

WELCOME TO YOUR *Bliss Blueprint*



Your guide to creating, living,
and loving your most blissful life!

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YOU ARE ONE STEP AWAY FROM BECOMING A POWERFUL BLISSMAKER, *creating the blissful life that is your birthright.*

And it's about time, isn't it?

How long have you been settling for a life of mediocrity? And now you've reached your limit. You are no longer willing to stumble through life like a zombie ... neither fully alive, nor dead ... just going through the motions and grabbing at any little morsel you can find to feed your soul!

You need a change. A BIG one! You are ready to feel excited about life again! You want to feel that zeal, that passion, bubbling up inside you, driving you to make the kind of choices that light you up.

No more scraping by. No more settling for what's readily available. It's time to show up and make it happen YOUR way. It's time to grab your life with both hands and mold it into something you are excited about.

This Bliss Blueprint gives you what you need to lay the foundation of your dream life. You get to fill in the details to make it truly yours.

Recognizing that things need to change is the easy part. Well, the easier part. And kudos to you for making that connection! It's not always easy to admit when things aren't going according to plan.

When your current life looks something like this:

- I know what I don't want, but I haven't got a clue what I do want, or why I want it.
- I'm not taking care of my health like I know I should. Just making it through the day is the energetic equivalent of an Ultimate Fighting Championship match.
- My life doesn't reflect my desires, dreams, passions, or purpose. And I can't remember the last time I really had fun.
- I'm feeling really apathetic about everything in my life ... like none of it really matters, so what's the point?
- When I do try to learn how to be the lead player in my life by listening to podcasts, watching videos, reading blogs, and the like; I'm left still wondering how to put all the information into practice in a way that is realistic and doable for me.

Clearly, what you've been doing isn't working. And that's okay. Piling shame on top of an already unsatisfying life isn't going to help anything. Now's the time for learning a NEW way to do things. A new way that does work. A new way that is easily customizable to suit YOUR dreams, YOUR desires, YOUR idea of bliss.

So now you have two options before you:

1. Keep doing what you've been doing. It has been said that the definition of insanity is doing the same thing over and over again and expecting different results. And that's your first option: Insanity.
2. Or you could choose this second option: Do something different. You have to do different to get different.

If you're fired up enough to choose option 2, you are probably fired up enough to also want to learn a new way that actually works! A new way that puts YOU in control of your life, that shows you how to step into YOUR POWER. And that's what the Bliss Blueprint offers you: A tried and true method for discovering how to reclaim your power to manifest the life that works best for YOU.

You know that continuing to live the same disconnected, apathetic, unfulfilling life you've been living is no longer enough. It's no longer an option. You know that something needs to change NOW. Otherwise you're likely to find yourself in one (or all) of the following scenarios:

- you're too broke to do the things you want to do or have the things you want to have
- you're super lonely because you're either resentful of your friends who are succeeding in life, and too bummed out by your friends who are in your same sad sinking boat, not to mention the fact that you blame everyone and everything around you for your state of dissatisfaction
- you're sick and tired ... literally
- you drown your sorrows in pizza and wine until you are so fat and drunk that you find yourself permanently attached to your sofa, living on disability, and your only remaining 'friends' are the delivery guy and the cast of your favorite sitcom

I think we can agree that's not a life. That's a disaster. You are so much better than that! I know it. You know it. The delivery guy knows it. But YOU are the only one that can change it. So, let's get down to the juicy gooey center and talk about the steps you need to take to do just that.

THE BLISS BLUEPRINT IS MADE UP OF 7 BASIC PILLARS:

These are the 7 Cs that will change your life

1. Clarity

The first step is getting really clear about what your most blissful life looks like for you.

This is not about what society thinks, or what your mother wants for you, or how you compare to everyone you went to high school with. This is about you, and your vision of awesomeness. Lewis Carroll, the famous author, once said, “If you don’t know where you’re going, any road will get you there.” But reaching a *specific* destination will require *specific* roads to get you there. You have to be clear on where you’re trying to go or you could end up right back where you are, or, heaven forbid, someplace worse.

2. Context

Step 2 is about reframing your personal context, or perspective. This is the mindset work. This is where you get to really go deep with yourself in honest, curious inquiry to learn what deep-seated limiting beliefs you might be holding. It’s an opportunity to reclaim your personal power, and to reconnect with your sense of confidence and worth. This work can be uncomfortable, but it is so incredibly powerful and necessary to the successful manifestation of your most blissful life. You cannot skip this step. It’s a non-negotiable.

3. Compassion

In order to successfully navigate the mindset work, you need to **cultivate compassion (Step 3) for yourself**, both for the old parts of you that are limiting your progress, and for the part of you that is really feeling challenged while working on transmuting these old frameworks. Having compassion for self sets the stage for compassion toward others. And compassion toward others sets the stage for Step 4.

