

# BLISScipline A.I.M.

"Attend, Intend, Masterfully Manifest NOW!"



## BLISScipline A.I.M. FAQs

**Q: What is BLISScipline A.I.M.?**

A: BLISScipline A.I.M. is a movement where a group of BLISScipline A.I.M. Leaders from all over the globe intend to support millions of people to create the daily habit of going inward, connecting to the "we space" in community, and cultivating the feelings of love, joy, and deep appreciation for life.

The purpose of BLISScipline A.I.M. Leadership Teams is to support people to Attend (meditate), Intend (vision) and Masterfully Manifest (get results). The reason for this purpose is to assist people across the globe to Thrive and Help Thrive. Our AIM is to strengthen of "collective consciousness" in a practical and supported way. Our A.I.M. is to go further than talking about the Law of Attraction or the power of meditation, by connecting them together; and to "DO IT" in community with others on a daily basis. The movement is more than just knowledge; rather, it is a practical application of that knowledge as a community, where through daily discipline we nurture the wholesome tendencies of peace, love, and inner bliss.

**Q: What is the BLISScipline Energy Practice?**

A: The BLISScipline Energy Practice is the name of the meditation and visualization multi-step process which is done on a daily basis. Once you have done the BLISScipline Energy Practice for 28 days in a row (21 days with a LIVE BLISScipline A.I.M. leader and community, 6 days on your own, and a LIVE celebration), you will have the opportunity to join the BLISScipline Lifestyle community where you will be able to continue to do the practice at no charge and get great discounts on support products and services. Our A.I.M. is to provide this FREE service to at least one million people by December, 2012.

**Q: Is the BLISScipline Energy Practice a meditation practice?**

A: Meditation, in its purest sense, is an inner journey in which you connect to the breath to transcend the body and the mind, and access cosmic or universal energy absolutely free from thought. By this definition, the BLISScipline Energy Practice is not meditation. The BLISScipline Energy Practice a unique combination of meditation and visualization that creates an energy practice which is in a category all its own.

We call it a BLISScipline Energy Practice because it has elements of meditation (attending to now) and it has elements of visualization (positive intentioning for the future). The BLISScipline Energy Practice is a whole brain integration practice that gracefully moves through the series of steps that can serve going further in your current practice.

Here is a quick overview of the BLISScipline Energy Practice steps. Some of these steps are self-explanatory and others require further definition. To get the details of each of these steps, read the BLISScipline Energy Practice Information sheet.

- **B**e Present and AIM
- **L**ight Gratitude Within
- **I**nvoke Love
- **S**imply Breathe
- **S**ense Your Body
- **C**onsciously Affirm
- **I**n-Vision and Ask
- **P**ay Attention and Listen
- **L**ive the Consciousness
- **I**ntend and Receive Inspired Actions
- **N**ow Say "Yes!"
- **E**nthusiastically Release and think B.I.G. (be in gratitude)!

**Q: Could the BLISScipline Energy Practice interfere with my present meditation or prayer practice?**

- A. From our perspective the BLISScipline Energy Practice will only enhance, strengthen, and complement what you are currently doing. We encourage you to keep your meditation and prayer practice and add this to what you are already doing.

**Q: Do I need prior experience with meditation or visualization experience to join?**

- A: No, not at all. We welcome everyone, from novices to those who have been practicing visualization and meditation for years. Like learning anything new, there may be a period where connecting to the BLISScipline Energy Practice will require a beginner's mindset, patience, and perhaps a little humor and lightness. Regardless of where you are on your daily practice and human development or meditation path, spending some time preparing for the start of your BLISScipline Energy Practice is critical. Preparing for your practice with the "Essential 7-Step" process is the difference that can make the difference.

**Q: Is BLISScipline A.I.M. linked to any religious organization?**

- A: No. BLISScipline A.I.M. honors all spiritual paths. In the practice we use phrases like, "Source Energy, Spirit, Higher Power, Universe, Divine Intelligence, Life Force", and we encourage you to translate and replace these with the words that work best for you. If you like to use "Highest Self, Allah, Creator, Father in Heaven, God, Heavenly Father, Jehovah, King of Kings, Lord, the all-powerful, or Yahweh" for example, we encourage you to use these words or phrases with yourself so you can be at ease and fully in-joy the practice.

**Q: Does the BLISScipline Energy Practice have subliminal messages embedded?**

- A. No. The BLISScipline Energy Practice allows the experience of who we are in ways that the conscious mind and everyday experience may be unaware. The awareness comes from within each of us - in our unique humanity and our connection to the Divine - not from an "outside" place or suggestion from the BLISScipline A.I.M. Leader.

