



"Yes, it is absolutely true. By spending 20-30 minutes doing the BLISScipline Energy Practice everyday, you can manifest exactly what you A.I.M. for..."

You most certainly will accelerate the manifestation process as you fully participate in the FREE BLISScipline Energy Practice in community with others.

And, in all honesty, often the difference between the people who *actually LIVE* the BLISScipline Lifestyle - where they attend, intend, and masterfully manifest by exceeding their own expectations, and those who do not is this...

...those living a BLISScipline Lifestyle have cleared the energy blocks or resistance from the inside out.

Have you cleared all the resistance and energy blocks in your life?

Internal clearing naturally happens daily during the 11-step BLISScipline Energy Practice. And, perhaps the bigger question is this: How do you get rid of the resistance that comes up during the BLISScipline Energy Practice?

If you are like me, one-on-one support is the most effective and expedient way. Like the other BLISScipline A.I.M. Leaders, I get transformational coaching support.

Partnering with objective, highly-skilled transformational coaches is the difference that makes the difference in my life!

Think about it.

Doesn't it simply make sense that you could achieve a whole lot more in your BLISScipline Energy Practice by clearing the blocks in the way of you receiving fully?

If you overcome resistance completely, discharge all your inner "gunk" and can get totally *clear* on your own, **great - do it!**

And, if you are like most people and you keep experiencing chronic cyclical patterns or stubborn blocks in receiving, then getting BLISScipline Trak coaching from one of our hand-selected coaching team will make a huge difference in your life.

BLISScipline Trak coaching supports you to...

- Prepare well for BLISScipline A.I.M. or support you to overcome what you are currently “resisting”.
- Clear inner conflict, obstacles, and judgment of yourself and others.
- **Support you to drop mental baggage that has weighed you down for years.**
- Cement the thoughts, feelings, and actions that support you in getting exactly what you want.
- **Quicken the process of Masterfully Manifesting your 30-day, 6-month and 3-year A.I.M.s**
- Get past the tricks your mind plays on you that keep what you want away from your life.
- **Prioritize the BLISScipline A.I.M. inspired actions to bring you the most fulfilling results quickly.**
- Unleash the brilliance of your deeper knowledge system or unconscious mind for even faster results.
- **Embrace the polarity and leverage your setbacks for rapid acceleration**

And a whole lot more...

Does BLISScipline Trak coaching really work?

Can our expert coaches really help you to “get clear” in your life? Good questions.

Well, of course **I say** BLISScipline Trak coaching will support you, because I have trained these coaches through Erickson College International and I totally believe in what they offer.

But more importantly, look at what a couple of recent coaching clients have to say about it...

“In all honesty, my first day of the community BLISScipline Energy Practice was not so blissful . . . my resistance came up right away. In my head I was judging the process, and in my heart, I was feeling sad and almost bitter about the things I’m not being and doing in my life. I requested a coaching session to help me shift out of a state of being closed, walled-off, insulated, and protected into state of receptiveness, gratitude, openness, joy, abundance. My coach helped me listen to what my resistance was telling me – and more importantly, to reconnect with my heart’s desire and greater intention. While resistance may be a safer place for me to be, there is something far more alive for me about feeling the raw longing for what I want most – even if that also brings up other feelings about the gap between where I am and where I want to be. As long as I’m truly connecting to my desire with my heart as well as my head (which I wasn’t able to on the morning of Day 1), then I can hold an intention around calling it forth.

After my coaching call, I feel human, whole again, with access to a more positive focus in my mind, and openness in my heart. I am now open to the fuller possibility of what the BLISScipline Energy Practice has to offer – and I have insights to come back to when I fall into resistance again.

If you are struggling with your practice or your life – feeling alone, stuck in negative emotions, judging yourself or the process – I highly recommend receiving a coaching session because it can help you to learn from – and dance with – your resistance instead of wasting precious energy fighting it.”

Kristann Boudreau,
Corporate Consultant, Trainer and Coach
Vancouver, BC CANADA

*"When I began the BLISScipline Energy Practice, I experienced resistance to "bigger" thinking, somewhat binding myself in the "be realistic" thought process, or simply not allowing myself to know that I know. I experienced my resistance in my body and in my head, not allowing me to get to my heart or to connect strongly with the energy in the world. This led me to get a coaching session and the allowed me to realize that this resistance was for me **a key breakthrough point**. If you're asking yourself why you're not getting more out of your practice, I urge you to ask for a coaching session as I wish for you the same serenity I feel as a result of my coaching session."*

Marguerite LeBlanc
Interthink Consulting Incorporated
Edmonton, AB
www.interthink.ca

"I really got so much out of my BLISScipline Trak coaching session. My coach asked "the questions beneath the questions" so I could unearth my own answers. By the end of the session, I got a chance to really come away with not only important insights, but tangible actions and tools to transform a challenge into a goal."

