the kidneys are very similar to the batteries of our body. The 'Nei Jing', the earliest known book on Traditional Oriental Medicine, speaks about the vital essence of 'Jing', and its clear function in relationship to our vitality. It refers to the concept of the kidneys storing 'Jing', illustrated as our vital life force. You see, each organ in Traditional Oriental Medicine relates to a specific element, and the kidneys relate to the water element. I reflect with my clients that it's how much water we have left in the well that determines our wellness. The ancient texts refer to the concept of Chi more with the perception of what it can do. As the batteries become depleted, we feel we can become more easily fatigued, even in performing simple tasks. There are specific guidelines to recharge the batteries, and I venture in much further detail about concepts of vitality and 'Jing', in my book; 'Scriptures of Holistic Healing Arts'.

We may ask, why bother to keep recharging our batteries, if they just keep getting depleted all the time? I guess it makes sense, that first we need to plug the holes, where the vitality is leaking out. Here we discuss how a continuous game of 'push and pull' causes excessive demands of energy to be consumed. You may see this where there is consistent conflict in ones life. It's like we're always pushing uphill, paddling against the flow, at a tug of war with our self. Basically we see this where there is much conflict. This may be where the head is headed in one direction, however the heart is headed in another. They are not working together as a team. Instead of co-operation there is crippling competition. We will often see this where there is incongruency. As an example, this incongruent behaviour may be where we are not actually doing what we say that we will do.

The key is to boosting our vitality and recharging our batteries is to handle greater challenges more easily. Essentially fatigue is about resistance. It's said that force causes resistance and resistance causes force. However, it is not necessarily just that simple. You see we need life-force to grow and evolve. There are two ways to look at everything. It just so happens that we are playing this polarity game. On the one hand we may accept, align and agree an offer and on the other hand we may resist, react and reject. Our mind-set works like a binary computer. We resist because we believe that holding onto our programed beliefs matters more than the need to change. Actually, all matter is caused by resistance.

If we were to look at the very essence of what moves, motivates, inspires, lifts and expands us we could say that it is our spirit. When we are spirited we are animated, alive and full of action. On the other hand if we were to reflect upon what is at the very seat, the core, foundation, blue print of our being we could say that she is our soul. She is the essence that nurtures and attempts to preserve the structure of our DNA.

The trick to overcoming fatigue is to find your mojo. This is to allow the spirit and soul to dance together, for them to caress each other, to become more intimate, to merge and make love. What potential would we enjoy if these two essences were to surrender unto each other and become as one?

As we follow our mojo, we become more aligned with our purpose, with our true passion and we may find greater enthusiasm and zest for life!

BREATHE YOURSELF BETTER

Sadly, many people breathe very poorly and yet proper breathing is so essential. The breath is said to be our most vital connection to life. Our breath is our connection between our inner and outer self, the mind and body, the past and the future. Just ponder now, how you can truly only breathe in this moment, here and now. As the mind drifts back and forth between the past and the future, anxiety, tension and stress may arise. Yet by focusing on the breath, we can bring the mind back to the present moment, because in reality, there is no other time.

With many years presenting breathing seminars I've seen how so many have benefited from the various techniques. It is well known how the benefits of simple breathing exercises can extend well beyond just the duration of the practice.

So, to begin with, what I'm suggesting, is that from time to time, simply take a moment to sit and quietly to just observe your breathing. Maybe just when you think of it, even if it's just only for a few seconds. It's like to be a silent witness of your breathing. Remember to allow your focus to be present with your breath and simply enjoy the adventure. So the idea is, not to change your breathing in anyway. Just be with it, and observe if your mind wanders off, as it most probably will do, and simply bring your awareness back to observing your breath again. Sure this may take a little bit of discipline at first, however as my clients and students have discovered, the more you do it the easier it gets. In this adventure, first simply tune into the more physical gross movements of your body from your breathing, Such as, observe the rise and fall of your chest and abdomen. Then be aware of the rhythm of your breathing. Next tune into the more subtle sensations from your breath such as how your breath passes through your nostrils. Allow yourself to take some time and enjoy the process. Again attempt not to judge, change or control it. By the way, you may find that it's extremely difficult to observe something without actually having an effect on it.