4. Connection

Step 4 explores Connection. This really shows up in relationships with others - family members, partners, friends, colleagues, service providers, neighbors, and any- and everybody else. Through increasing your compassion from the inside out [in Step 3], you are much better positioned to find true, authentic connection with self and others. This can be especially important in setting up a loving network of folks who can support the work you are doing in a way that helps you progress forward rather than holding you back.

5. Constitution

Once you're beginning to feel connected with the world and have established a collective of positive support, you can begin to turn your energy to tending to your body/mind.

This is Step 5. Getting proactive in cultivating your personal Constitution. Taking actions to align your psychosomatic experience with the blissful vision you hold for yourself. If you begin by cleaning up the body/mind you will set the stage for more meaningful experiences in every sector of your life. A body in pain, dis-ease, or dysfunction will never be able to fully enjoy any experience. So, it's important to take proactive steps to getting healthy in body and mind. Taking a personal inventory of diet/nutrition, movement/exercise, rest/sleep, fresh air + sunshine, stress management/relaxation, and self-care can help you understand where you can make improvements in your overall wellness.

6. Culture

Step 6 is about creating a personal Culture that reflects what you truly desire and who you truly are. Once your body/mind's in order, you can move on to reshaping your lifestyle. Improve your financial game with proven mindset work, tips, tools, and hacks. Explore communication styles and boundary setting practices to deepen your relationship connections. Learn how to manage time efficiently in a way that works for you, and that creates space for more FUN in your life. Experience a modern take on Home Economics in which you make your home a sanctuary of luxury and nurturing sacred space; one that is organized in a way that really works for the way you use your space, your things, and the way you live your life. (Or the way you want to live your life.)

7. Consciousness

Finally, it's time to weave all of these beautifully redesigned details together into the bigger picture. **Step 7, Consciousness, is all about recognizing that you are a part of something bigger.** You are but one spoke in a giant wheel that keeps this Universe rolling along in continual experience and expansion. Learn to shift your perspective to more fully see the big picture and your unique role in it. Discover (or re-discover) your purpose in life. Expand your experience of the world by giving of yourself through service. Learn what rituals, tools, and practices you can use to tap into Spirit/Universal Intelligence/Inspiration. Learn how to harness the power of the Law of Attraction to manifest anything and everything you desire. When you are able to shift from the micro to the macro view of life, it is a lot easier to realize that we all have access to the magick that makes up the Universe.

When you show up and do the work, there's no limit to what you can create for yourself. When you follow your own unique Bliss Blueprint, you will find new flow showing up in your life in beautiful ways.

- You will know what you want, and that you have the power to create it in a way that feels good for you.
- You will look and feel better in your body. You'll have energy. You'll feel excitement again.
- You will open yourself up to luxury. Your relationships will blossom and thrive. You'll find more time in your schedule for things you enjoy. You will start looking around and realize that your lifestyle is a glorious reflection of who you are and the magick you bring to the world.
- You will always feel a sense of connection to something bigger. And it will feel freakin' awesome.

This is the stuff that life is about, right? You're ready to feel good, to live your blissful life, to be a bright, beautiful, meaningful part of this world, right? If your heart is shouting YES! right now, then you're ready to take the next step. You're ready to roll up your sleeves, dive in, and start creating your dream life. And I want to help you.

Sign up for a Free Unblock Your Bliss Session!

In this complimentary session you will get an opportunity to explore what living your most blissful life looks like for YOU. We'll dig around to find out what's keeping you stuck, and what it will take for you to break through and embody your magical manifesting mojo. (It's already in you. This will just help you access it.) Then we can talk about how I can help you put it all together with strategies - moving from the 'what' to the 'how' - so you can truly start living your most blissful life. You've got this. Bliss is your birthright. Sign up now and start claiming it.



[Click here to register](#)

I am so excited to see what magick you create.
It's gonna be epic!

xoxo,

Melanie

WHO IS MELANIE?

the visionary behind experiments in bliss



Melanie is a holistic lifestyle advisor and coach who helps the modern seeker reconnect to their inherent magical mojo to create their most blissful and expansive lives. She is an intuitive, author, longtime wellness professional, spiritual maven, tarot consultant, and creator of **The Bliss Blueprint**, a guide for escaping the drudgery of mediocrity and stepping into bliss.

Melanie educates folks to rise above their mundane lives, to reclaim their personal power, and to reconnect with what it is they really desire out of life. She provides her clients with all the tools they need to reclaim their authenticity, reconnect with their Soul's purpose, and follow their bliss through the free content she shares as well as via her individual coaching relationships, her signature program - **Becoming Blissmakers**, and in-depth tarot consultations. From living in her car, working for peanuts, and drowning in depression and apathy to showing up every day for a life of magick, passion, and absolute bliss, Melanie now creates sacred space for others to create their own bliss on their own terms.

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