Lois Barth
Luscious Living Lady
Coach/Speaker/Writer
www.1Dreamatime.com

*"Before the coaching session I experienced manifestation of 2 of my 30 day goals in my first few BLISScipline A.I.M. sessions. After the coaching session I was helped to expand my thinking and manifestation to include the Universe to work its magic and give me those things I was asking for but also go for and Something Even Better! I am now putting into practice things we talked about in the coaching session and expanding my thoughts and visions! **I highly recommend receiving a coaching session because it is so powerful to help you go even farther than you ever dreamed, so even if you think you are doing okay.** Everyone should get coaching! My coach has been invaluable to me and my goals and dreams."*

Chris Tia Cummings
www.christiacummings.com

Before I go any further, I must mention that although the BLISScipline Energy Practice is absolutely, unconditionally FREE to you, **BLISScipline Trak coaching is not a free program.**

Our BLISScipline A.I.M. Leaders give their time and energy to you FREE in the BLISScipline Energy Practice; and, for us to develop and deliver this gift to you through time, these certified, professional coaches must receive back for their one-on-one support to you.

So, if you're ready to get the most depth possible from the BLISScipline Energy Practice and manifest in an even more magnificent way, invest in BLISScipline Trak coaching. It will take the BLISScipline Energy Practice to the next level for you or your money back!

**And of course, only invest in this way if it *feels* right to you.
Only YOU KNOW what is best for you!**

Honestly, I do want to share that I've always been bothered by the fact that most people simply can't afford good coaching. So, for this reason, I have arranged for BLISScipline A.I.M. Leaders to offer you coaching at highly discounted rates.

Now, in offering this coaching, I want to make one thing really clear. These coaches are not Choice International or BLISScipline A.I.M. employees. They are outside coaches whom I have trained through Erickson College that are good – VERY GOOD! In the spirit of the BLISScipline A.I.M. project and to make this as affordable as possible for YOU, my company is not making ANY money on this. All our coaches charge at least \$150/session, and because you are involved in BLISScipline A.I.M., they will discount their rates, just for you!

PHASE 1 - To Prepare You for the 28-Day BLISScipline Energy Practice:
Optimal BLISScipline - The Foundational Coaching Session

Your Benefits – Powerfully clear the space to receive well in the FREE 28-day program, set the most important, most powerful 30-day, 6-month and 3-year A.I.M.s.

60 minute one-on-one session – Content: Individual coaching through the BLISScipline A.I.M. Essentials 7 step process

List price: ~~\$150~~; Your price: **\$97.50**; You Save: **\$52.50 (35%)**

60 minutes small group session – Content: 3-5 people being coached through the BLISScipline A.I.M. Essentials 7 step process, with each participant receiving a 10-minute one-on-one.

List price: ~~\$100~~; Your price: **\$67**; You Save: **\$33.00 (33%)**

PHASE 2 - To Support You During the 28-Day BLISScipline Energy Practice:
BLISScipline Explorer - The Deepening and Releasing Coaching Session

Your Benefits – Overcome resistance and go further with the 28-day process. Improve clarity, clearing, focus, discipline, joy, and more.

60 minutes one-on-one session – Content: Coach draws from hundreds of solution- focused technologies to support your desired outcome,

List price: ~~\$150~~; Your price: **\$97.50**; You Save: **\$52.50 (35%)**

PHASE 3 - To Support Your Integration After the BLISScipline Energy Practice:
BLISScipline Lifestyle - LIVE the PRACTICE Integrative Coaching Support

Our BLISScipline Lifestyle coaches accept a limited number of clients due to the intensive and extensive one-on-one support they offer. To qualify, you must be living a BLISScipline Lifestyle, promoting BLISScipline A.I.M. in some way and embracing a consistent daily practice to be selected.

Your Benefits – Sustain a BLISScipline Lifestyle where you Thrive and Help Thrive. Sessions are 40-60 min.

1 session/month for 3 months = 3 sessions total

List price: ~~\$450~~; Your price: **\$297** You Save: **\$153 (34% off)**

2 sessions/month for 3 months = 6 sessions total

List price: ~~\$900~~; Your price: **\$547** You Save: **\$353 (39% off)**

3 sessions/month for 3 months = 9 sessions

List price: ~~\$1350~~; Your price: **\$797** You Save: **\$553 (over 40% off)**

You are all entitled to a BLISSciplined Lifestyle where you are absolutely true to the best this within you and Thrive and Help Thrive!

Again, if you're manifesting all you want from the BLISScipline Energy Practice and in your life, then you likely do not need a coaching session.

And even I get coaching and so do all the other BLISScipline A.I.M. leaders, so we are thinking this could be valuable to you as well.

Choose your best most ideal coach and email them today! The coach bios are below.

Passionately Supporting your BLISScipline Lifestyle,

Rae

the **In-Powered Choice** coach
Founder of **BLISScipline A.I.M.**

P.S. Even if you're not sure, send an email and get a feel for what this expert coaching would do for you. I am absolutely certain you'll benefit!

BLISScipline Trak coaches

Michael Garvey

Michael is a personal, relationship & family coach who helps individuals, couples, parents & families to overcome negative thought systems and work with possibilities and potentials.

Michael first participated in the BLISScipline A.I.M. May 15, 2007 and woke up to creating sacred spaces that awaken the quiet courage to allow my Spirit to soar. He knew that he wanted to be a voice of this work, and have been leading BLISScipline AIM communities and living a BLISScipline Lifestyle ever since.