I call this 'Breath Awareness'. In essence we're just building a relationship with you, your awareness and your breath. As you gain greater proficiency with this exercise, begin to tune into the more subtle aspects of your breathing, such as the subtle sensations at your nostrils, your sinus, back of your throat, and other areas of your upper respiratory tract. Gradually as you practice this, more frequently, you may find that you become more aware of observing your breathing on both a more physical grosser and subtle levels every now and then throughout the day. So observe this also as you go for a walk, sitting and listening to the radio, watching the TV, and so on.

I have found that breathing is a fascinating process. I hope that as you practice this 'Breath Awareness' exercise, you will become to appreciate your breathing more as well. Sometimes we may overlook the most obvious solutions to seemingly complex problems. Our breath starts with the vital essentials. Through our connection with our breath we cultivate our most essential relationship with life.

I present a series of seminars called 'Recreational Breathing'. The theme is about learning how to breathe from the breath itself. It's about celebrating with each inspiration, how we connect with the spirit of breathing, how we can enjoy our breathing process and receive benefit from the experience. We can connect more with our 'Spirit' with each inspiration by becoming more intimate with our breath. We can do this easier as we allow our self to enjoy the breathing process.

I believe that through the practices in the seminars and my book, also called 'Recreational Breathing' we can achieve not only improved physical health, but also great personal development and spiritual growth. To help appreciate the power of breathing let's establish a common perceptual framework which is explained in more detail in the relevant chapter.

I consider that within each inspiration we draw in spirit into our bodies to move us. We then integrate that inspiration as we connect to our exhalation. Then the release on the exhale is the transformation. We transform by letting go. Then we repeat the cycle with aspiring to take in the next inhale. The spirit within each breath can help us to clear away past blocks and transform these negative influences to give us new life. When we have cleared away layers of false identity, we may again find our 'Mojo' and reclaim who we truly are.

"As the basic rhythm of life that supports all other rhythms, breathing could be called the most creative act we perform in the body." (Dr Deepak Chopra)

Interestingly, so many people see breathing as hard work. Also, most are not aware of how they tend to hold their breath at various times. But, it doesn't have to be that way. With the following exercise, you'll see an easy and enjoyable breathing exercise that you can practice at times throughout the day.

This basic breathing technique is called 'Conscious Connected Breathing' To practice this, you simply connect your inhale to your exhale, and your exhale to your inhale, so that they become one connected breath. To improve this technique, remember to actively pull in the inhale and conversely passively drop the exhale. I recommend to practice this for only 10 breaths. At the end of the exercise sit, quietly and relax for about 30 seconds and just simply observe the effects of the technique. More tips to improve this technique are in my book; 'Recreational Breathing'.

"Offering the inhaling breath into the exhaling breath and offering the exhaling breath into the inhaling breath, the yogi neutralises both breaths." - Paramahansa Yogananda

"To connect your breath to your inhale to your exhale means to merge them so your breathing feels and sounds like an unbroken circle." - Leonard Orr

I learnt this breathing technique from Leonard Orr, (the Founder of Rebirthing) in the early 90's. I love the way that Leonard says; “conscious connected breathing is to learn how to breathe from the breath itself”.

I have found that breathing is a fascinating process. I hope that as you practice these exercises, you will become to appreciate your breathing more as well. I have not intended to go into too much depth about breathing in this book, however, I explore much more detail in my book called ‘Recreational Breathing’.

CONSCIOUS CREATIONS

It just so happens that most people find themselves as victims of circumstances and unconsciously attract conflict, drama and the like into their life. You may notice how they are so polarised in their approach to life. By this, I mean that they see something as either being good or bad, as being right or wrong. This sets up separation, conflict and competition. So many people are conditioned this way because we can see that there are so many situations of competition in our world. We may see this in business, in sports, gender roles and so on.

Another approach is to perceive reality more in the realm of relativity, as one thing being only relative to something else. The true nature of creativity is achieved by the merging of opposites. Explore more for yourself how you can become more creative by merging opposite aspects rather than keeping them in separation and conflict.

You may practice this in your breathing process, with your inhale and exhale. Also be aware of integration your thoughts and feelings, your structure and function and so on. Also set breathing patterns may be seen as more yin or feminine whereas chaotic patterns may be considered as more yang or masculine. Hence, the art of 'Recreational Breathing' is the process of merging both of these principles into one.