**Q: How exactly does this work?**

- A: Each BLISScipline A.I.M. launch is a 28-day commitment to the BLISScipline Energy Practice with the deliberate intention to support YOU to habituate a daily practice in your life and to raise the vibration of the planet through collective meditation.

The first 21 days you dial in to a conference call line that connects you with your BLISScipline A.I.M. community. You are lead through the BLISScipline Energy Practice. Ten minutes before your BLISScipline Energy Practice begins, feel free to dial in to listen to soothing or inspiring music and to become centered. At your designated start time, your BLISScipline A.I.M. Leader will come on the line and begin leading you through the BLISScipline Energy Practice. The process takes approximately 20-30 minutes. The remainder of the 30-40 minute call is then spent in community sharing, with all community members welcome to participate to the extent that their schedule allows. Then, at some point during the day, you contact – either via e-mail or a brief phone call – your assigned BLISScipline A.I.M. partners; and share your inspired actions for the day. This sharing is an extra measure of support.

Days 22-27 you do the BLISScipline Energy Practice on your own or with the recording, while continuing to connect with your partners. On day 28 you again join your BLISScipline A.I.M. community, via teleconference at your usual time, for a completion celebration.

**Q: Who are the BLISScipline A.I.M. Leaders?**

A: The BLISScipline A.I.M. Leaders are all Erickson College Trained, Solution-Focused Coaches who have completed the 28-Day BLISScipline Energy Practice. They are self-appointed volunteers who have been hand-selected by BLISScipline A.I.M. founder Rae T. Choisis to be ambassadors of BLISScipline A.I.M. They are tithing their support in service to you creating a BLISScipline Lifestyle.

**Q: What is the cost of this program?**

A: The program is absolutely FREE in terms of financial investment – but the true investment is your solid commitment to your 28-day BLISScipline A.I.M. community and your willingness to share about the FREE program with others. We want you to be so thrilled with the awesome value of this program that you passionately promote it and choose to model a BLISScipline Lifestyle to your friends, family, colleagues, and anyone whom you want to live this lifestyle. In fact, when you complete your 28 day commitment we will also offer you the opportunity to be a BLISScipline Lifestyle member. This membership is also FREE to you.

**Q: What commitment is required?**

A: Your commitment is to participate fully in the BLISScipline Energy Practice on the live teleconference with your BLISScipline A.I.M. community for days 1-21 of the practice. If an emergency comes up on days 1-21 and you cannot make the timeslot you signed up for, you can attend another community or listen to the audio recording on the website. The commitment is that *you are your word* and complete the BLISScipline Energy Practice daily. You then do the BLISScipline Energy Practice on your own for days 22-27. We recommend you do this at your normal timeslot so you have the energy of your community supporting you. On the 28<sup>th</sup> day, your BLISScipline A.I.M. community meets one last time, via teleconference held at your usual meeting time, for a completion celebration. During the entire 28 days, you commit to connecting with your two partners and taking your inspired action steps.

**Q: How do the partnerships work?**

A: Before the first day of your BLISScipline Energy Practice, you will be e-mailed two partners for support on this journey. Each day, near the end of the BLISScipline Energy Practice, you connect to your intention and receive inspired action steps for you to take that day. Then, after you finish your BLISScipline Energy Practice, you connect with your partners, either via e-mail or a brief telephone call, to both report the inspired action steps you will take that day and to receive the inspired action steps that they will take that day. This extra measure of personal support can be very powerful in assuring that you indeed take your inspired action steps for that day. Further, partners can support each other with what comes up in the practice. The key here is to give and receive devoted support every single day for 28 days.

**Q: What preparation is required for the BLISScipline Energy Practice?**

A: To support you getting the best result, you'll first want to prepare by familiarizing yourself with the BLISScipline Energy Practice process. The second part of preparation entails developing three aims - a 30-day, 6-month and 3-year goal - that you will use daily in the BLISScipline Energy Practice. You can read the essential guide to preparing your aims on the main site. To prepare and be ready for your practice, the 7-step process is extremely important for you to do. The BLISScipline A.I.M. founder, Rae T. Choisis, and the other leaders are now offering FREE teleconferences to support you in preparing as well. Ask your BLISScipline AIM leader for details if you do not get an email.

**Q: How much time will it take me to prepare?**

A: Most participants find 1.5-3 hours to be sufficient preparation time, yet some people spend half a day or more preparing. ***The better prepared you are, the more you will get out of the program. You must create goals that are specific, very clear in your mind and controllable by you.***

Many people go the extra mile to prepare and watch the movie *The Secret* again, create a list of "I AM" affirmations, and even write out a script of what life is like after they reach their 30-day, 6-month and 3-years aims. Another way to go even further is to invest in a one-on-one

BLISScipline Trak coaching session. This can be worth its weight in gold in getting the most from your FREE practice. To learn about BLISScipline Trak Coaching, ask your BLISScipline A.I.M. leader.

