

*Kelleye Davis*



NEW YORK

*The  
Bliss Principle*

5 EASY WAYS TO REDUCE

**cds**  
BOOKS

# Table of Contents

FOREWORD: .....	000
INTRODUCTION: A QUEST FOR PEACE.....	000
CHAPTER 1: THE PEACE URGE, AND THE POWER OF THE BLISS PRINCIPLE.....	000
CHAPTER 2: FINDING YOUR BLISS PRINCIPLE THROUGH BREATH.....	000
CHAPTER 3: THE RELAXATION WORKOUT: FINDING YOUR BLISS PRINCIPLE THROUGH THE BODY.....	000
CHAPTER 4: LIFESTYLE TOOLS FOR TRANSFORMING.....	000
CHAPTER 5: LIFESTYLE RECIPES TO FEED YOUR BLISS PRINCIPLE.....	000
CHAPTER 6: PERSONALIZING YOUR BLISS LIFE PROGRAM.....	000
RESOURCES.....	000

---

## INTRODUCTION

---

# *A Quest For Peace*

*Behind the harsh appearance of the world, there is a  
benign power.*

— MARTIN LUTHER KING JR.

*H*ow often have you felt the urge to submerge yourself in a few moments of peace and tranquility during your day? Maybe you're stalled in a long line at Starbucks, chained to your desk, or trying to break up a squabble among your kids—again. If only you could take a mental time out to momentarily get away from it all...work just part-time...quit your job once and for all...hire someone to be you...go on that much-needed vacation.

If only. Without question, we live in stressful times, an era in which we're expected to do more, be more things to more people, never say no. Of course, you juggle the responsibilities,

obligations and constant change the best way you can. Yet, it's safe to say that many of us are tired, stressed out, beaten down and psychologically fragile from giving our all every day. We long for escape. Still, we're stuck-in traffic, on deadline, with the overwhelming to-do list that is our lives. Many of us are subtly suffering for it, whether it is in the form of chronic tension, a raging headache, difficulty concentrating, heart palpitations, insomnia, a short temper, a generalized feeling of anxiety, or perhaps even more overt, diagnosable conditions, such as panic disorder, irritable bowel syndrome or digestive problems.

As a restorative yoga teacher and level II Reiki healer in the New York City metropolitan area for over a decade, I see the frazzled minds and tired bodies of those I teach every day. There's Jack, for example, a father of four who experienced a series of traumatic events. His wife had died of cancer and he lost many friends in the attack of the World Trade Center on September 11th. He was so filled with anxiety and despair that he was taking anti-depressants to cope with his pain. His sagging posture suggested hopelessness. "I'm overwhelmed by my life," he said.

Doris, a political campaign manager, also comes to mind. So consumed with her professional responsibilities, she found it a torment to simply relax and lie still in the various yoga poses I suggested during our sessions. "I keep thinking, 'what will the newspaper headlines say about my candidate? What dress should I wear to tomorrow night's fundraiser?' It's all I can do to not run out of the room to check my voice mail," she confessed one day. Doris had an extreme case of what's known as the

'monkey mind,' a racing mind that won't quit. Doris has plenty of company. Many of my clients relay that on more days than not, they sprint through life, fueled by adrenaline. "Yesterday, I was so busy, I didn't eat breakfast until dinnertime," said Sophie, a single mother of three, only half joking.

In the midst of their multitasking schedules, they may be irritable or impatient with their partner or their children. Exhausted by it all, they may find themselves unable to sleep, unable to concentrate, unable even to take a breather and just relax. "It's hard for me to sit through a movie," said, Renee, a 27-year-old unemployed insurance executive who was job hunting. Some of my clients tell me they're taking Provigil, a prescription drug purported to promote alertness better than caffeine. But they come to my classes looking like they need a good night's sleep. "Help!" one pleaded.

I've certainly had my own share of stress. In fact, the desire to find inner peace and move beyond the worldly drains of daily life was what drew me to meditation and yoga in the first place. As my mediation skills developed, I was freed up to enter and access the center of peace inside my soul. And thanks to the guidance of my meditation teacher, I was shown that I was much more than the stress in my life. What I learned became the impetus for my Bliss Life Program on a very personal level. As a wellness journalist, stress management counselor, certified yoga instructor and ongoing student of yoga, I now bring over 10 years of professional experience and personal study. My experience includes healing travel expeditions to such places as India, Africa and South America, where I studied a broad range

of stress management healing modalities, including Yoga, Reiki and indi-genous healing techniques.

