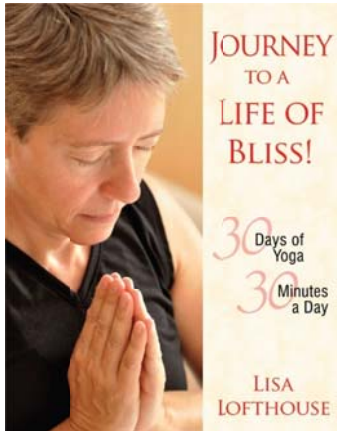


JOURNEY TO A LIFE OF BLISS!

By Lisa Lofthouse

BOOK SUMMARY



Inside of every one of us is the innate ability to connect to our higher self. The higher self is your place of compassion, unconditional love and enormous wisdom. Over the centuries opening to the higher self has been accomplished through prayer, dance, rituals, breathing techniques and meditation.

The *Journey to Bliss* program is a tool for learning how practicing yoga 30-minutes a day for 30-days can deepen your spiritual path while creating a healthier body and a calmer way of being. With the mind calm and the body in a healthier state it becomes much easier to connect to your soul, spirit, or higher self.

In the west, yoga is often thought of as an exercise regimen targeted to opening the hamstrings and loosening the lower back, when it is actually an ancient system designed to lead the practitioner to higher states of consciousness. Don't let the words "higher states of consciousness" scare you off. They simply are a way to describe the innate ability of the mind to look past perceived barriers, over walls of illusion and find the truth in the heart of every matter. Whether that is in developing more honest and open relationships, being more efficient at work or creating a healthier and more flexible body to house the enlightened mind.

Developing a daily yoga practice is a huge obstacle for many people but those who manage to try it for 30 days find that they end up with more time in their day. People often don't have time to take a class or go on a retreat. Taking 30 minutes out of a regular routine to focus the mind, move the body and breathe deeply transforms a scattered, multi-tasking lifestyle into one of focus and spaciousness. Little things that once seemed bothersome and so utterly important lose their grip on the mind and on your time. By reading *Journey to Bliss*, answering the journaling questions and practicing 30 minute videos at

www.30-daysofyoga.com you will turn a manic lifestyle into one of simplicity and grace.

Each day begins by setting an intention, not only for the physical practice of yoga but, to follow throughout the day. And the author readily admits that setting an intention is easy, holding true to it is another task entirely. With support from suggestions in the book, on the web site and in the videos holding to an intention gets a whole lot easier. Just knowing there are others out there working on the same ideal, unrolling their mats, and breathing along with you can move you from a practice of yoga once a month on the full moon to yoga everyday at sunrise.

Yoga is a path of transformation, and any effort done with intention is transformative. No matter what your age or level of health you can evolve, you can grow and transform into a person of unlimited potential, living a life of ease, bliss and sweetness of being.