**Q: What is the community sharing after each day's BLISScipline Energy Practice?**

A: Community sharing is an excellent time to share any thoughts, feelings, or questions that you might have regarding your BLISScipline Energy Practice. Sharing is a valuable part of the BLISScipline A.I.M. community. It is a chance to express yourself, to gain valuable feedback, and to hear about the experiences others are having in their practice.

**Q: When is the BLISScipline Energy Practice offered?**

A: At several different times throughout the day. Pick the time that works best for you and then do your very best to stick to that time.

**Q: Can I join a group in a time zone that is different from the one in which I live?**

A: Absolutely! Your location is not important. Feel free to choose the timing that works best with your schedule.

**Q: What if I cannot make my BLISScipline Energy Practice time?**

A: Part of your 28-day commitment is to make that particular time in your day a priority for your BLISScipline Energy Practice. This means that you are absolutely on the call even when you are too tired, when you don't feel like it, or when you would rather be doing something else. This is the *discipline* part of this practice and discipline is a valuable part of creating any habit and accessing true bliss.

**Q: What if I am traveling or have a true emergency and cannot make the phone call?**

A: Travel and true emergencies happen, and in this case you are welcome to join in with another BLISScipline A.I.M. community for that day. All communities use the same conference call line. Alternatively, you may experience the BLISScipline Energy Practice by listening to the audio recording on the website either from your computer or MP3 player.

**Q: Regarding timing, can I choose the best timed BLISScipline A.I.M. community that fits with my schedule for each day?**

A: Joining in with another community is reserved for travel and emergencies only. This policy is based on the concept that each community is supported by its own community members, and your community members are supported by you. If you would like to do an "extra" session, you are welcome to do so; however, please stay with the timeslot in which you originally signed up.

**Q: Is this a local phone call?**

A: No. The dial-in number for the teleconference is a long distance call to the United States. Please coordinate a calling plan that works well for you. There are many amazing plans that offer very low inclusive long distance. We respectfully request that you do not use Skype, as it can bring in significant noise to the conference call line.

**Q: If I don't have long distance service, can I still participate?**

A: Regretfully we do not have a way to bring you onto the teleconference if you do not have long distance service. To participate in this FREE offering, you may want to explore a low-cost calling card, Vontage, Via Talk, or other valuable low cost calling plans.

**Q: My friend would like to do this, but they do not have access to a computer. Can they still participate?**

A: Yes, they can participate. However, having access to the preparation material is mandatory. These are available for free on this website, and they are also available via US mail for \$10 USD.

**Q: How many members are in each BLISScipline A.I.M. community?**

A: Although our aim is to keep groups to 16 participants or less, plus one BLISScipline A.I.M. leader, we do our best to accommodate everyone at a time that works for them.

**Q: What can I expect to gain through the BLISScipline Energy Practice?**

A: Peace, clarity, wisdom, a deeper connection to your soul and/or your spirituality, and most important of all, a practice that you can do everyday for the rest of your life are all outcomes from the BLISScipline Energy Practice. We highly encourage you to read a few of the testimonials that have been written. Some people have manifested their 30-day aim on Day 1 of doing the practice. Others manifest some of their 6-month and 3-year goals during the 28 days of the practice.

**Q: Can I join more than one group at a time?**

A: To help maintain and stay focused on keeping each community together, we request that you only become part of one community at a time. You can drop into other sessions to do the program more than once per day, but please sign up for ONE community and be in integrity with that timeslot and your assigned partners.

**Q. Could a small team join a BLISScipline A.I.M. community with the aim to manifest a group goal?**

A. Absolutely! The team could join one community or multiple communities, depending on the time slot that works; and sharing could be as individuals or from a group spokesperson so as to ensure that the group is part of the whole community. We are also open to doing a special "team" BLISScipline Energy Practice. Our leadership team has done the practice for 28-days in a row and the team bonding and masterminding was awesome. Connect with **Rae T. Cho** if you want more information.

**Q: What languages are spoken?**

A: Currently, we offer BLISScipline A.I.M. communities in English. And, if you would like to lead a community in a different language after completing the 28 day process, we would love to support you. Please connect with your BLISScipline A.I.M. leader.

**Q: How do I sign up?**

A: It is very simple, **go the main site and sign up now!**

We want you to be part of our global village. We feel, "**Real Revolution is the Inner Evolution**" and BLISScipline A.I.M. is the leading edge of global transformation. Will you join us now?