Prior to establishing his coaching business and being BLISScipline A.I.M. leader, Michael spent 10 years as a Family Support Worker & 17 years as a fitness leader & group fitness instructor. Michael offers a wide range of programs and services – from coaching to self development and the Developing Capable People parenting program.

After a successful career Family Support Worker & Fitness Leader, Michael now coaches other people to achieve the same success. Michael specializes in coaching individuals, couples, parents & families of all types to: overcome parenting anxieties, bring parents values & beliefs into focus, work through divorces that involve children, improve parenting leadership skills be less reactive & more proactive, develop sound coping strategies & problem solving, have more effective communication, leverage your personal power more effectively and a desire to explore within.

Michael is no stranger to personal, relationship, parenting and family dynamics. He spent many years as a parent, single parent, step-parent, grandparent, baker, family support worker, fitness leader, and a serendipitous adventurer of the self.

To contact Michael please email coach@humannavigator.com or go to www.humannavigator.com.



Rhonda Musak

Rhonda Musak specializes in coaching artists to assist them in finding more balance in their lives so that they might have a rich and rewarding personal life *and* be able to create throughout their lifetime. She brings to her coaching over 15 years of living and working as an actor in New York City. Having explored the ins and outs of what it means to devote a life to both creating art as well as living a deeply fulfilling personal life, Rhonda is uniquely qualified to hold a space for her clients in which artistic endeavors and everyday life can be balanced, harmonized and transformed into anything her clients can envision.



Rhonda first participated in the BLISScipline A.I.M. beginning in May 2007, through which she began a deeper process of aligning her day-to-day thoughts, choices and actions with her heart and her soul. She is thrilled to be a voice of this work as she leads BLISScipline A.I.M. communities and she continues to be amazed as those she leads begin to step into this profound unfolding and truly experience the BLISScipline Lifestyle.

Rhonda offers a wide range of programs and services – from private and group life coaching to acting training utilizing life coaching principles.

Rhonda Musak can be contacted directly through Art & Soul Coaching: Life Coaching for Artists in Transition, www.artandsoulcoaching.com. Please e-mail her at rhonda@artandsoulcoaching.com or call (212) 229-7405. For more information on her acting classes, please visit www.elizabethbrowningstudio.com.

Rena Hatch

Rena Hatch is a wise woman life coach who helps open-minded women to reveal their inner goddess and feel more confident.

Rena first participated in the BLISScipline A.I.M. in June 2007 and awakened to herself as an expert in her life experience and a deeper vision of her business. She knew that she wanted to be a voice of this work, and has been leading BLISScipline AIM communities ever since.



Prior to establishing her coaching business, Rena spent 10 years as a geoscientist giving seminars and leading by being an example for women in science. Through her personal experience of life coaching and practicing yoga, she realized she had been denying her feminine power to fit into a masculine workforce, as well as living her life for others instead of from a deep authentic place. She had a powerful, transformational experience which led to her leave her career, lose more than 50 lbs, move to Portland, OR, get certified as a yoga teacher, get training as a coach and open her own business, LunaGaia.

Rena offers a wide range of programs and services for women – from individual wise woman life coaching session to group workshops and inspiring weekend retreats at the Oregon Coast. She specializes in coaching women, searching for their hidden potential, to shine a light on their own unique beauty and gifts as they experience more self-confidence and inner peace.

Rena is no stranger to struggling with a sense of self, boundaries, health, stress, and old wounds. She spent 10 years as an over worked, over stressed, 'up in her head', high achieving scientist who was looking for something more but not sure what it was. After a successful career as a micro-business owner who followed her dreams, Rena now coaches other people to achieve the same success. **To contact Rena Hatch please email goddess@LunaGaia.com or go to www.LunaGaia.com**

Larrye Heyl

Larrye Heyl is a Solution-Focused coach who helps business professionals as well as persons with individual needs to personal live more satisfying days and learn to better communicate with their family, friends, and fellow workers.

Larrye first participated in the BLISScipline A.I.M. in May, 2007 and awakened to the power of community in manifesting what you want. She knew that she wanted to be a voice of this work, and has been leading BLISScipline A.I.M. communities and living a BLISScipline Lifestyle ever since.

Prior to adding coaching to her business and being a BLISScipline A.I.M. leader, Larrye spent 25 years as a trainer and consultant. She offers a wide range of programs and services – from professional coaching for executives to personal coaching for those who want to attract in their lives exactly what they want so they may experience daily joy and contentment.

Larrye specializes in coaching executives to communicate with their employees so that the environment they create is one of cooperation and collaboration, where the employees see the manager as open to suggestions, fair, and supportive of their own career goals. After a successful career in technical training, course development, and management consulting, Larrye now coaches other people to achieve the same success – in many areas of their lives.

Larrye is no stranger to the technical world. She spent 17 years in the university system as a computer and engineering profession. She left university teaching to train for fortune 500 companies and started her own consulting firm, which she has successfully maintained for 17 years.

To contact Larrye please email telmedia@earthlink.net.

