

# BLISS RITUALS OUTLINE

## 1. BLISS RITUALS

### a) Journey of the Heart

In order to feel the HEART  
I need PRESENCE, FLOW of ENERGY, FEELING, not thinking  
PASSION comes from the heart  
Awaken the sacred FEMININE

### b) Passion Practices – The “Oneness” Experience:

CONSCIOUS CONNECTION, YOGA, MUSIC, DANCE, POETRY, FOOD, CUDDLE, EYE-GAZE, MASSAGE, NATURE, PET...

### c) Quest of the Mind

A calm MIND is reflective  
I need AWARENESS, STILLNESS of MASS, THINKING, not feeling  
PURPOSE comes from the mind  
Awaken the sacred MASCULINE

### d) Purpose Practices – Many “Aha” Moments:

CONSCIOUS ISOLATION, MEDITATE, WRITE, READ, SPEAK, LISTEN, WALK, RUN...

## 2. SOURCE OF POWER

A busy BODY is PATTERN driven, with or without presence and awareness.  
I need POWER to run my body's patterns.  
POWER comes from the strength of my presence and the depth of my awareness.  
EMBODIMENT of the sacred feminine and masculine.

## 3. PROCESS OF AWAKENING:

[HEART - PRESENCE, FLOW of ENERGY, FEEL inside, getting in touch with the inner child, the authentic self, the suppressed natural state, connect with boundless unconditional love, FEMININE - PASSION]

[MIND - AWARENESS, STILLNESS of MASS, THINK on the feelings and ANALYSE past patterns, know yourself, connect the dots, reveal your ultimate truth, MASCULINE - PURPOSE]

[UNAWAKENED BODY - DOING, default PATTERNS, denial and distractions, no presence and no awareness, UNBALANCED, WEAK – POWER]

[AWAKENING] BLISS RITUALS: JOURNEY of the HEART-PASSION, QUEST of the MIND-PURPOSE

[AWAKENED BODY - DOING, NEW PATTERNS, ACCEPTANCE and FOCUS, with both PRESENCE and AWARENESS, BALANCED, STRONG – POWER]

## 4. CONSCIOUSNESS OF BLISS

Body Senses Pleasure.  
Heart Feels Happiness.  
Mind Knows Perfection.

Spirit Is Bliss.  
Bliss Is God.  
God Is Love.

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Zhen EX, Apr 2018