I consider that consciousness itself is only achieved by the merging of our unconscious with our conscious self. So as Carl Jung indicated, the more conscious of the unconscious we become, the more conscious we become.

Creativity happens by a synthesis of both masculine and feminine principles. It's how well these opposites can complement rather than compete against each other that determines the level of creativity. By bringing opposites to come together as one, we may create our life as an art form. By merely changing our perspective, by seeing a conflict as contrast, we can give more depth, meaning, purpose and passion to life. This awakening from shifting perspective can bring more aliveness, expanded reality and lifeform. The very nature of our DNA is a receptor and a transmitter. Well, actually I see that the whole of our being is also a receptor and a transmitter. You see, we perceive things, interpret them and then project our interpretation into the world. Our world is basically skewed by our perception of reality.

Observe your judgements, of how you judge about what fits and what doesn't fit into your expectations. And then just ask; 'How interesting?' Simply allow this process to take its course. Interestingly you may find how these issues change from a less limiting to a more expanded perspective of reality.

Interestingly, it may be said, that we all have many facets. However, for most people, many of these facets are yet to shine. Creativity is an art that can be enhanced with practice. Creativity promotes the true full expression of the many aspects of an individual. 'Conscious Creations' is a process of being able to embrace, integrate and express more aspects of our being. You may have heard that we all have a 'shadow-self'. It may sort of be seen as that part of us that has been disowned. As we move closer to embracing our shadow, we may allow the light to shine on aspects of our self that we were previously in denial of, and hence we can become more whole.

To help facilitate this process become aware of addictions, habits and other patterns in your life. You may then be aware of how you came to consistently repeat your behaviour to set up these patterns. The nature of any of these patterns is that they becomes entrenched into our unconscious. The problem can be that we may be unconscious that it's an unconscious pattern. Unconsciousness, by itself doesn't facilitate our personal development, our growth or evolution.

Consciousness is about choice. The next step is to choose to consciously break those unconscious patterns. Change requires action. You may chose to introduce changes gradually so that they may be more easily integrated. By practicing this process, you may find that you can enjoy more spontaneity in your life. Spontaneity allows us to enjoy the present moment more fully. When we are more present we become more creative.

We have so much potential to be creative. You can learn more at my seminars or in my book also called; 'Conscious Creations'.

BREAKING FREE FROM THE MATRIX

You may have seen or heard of the movie, the Matrix. The matrix may be described as an illusionary world fabricated by the mind to prevent humans from discovering that they are slaves to the system. Could there be anything more sad than being born into bondage, as a slave imprisoned to a system without even knowing so? A matrix may be seen as such a deep bonded structure that it limits free function. Function is fun. This matrix is not funny, as it restricts our ability to be free to enjoy the true pure qualities of life.

In this movie it is asked if you chose the red or blue pill. It seems interesting how our mind and body reacts to the two colours of red and blue. Generally, as I learnt when I studied colour therapy, red is considered as stimulating and awakening whereas blue is sedating. Blue symbolises that we have fallen asleep. The blue pill is when we have become so deeply implanted to believe that the digital, fictional world that we have fabricated is actually true. This worldly mentality is like getting caught up in believing the fable of Alice down the rabbit hole. You may remember how Alice begins to argue with all of the make believe characters as if they were true. Could it be true that the matrix has become so manipulating and restrictive that it has censored and blinded you from the truth? We may ask is ignorance truly bliss or is it just a conveniently comfortable escape from reality?

When we awaken to the red pill, we may see truly how deep the rabbit-hole really goes. This refers to an awakening of the true nature of the matrix. The red pill is about choosing to embracing the painful truth. This could awaken us to escape from the matrix. Here the true reality is revealed, even though it may be initially more challenging. I've heard it said how red relates to the realm of the living whereas blue is of the dead. Have you ever wondered why emergency vehicles like the police, ambulance and fire units have alternating red and blue flashing lights?

It just so happens, there is duality in everything. However, most people are conditioned to see only one side of the story. That which is hidden from us, can also controls us. The trick to breaking free is to find the combination which unlocks the blocks to seeing the whole truth.

