

## THE WORD *BLISS*

The word ***Bliss*** describes Illumination and Enlightenment because negative emotions Have vanished from the psyche, from the personality.



Clearing the Emotional Body is a Monster job. It takes changing your whole point-of-view, acute monitoring, diligent effort, and surrender to become a benign, All loving, blissful being.

But, Baby Love, you *got* to start somewhere, and it's important to realize that emotions begin little and grow big. That means a *little irritation* can end up as a *big anger*.

Not good to let those little puppies grow.

If you feel an *irritation* in your body, it is an emotion Evoked by an internal, hidden dislike that causes a negative resonance.

***And it resonates ugly because*** you think you are the victim.  
 Other's: *Actions* do it to you, *Speech* habits do it to you,  
*Attitudes* do it to you, *Opinions* do it to you,  
 And even other's simple habits do it to you.

THEN. *Then*, your dislike is camouflaged as TRUTH.  
***Except***, nothing actually does anything ***TO*** you. **YOU DO IT TO YOURSELF.**

So, catch an irritation by the tail and let it drag you inside to its origin. You'll find it's anchored in your heart, where you store your sense of identity, Composed of judgments, opinions, and beliefs *About Yourself*.  
***There*** is the inner spot to begin your journey to ***Bliss***.

Expose your favorite beliefs about yourself that have Negatively resonated to cause recurring irritations. Then, change your mind to align with Reality and the irritations disappear. The heart gives a sigh of relief. Burden unloaded.

One baby-step closer to ***Bliss***.