

MY

Bliss Journal

SENSE YOU WELLNESS

Bliss  
and

Relaxation

Sense You Wellness

[WWW.BLISSANDRELAXATION.COM](http://WWW.BLISSANDRELAXATION.COM)



Welcome!

I'm the founder of Intimacy Coach International and a columnist with Odyssey Magazine (Blissexology) and my calling in life is to share bliss and relaxation with people through the methodologies of Holistic Intimacy Coaching.

I hope this journal helps you realise more bliss, love and connection in your life, both with yourself and with others, in a way that works personally FOR YOU

With life and laughter

Anne-Marie Clulow

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# Action Steps



**KEEP THIS PDF DOCUMENT VERSION SAFELY  
FOR ACCESS TO THE VIDEO LINKS!**

1



**Print out your  
journal and keep  
the PDF safe for  
the LINKSI**

2



**Click on the  
VIDEO LINKS in  
this PDF to be  
able to do the  
PNS exercises and  
the Bliss Class**

3



**Do the BLISS  
CLASS and feel  
the relaxation!**

These are the first pillars to master in your personal journey to  
bliss and relaxation

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***This is your gift journal that you can also print out and use with the basic videos & exercises that are linked here in this PDF***



**We all live lives that are busy,**

Often, it feels like there's no space to do the things that serve our own body, mind and spirit.

Bliss and Relaxation is integral to longevity & wellness, so congratulations on starting the Sense You Wellness Journey!

**MY NOTES:**

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# Start with Bliss and Relaxation

Why activate the Parasympathetic Nervous System?



The **Parasympathetic Nervous System** is also known as the “Rest and Digest” system, and is the system in the body that often needs to be **activated for deep creativity, manifestation, healing, sensuality** and what we perceive as humans as **spiritual experiences.**

Most spiritual systems use methods that activate this nervous system so that deepening our awareness becomes possible.

MY NOTES:

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# Activations for the PNS

When we activate the PNS by choosing to do so with an **actual technique** it becomes possible to **use those techniques under duress** instead of chemicals to achieve the same result

## *Ways to activate the PNS*

- Singing
- Certain breathing techniques
- Meditation
- Praying
- Eye Gazing
- Humming
- Gentle voiced direct talking (lighthypnosis/guided meditation)
- Gentle massage/skin activations
- Sleeping
- Chanting

## MY NOTES



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# Parasympathetic Nervous System VIDEO LINKS

Here are some simple videos teaching you the basics of moving into the Parasympathetic Nervous System

Click on the pictures or links to access them on YouTube from the PDF



## DOUBLED OUTBREATH

The simplest way to slow the outbreath/exhale and begin to “Change gears” in your nervous system



## EYE GAZING OXYTOCIN

Adrenaline and anxiety make us anxious. Making the eye gazing connection release oxytocin (the connection and love chemical) to get us out of stress hermit mode!



## BOX BREATHING

This technique is easy to apply even when surrounded by people making it a simple way to calm the nervous system when you can't find a quiet space!



MY NOTES ON THE  
PNS EXERCISES

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# Bliss Class

## VIDEO LINK



This is a class that involves deep relaxation, and begins to create states of flow and bliss in the body!

You can do the entire class lying down, and slip into sleep at the end!

### **Bliss Class helps you to:**

- Achieve deeper relaxation & better sleep
- Tone and awaken the Pelvic Floor
- Activate the Vagus Nerve to lessen anxiety & stress
- Create Nervous System Regulation and flow states within the Parasympathetic Nervous System
- Gently awaken Sensual & Sexual Energy in the body with no touch
- Move energy around the body consciously with breath for better states of bliss and relaxation

### **What you need for this class: -**

- A relatively comfortable place to lie down, either on your bed if you want to fall asleep afterwards, or alternatively a yoga mat
- Cushions and blankets for optimum warmth and body temperature regulation during the class
- Privacy and low light if you want to be able to fall asleep afterwards, don't want to the class to be overheard
- If you want to be fully alert , awake with full energy after the class, have a bowl of water that you can dip your full face into at the end (advised if you are doing this class EARLY in your day)
- Comfort with hearing about Sexual & Sensual Energy with some of the Pelvic Floor Exercises
- At least an hour and 25 minutes to complete the class



# Bliss Class

Bliss Class helps us to find deep healing and better sleep in the nervous system by combining various techniques

It's best to do this class at least **once a week** to get maximum benefit

## MY NOTES

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# Next Steps



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