Depending on its aspect, every mountain has it's shady side at some time. Likewise, we all have a 'shadow-self'. This may be that aspect of our self that we chose not to see. It may be said to be our dis-owned aspects. As we move closer to embracing our own shadow, we may shine some light on those hidden and covert aspects that were previously limiting our potential. As we resolve these issues within our self we may become more apt at addressing these related issues in our outer world.

Once we overcome denial, and awaken to the polarised aspects within our self and how they relate to the outer world we live in, we may then allow for higher resolution so that we may hence become more whole.

SELF-REALISATION

Children often ask parents pressing and meaningful questions such as; "Where did I come from?", "What will happen to me when I die?", "Why do things turn out the way they do?" Few, if any parents can provide adequate answers to settle the disturbing fears that lie behind such questions. For most, the quest lingers within us throughout life, sometimes burning intensely to know who we truly are. These unresolved and unfulfilled questions can leave an empty space within us, causing separation from this world.

The way of modern man, through his intellectual ideas has actually lost touch with himself. He has separated himself from nature, the very nature of who he truly is. So many thoughts, ideas, concepts, considerations, beliefs and attitudes are actually fabricated as ways to escape reality. We may see this in such areas as the fictional books we read, movies we watch, the myths and fables of religion, and the propaganda in the media and the traditions and superstitions of our culture.

Scientists of today have revealed that the mind isn't just located in the brain. We also have a brain in our heart and gut. More so, I consider that our mindset is reflected in every cell throughout our body. Further more, it's reflected in the world around us. We're immersed in a matrix with a compelling and convincing storyline. Interestingly, it can be seen how we pluck so many of our thoughts out of the environment we live in. Nevertheless, the mind actually defines our limitations. It sets the boundaries with rules and regulations of why we can't be our true self.

On the other hand, consciousness is our connection to who we truly are. It's our connection to a much larger playground, the unlimited universe. Consciousness is a kind of reflection. It's said that the more conscious of the unconscious we become, the more conscious we become. Hence, by merely just shifting our awareness to the fact that we are merely observing a world that has been constructed by the myths and story tales of the mind, we may begin to break free of the matrix and rise to a higher consciousness.

Consciousness is our true nature. So we may say that consciousness is inherent within us, it's omnipresent. Hence we are already connected, we just need to let go of the limiting beliefs of our mind that keep us separated. We can do this by firstly observing our thoughts. Then become aware of the opposite thought. Next bring the opposing thoughts together and collapse both polarised thoughts into one.

A quick technique is, as you observe your thoughts simply ask; 'How interesting?' This will help to discharge the polarised point of view that we had subscribed to. To process even deeper, tap into the mind and body connection that has held each thought in place. Further more connect our inner and outer world experiences that has held each thought in place. Connect with your decision to hold that thought in place. And then, to the preceding series of events that led to that decision being made.

Consciousness is about choice. Hence when we chose a thought, we had chosen to go into unconsciousness. We chose that so we can then have an opportunity to be more conscious of our unconsciousness. Reflect how, without the darkness of night we would not be able to recognise the brightness of the day. So we may see our limited thoughts as merely a way for consciousness to recognise itself. Through connecting consciousness with our limiting thoughts, beliefs and concepts we may become to realise our self.

"As is the macrocosm, so is the microcosm. As is the atom, so is the universe. As is the human mind, so is the cosmic mind." - Ancient Indian Sage Declaration

I guess, in a nutshell, I could best describe 'self-realisation' as the ability to realise who we truly are through being who we truly are. When we are being who we truly are, we have found our mojo and we are following our bliss.

The various techniques in this book and at the seminars I present can help you in integrating the mind and the body, the spirit and the soul, the outer and the inner worlds and all the aspects of our being. This can help us to achieve a higher degree of 'self-realisation', to realise who the full expression of our self really is. As we become clearer about who we truly are, we may return back to our true nature.

SUMMARY

A purpose of this book is to share knowledge about how to improve our life. I guess that it's fair enough to say that over the last couple of decades, more people are becoming more aware of the type of world we are living in. Within this time, there's also been a gradual awakening of awareness of the need to improve our lifestyle.