I have written a natural living column in the New York Daily News, had TV lifestyle segments on the Discovery Network, NBC and CBS, and taught corporate restorative yoga classes in such company's as Bayer, ABC Television Networks, Ciba Geigy and Diversified Investments.

Based on your answers, you might be someone who experiences the peace urge less than you thought. Or, you may have discovered that you have it frequently—perhaps having passed your symptoms off as other problems, such as anxiety, nervousness, or work-related fatigue. My experience as a yoga instructor has allowed me to observe closely, right from the yoga mat, the deep but often unacknowledged personal stress my students feel trying to meet the intense and ever-changing demands of living a 21st century life.

### **YOUR PEACE URGE PROFILE**

My yoga clients come from all walks of life. They're executives, single parents, nannies, judges, teachers, stock brokers, CEOs of major corporations. But they all, in one way or another, express what I call the peace urge, the inner desire to find balance, to feel restored, to be happy and peaceful. When I discuss the peace urge in my classes, co-llective nods spread throughout the room. 'I know what you mean' they seem to say.

Sound familiar? No doubt. Like a red flashing light at a train crossing, your peace urge cautions you to stop. It tells you that you're going beyond your boundaries, and that you're spent and have been carrying too heavy a load for too long.

1. I'm absent minded.
2. I have trouble engaging in quiet activities, such as reading a novel.
3. I need to be constantly on the go.
4. Sometimes I feel like I'm driven by a motor.
5. I'm chronically disorganized.
6. I always have something I should be doing or thinking about.
7. I'm a constant worrier.
8. I sometimes talk excessively.
9. I have trouble paying attention to details.
10. Listening and focusing on what others have to say isn't my forte.
11. Never seem to have enough time in the day get done what I need to.
12. It's often hard for me to relax.
13. I can't sit still-even so-called enjoyable things like watching a movie, can be difficult.
14. I feel pressured easily, even when my plate is relatively clean.
15. I never have time for myself.

16. I often wish I could go on strike from my life and stop shouldering so many responsibilities.
17. When I'm distressed, I frequently say nothing, build up steam, and then explode either outwardly or inwardly, directly or indirectly.
18. I have trouble "giving" to myself, like allowing
19. I participate in some form of addictive
20. I want to do everything perfectly.
21. I sometimes feel physical manifestations of

Total number checked: \_\_\_\_\_

Your Peace Urge profile can help you understand the extent to which you are in or out of touch with your peace urge. If you answered positively to more than 14 questions, you have a strong peace urge—and it's far from satisfied. If your peace urge is moderate but still largely neglected, you answered 9 to 13 questions positively. If your peace urge is slight and only affects you occasionally because you're finding ways to satisfy it, you answered yes to 4 to 8 questions. Anything lower would indicate you have the urge for peace occasionally, but it's not a serious problem.

Based on your answers, you might be someone who experiences the peace urge less than you thought. Or, you may have discovered that you have it frequently—perhaps having passed your symptoms off as other problems, such as anxiety,

The Bliss Life Program, which I'll discuss in detail in chapter 1, goes straight to the heart of self-care. It consists of Bliss Principle, which I'll discuss in detail later on. The Bliss Life Program includes:

### **Bliss breathing.**

According to yoga science, specifically pranayama yoga, which involves controlling the breath by consciously inhaling and exhaling, is essential to maintaining life. Not only does deep breathing feed life force into the body, it also nourishes the body with awareness. It helps to clear the mind of distractions and stressors to help get you to your center of peace quickly.

### **The Bliss Relaxation Workout.**

The second component of the Bliss Life Program is a 10-step restorative yoga routine I created that you can do in just 20 to 25 minutes in the privacy of your home. It's the same workout I teach to my students and corporate clients that allows you to take more time to explore your Bliss Principle and support its presence in your life. To put it simply, the Bliss

### **Lifestyle Tools for Transformation.**

The third component of the Bliss Life Program are what I call lifestyle tools for transformation, which are simple, environmental and self-care tips and approaches that help you

---

## CHAPTER 1

---

# *The Peace Urge, and The Power of The Bliss Principle*

According to Ayurveda (the “science of life”), India’s traditional medicine, there are three unique blends of energy types in nature called vata, pitta and kapha. Vata energy is quick and highly stimulating, pitta is grounding energy, and kapha is sluggish and slow moving. When one overpowers the other two, an energy imbalance ensues. Vata energy is pre-valent in the 21st century; it keeps the mind busy, and the body constantly moving, breeding anxiety and fueling the peace urge in a big way. It makes the surface of our lives one big blur.