In this new awareness, there's been a paradigm shift from the old mechanistic ways of thinking to a greater energetic realm of reality, where we are realising the greater potential. Maybe, as human beings, we have the potential to evolve to reach our full potential.

I hope that the 'Bliss-Mojo' processes in this book will help us to achieve our potential. I recommend to partake the exercises that are presented in the seminars. To find out more about the range of seminars that closest to your area visit; www.BlissUniversity.com

RECOMMENDED READING

This book has been primarily a compilation of various personal experiences and research by me over a period of 25 years. Obviously over this period I have read many publications, books and been exposed to much other research such as seminars. I have attempted to make the contents of this publication as original as possible. If I have made any reference to any ideas or other work, I have attempted to acknowledge all contributions either within the content or in the list below. However, if you feel that the author has breached any copyright by omitting any quotes or references please feel welcome to contact me through the website at: www.BlissUniversity.com I will be happy to include the appropriate references or otherwise omit these from the next version. I wish to thank all of the following references for their contribution to this book. Please note that the following references are in no particular order.

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Other Books by Ra Bliss

Bliss Stress Solutions

7 Keys to Handling Stress in Just 1 Minute.

Would you like solutions to improve your ability to handle Stress?

As we all know, dealing with stress can be tough. Trust me, we've all been there at some time. Let's talk about stress.

There are two types of stress responses;

There's acute 'Fight-or-Flight' short term stress, when our adrenaline increases as we focus our attention on the threat or stress, to the exclusion of everything else.

Then there's the chronic stress, which is more of a longer term response after prolonged periods of stress, where fatigue begins to set in and then 'burnout'.

Both of the above responses depend largely on the way we feel, think and perceive or interpret the situations in which we find ourselves and our ability to respond appropriately.

Can you see how stress can actually trigger a mixture of all of the above? I'm sure you have experienced it. I know I have.

So you may ask, what can we do about stress?

In this book '**Bliss Stress Solutions**' I share with you my research with a deeper insight into stress, and I offer you a variety of solutions for you to use, to help handle your stress.

This 84 page '**Bliss Stress Solutions**' book covers the following topics;

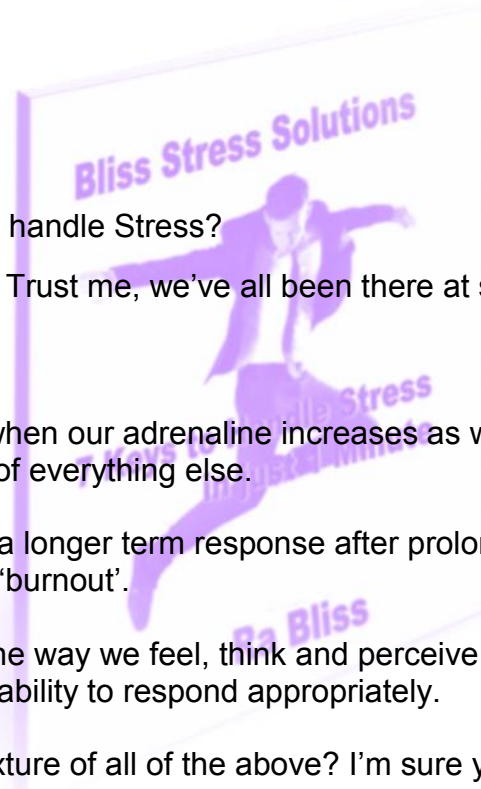
Chapter 1

What is Stress? ... Stress Statistics ... Causes of Stress ... Effects of Stress ... Signs & Symptoms of Stress ... Stress Switch ... The Stress Blob ... Mixed Bag of Stress ... Holistic Stress ... Adrenal Stress ... Heart Stress ... Conflict Stress ... Stress Addiction ... Success Stress ... Concepts of Stress ... Stimulus and Response Dynamics ... The Stress Myth

Chapter 2

7 Essential Keys to Unravelling Stress ... Stress Less with Good Health and Vitality ... How to Recharge Your Batteries ... The Beached Whale Syndrome ... Handling Underlying Stress Issues ... Environmental Stress ... Yin and Yang Stress ... Resolving Underlying Stress Issues ... Top Secret Stress Tips ... Flick the Switch from Stress to Success ... Wonderful Stress ... How to Find, Ignite and Boost Your Mojo

This '**Bliss Stress Solutions**' book is offered free at the 'Stress Solutions' seminars



Other Books by Ra Bliss

Conscious Creations

... ‘Creating Consciousness’

This book is an exploration of consciousness.

The overall concept is that ‘as we consciously create

... we are also creating consciousness’

This book is to facilitate a higher place of consciousness.

Learn powerful techniques for the ‘Transformation of Consciousness’.

Discover for your-self how unconsciousness causes pain and suffering.

Consciousness gives you the choices, empowerment and improve the quality of your life.

This book provides a step by step process to make your unconscious programs more conscious.

Learn about conscious relationships, bliss consciousness, super consciousness and more.

Whether you want to attract more money, happier relationships, better health, enhanced looks, self esteem and success ... this book could help to transform your life!

Conscious Creations is a process of embracing, integrating and expressing the many aspects of our being. As we move closer to embracing our shadow, we may allow the light to shine on aspects of our self that we were previously in denial of, and hence we can become more whole. The closer we come to embracing our whole being, the more conscious we become.

Essentially, to help facilitate consciousness, we need to become aware of our unconsciousness. This may come in the likes of addictions, habits and other patterns in your life. You may then be aware of how you came to consistently repeat your behaviour to set up these unconscious patterns. The problem can be that we may be unconscious that it’s an unconscious pattern. Unconsciousness, by itself doesn’t facilitate our personal development, our growth or evolution. Consciousness is about choice. The next step is to choose to consciously break those unconscious patterns. Change requires action. more creative. We have so much potential to be creative. You can learn more at my seminars or in my book also called ‘Conscious Creations’.

Conscious Creations is also an inspiring 1 day seminar and workshop. This class is designed to facilitate you to align your life from a higher place of consciousness. The book is offered free at the ‘Conscious Creations’ seminars. Learn powerful techniques for the ‘Transformation of Consciousness’ ... if you want to attract more money, happier relationships, better health, enhanced looks, self esteem and success , this book and seminar could help to transform your life!

Other Books by Ra Bliss

Breathe Yourself Better

... ‘for a better life’

It is said that ‘Breath is life’

Our breath is most fundamental to life.

Yet, sadly, many people breathe very poorly.

Our breathing process has so much power

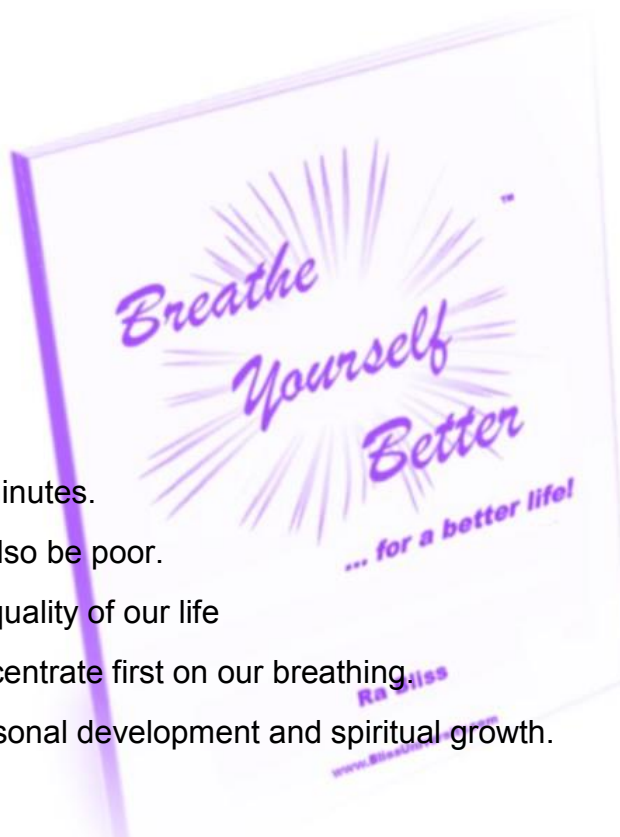
Without breathing we may die in just a few minutes.

If the breathing is poor, then our health will also be poor.

The quality of our breathing determines the quality of our life

Based on importance for life, we should concentrate first on our breathing

Breathing practices help with our health, personal development and spiritual growth.