It's easy to ignore our peace urge when we're distracted by the ticker-tape of thoughts, worries, and the expanding to-do list that is constantly running through our minds. If you're like many of my clients, maybe you distract yourself by over-eating, over-spending, drinking, taking anxiety medication or sleep aides, and over-extending yourself even more. Intuitively, you may think, like Karen, a client of mine said to me, "This can't go on!"

Corpse Pose with Deep Conscious Breathing  
(known as Savasana in yoga tradition)

Tensing and Releasing

Child Pose (Balasana).

Cat Cow Stretch

Downward Dog (Adho Mukha Svanasana).

Body Scan.

The Comfortable Cross-Legged Position  
(Sukhasana)

The Butterfly Mudra.

She's right. It's vital for your wellbeing to listen to your urge for peace and to retreat from the world when you need to, even for just a few minutes here and there. In the long run, it can even save your life. Citing Ayurveda again, (Note to Kellye and copyeditor: do we need to credit this further?) it is believed that denying the need for peace can cause a range of imbalances in the mind, body and spirit, increasing the risk

of diseases and ailments such as depression, cancer, insomnia, high blood pressure, and immune system dysfunctions. It's simply not healthy to ignore your peace urge for too long.

Recent scientific data concurs. According to re-searchers at Duke University Medical Center in Durham, North Carolina, for example, (Again, we need to credit this, I believe.) there is evidence that unmitigated, chronic stress (the peace urge denied) causes a hormonal chain of events that can ultimately contribute to heart disease, the nation's biggest killer for both men and women. Chronic can cause physiological changes that promote atherosclerosis—the slow build up of plaque deposits in the arteries of the heart. Relatively minor stresses can also trigger significant cardiac abnormalities, such as myocardial ischemia, the condition in which the heart doesn't get enough blood. When our bodies are in a constant state of tension due to mental stress—ever ready to fight or flee—a host of physical problems result. As adrenaline courses through the body when it's really not needed, our blood pressure and our blood sugar is elevated, and the platelets in our blood become sticky and more likely to clot.

In yoga, it is thought that our minds are naturally meant to mimic the periods of rest and relaxation our bodies require to restore our organs. The trees and flowers take a similar respite from 1 AM to 5 AM during the cycle of a day. Meditation scholars and masters tend to prescribe regular daily acts of meditation, so the mind and body can rest and recharge. The yoga philosophy, everything in the universe is born from what is generally known

🦋 **Bliss Move #1: Corpse Pose With  
Deep Conscious Breathing (figure 1)**

**Bliss Principle Healing Benefits:** This pose, considered one of the total relaxation, calms the brain and helps relieve stress. It's also thought to ease mild depression, headaches, fatigue and insomnia, and help lower blood pressure. This pose, considered one of the total relaxation.

This method till calm the brain and helps The more breath we can take in, especially at critical times such as when we're



under pressure and stress, the better we are at accessing our Bliss Principle and our center of peace. Bliss breathing is the pathway to our Bliss Principle, and it works to calm us in several ways. Rooted in the restorative practice of Pranayama yoga, bliss breathing helps

re-establish our healthy breathing patterns, teaching us to consciously and systematically relax.

**Bliss Principle Healing Benefits:** This pose, considered one of the total relaxation, calms the brain and helps relieve stress. It's also thought to ease mild depression, It sets the rest-and-digest response in motion; This method till calm the brain and helps The more breath we can take in, especially at critical times such as when we're under tendency to breathe

## PILLOW POWER

If you're having trouble falling asleep, try this natural aromatherapy pillow. Filled with actual flower essences (rather than essential oil), it promotes relaxation and restful sleep.

### INGREDIENTS:

Cotton zippered pillowcase

1/3 pound rose petals

1/3 pound chamomile flowers

1/3 pound lavender petals

(Flowers are available at health foods stores and other places where aromatherapy is sold)

Declump and mix the aromatherapy flowers together; remove stems and prickly thorns. Pour mixture into a cotton pillowcase with zipper and shake them together until combined. Smooth out pillow so that ingredients are evenly distributed.

This biochemical reaction to danger causes the heart to pump faster, the blood pressure to shoot up, and the blood vessels to redirect blood from the body's extremities to the muscles for greater strength.