‘Breathe Yourself Better’ is an introduction to ‘Recreational Breathing’.

This book is based on a series of seminars and workshops that I have presented over 25 years. The overall theme of the book is about enhancing the quality of our life through of the power of breathing. ‘Breath-work’ is an umbrella term generally used to describe various breathing practices to help with our health, personal development and spiritual growth. So many people see breathing as hard work. I course, we try to resist hard work. Hence, rather than use this term ‘Breathwork’, in the early 90’s I coined the term ‘Recreational Breathing’ which more suitably describes a process that is enjoyable and has the power to change and recreate our reality. Many of these breathing practices have been adopted from ancient eastern practices such as in Yoga and Taoism.

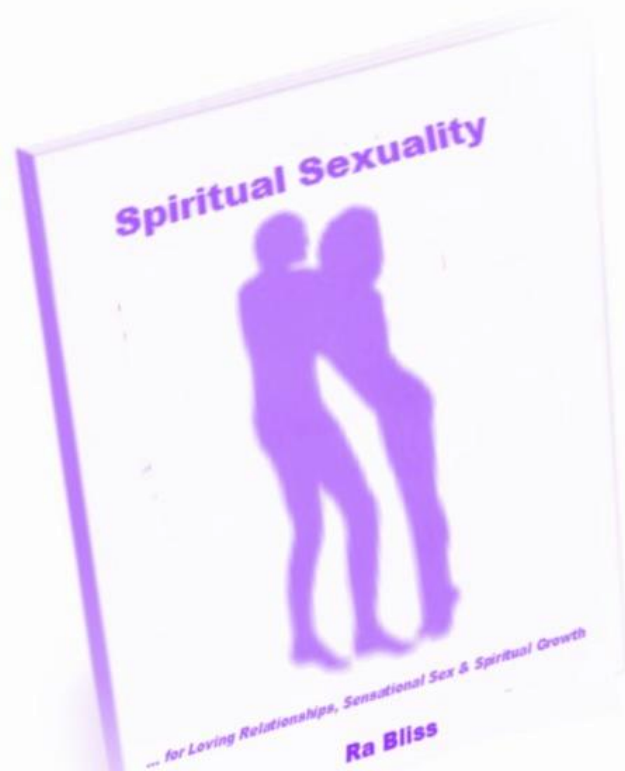
This 60 page ‘**Breathe Yourself Better**’ book covers the following topics; Introduction ... Common Conceptual Framework ... Principles of Holistic Healing ... Physiology of Breathing ... Physiology of Breathing to Stressless ... Breathe Yourself Better ... Recreational Breathing ... Yogic Breathing ... The Art of Breathing Energy Breathing ... Conscious Connected Breathing ... Extra Connected Breathing Techniques ... Breathing to Resolve Emotions ... Breathing Meditation Body-Mind- Breath Connection ... Bliss Consciousness ... Self-Realisation Synchronised Breathing ... Psychic Breathing Lifestyle Breathing Summary ... References and Recommended Reading

Recreational Breathing is an inspiring 1 day seminar and workshop.

Other Books by Ra Bliss

Spiritual Sexuality

... ‘for Loving Relationships,
... Sensational Sex and Spiritual Growth’
Self-development book
Help to resolve relationship issues
Embrace enhanced sexuality
Discover the secret to sensational sex
Gain tools for spiritual growth.
Enjoy an enhanced lifestyle
Also, improve health and life in general.



Sadly, for many sex has become a mundane routine, with its erotic potential being untapped. Often, due to parental and cultural conditioning, unresolved issues, inhibitions, repression and secretive existence around sexuality, many if not, most adults have grown too embarrassed to allow desire, intimacy, passion and eroticism into their sexuality. However, in today's world, we are experiencing a sexual revolution.

This book is about self development. It's about stepping out of the paradigm and into the new paradise. Why suffer from sexual anesthesia when you really want to be alive with sensuality? In this world, our first encounter with sex was at our conception. Your first relationship was with your mum and dad, while you were in the womb. Then you were engrossed in a primary sexual act ... of being born. It was a major sensation that is literally re-lived with every sexual encounter that you have. Unintegrated, traumatic events can rule and ruin your relationships, sex life, health and life in general. Sensational sexuality is really all about coming back to your senses ... to be sensible in embracing what is naturally pleasurable, here and now ... rather than being a projection of the past. Sexuality is primal life-force ... why fight it? .. rather transform it! Sensational sex is a way to enlightenment.

The ‘Spiritual Sexuality’ seminar is a fun and exciting seminar and play-shop. It includes a discourse on sexuality and spirituality, intimacy and loving relationships, masculinity and femininity and sensuality, libido and innocence. There is a presentation on how our conception, gestation, birth and early childhood impressions affect our adult relationships and sexuality, and what to do about it. For more information you can visit; www.spiritual-sexuality.com

How to **BEAT** Stress, Pain & Fatigue

Solutions for Living a Happier Life in the Modern World

If you enjoy whinging and whining, and holding on to your stress, pain and fatigue then this book is not for you.

Yet, if you are serious about making a difference for greater enjoyment and

Sadly, **stress, pain and fatigue** can ruin lives. Here's a great book that can give you your life back!

The purpose of this book is to help improve your life. Over the last few decades more people are becoming aware of the type of stressful world we are living in. Within this time, there's been a gradual awakening of awareness for the need to improve our lifestyle.



Ra Bliss is well known as the '**Master of Holistic Healing Arts**'. As a Holistic Naturopath, Counsellor, Life Coach and Remedial Therapist he specialises in the management of stress, pain and fatigue. For over 25 years Ra has presented seminars, courses and retreats throughout Australia. Ra is the author of 6 other books and for many years been a writer for numerous magazines, as well as a speaker at many functions, events and on radio on topics of holistic health and wellbeing.

'**How to BEAT Stress, Pain and Fatigue**' is full of revealing surprises. In today's too hectic lifestyle, many are seeking '**Solutions for Living a Happier Life in the Modern World**'. **Ra Bliss** artfully presents a 'Holistic' approach for 'Self-Care' to help enhance wellbeing.

Topics covered include; The Stress Myth ... How To Beat Pain ... The Fatigue Fantasy ... plus heaps of BONUSES: Causes of Fatigue ... How to Boost Your Vitality ... Solutions For Living a Happier Life In The Modern World ... How to Find, Ignite and Boost Your Mojo ... Breathe Your Self Better ... Bliss Consciousness ... plus lots more.

In this new world of awareness, there's been a paradigm shift from the old mechanistic ways of thinking to a greater energetic realm of reality, where we are realising the greater potential. Maybe, as human beings we have the potential to evolve to reach our full potential!

To find out more about **Ra Bliss** range of books, seminars, courses and retreats that's closest to your area visit; www.BlissUniversity.com

by Ra Bliss

Bliss Mojo

... ‘What you love’

This is essentially a lifestyle improvement book.

It belongs to the series:

‘Solutions for Living a Happier Life in the Modern World’

So many people these days are not happy.

Most people are doing what they don’t love
and consequently, are not doing what they love.

Ask yourself: What do you love?

What do you love doing ... what do you love not doing?

What are you not doing that you love ... what are you doing that you don’t love?

What is your Mojo?

Your Mojo is your unique niche in life, it’s about tapping into that which truly excites you, inspires you and lifts you up.

Your mojo is the magic you possess as you take ownership of your true passion, desires and embrace your special talents.

In this book ‘**Bliss Mojo**’ I share with you my research and insights and I offer you a variety of solutions to help you ‘Find, Ignite and Boost Your Mojo.’

Finding your mojo is about being courageous enough in resolving any of those blocks that have somehow, at some time held you back. It’s about making the choice to follow your true path and to express your true passion.

This 40 page ‘**Bliss Mojo**’ book covers the following topics;

MOJO MOJO ... How to Find, Ignite and Boost Your Mojo ... Bliss Consciousness ... Inhibitors to Bliss ... Common Conceptual Framework ... Holistic Healing ... Solutions for Happiness ... Stress Solutions ... Beating Pain ... Overcoming Fatigue ... Breathe Yourself Better ... Conscious Creations ... Breaking Free from the Matrix ... Self-Realisation ... Summary ... Bonuses Recommended Reading

This ‘**Bliss Mojo**’ book is offered free at the ‘Bliss Mojo’ seminars

