

Blissful states are not just for the enlightened few...!

# BLISSFUL

STATES of BEING

*For Everyone!*



**3 Keys to Bliss...!**

**Easy to follow steps...!  
Transform your Life...!**

**Become more peaceful,  
joyful, loving and kind...!**

**Heaven is a state of being  
to be experienced NOW...!**

**A quick-read book,  
only 30 minutes...!**

**STEPHEN MEAKIN**

For those seeking harmony and bliss...!

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# Blissful States of Being for Everyone

Bliss...!

How many times have you gone on holiday, arrived at your hotel, and then eagerly scurried down to that sunbed by the pool or on the beach so you can forget all your worldly troubles in a few magical moments of bliss? Basking in the glorious sunshine, little compares to the joy of that ahhh moment, when you lay down, close your eyes, exhale deeply and simply let go of your problems. Quite rightly you have earned that magical moment.

The blissful states that I will help you experience go far beyond those ahhh moments described above. Sublime energies will literally dissolve your stresses and strains, fears and worries in a heartbeat. And not just when you finish work or have put the kids to bed, but you can experience the blissful states throughout the day, every day.

There are three keys to achieving blissful states of being regularly:

1. Practice being peaceful even when active.
2. Live now and not in the past or future.
3. Appreciate every moment, good or bad.

These three keys have the potential to improve your life almost beyond measure, enhancing it on many levels, to feel happy and free!

## Key 1 – Practice being peaceful

There are almost an unlimited number of distractions pulling at us. Work, family, friends, bills, deadlines, the list goes on. One of the most precious things, and in some ways magical, that life has blessed us with is our 'attention'. I assure you, it's significantly more precious than gold or diamonds, and yet, our attention often acts more like a slippery eel than anything of value.

Close your eyes for a moment and see how quickly it is before your attention shifts and latches onto any thoughts, especially worries, or external sounds. Our attention dances around in a haphazard way clinging onto any form of stimulation, be it useful or not. This is a significant obstacle to experiencing blissful states regularly, purely because of the mind's nature to jump from one thing to another. Our attention struggles to rest and be at peace of its own accord and needs to be trained in order to remain still.

We often think that peaceful environments are a necessity to experience any kind of peace. This is true to a degree but only to a point, especially in the early stages of one's journey towards harmony and bliss. There will come a time, should you progress steadily, that you could be walking along a busy high street, with all of its noise and activity, and be blissfully peaceful. This happens when you realise that your inner state of being has little to do with the external world around us, and is in fact, simply dependent upon where we focus our attention.

Let's test such a bold idea.

## Practice

Sit or lay down somewhere comfortable. You need to be completely relaxed, so you don't have to support any body parts, especially your head. If you can, rest a pillow behind your head. Let go of everything and allow your body to go limp.

Look straight ahead and take a deep breath. Slowly close your eyes. Take another deep breath and relax. Make a special note that this is the **default resting position** for your attention. Your eyes are looking straight ahead but they remain closed. Take another deep breath and notice the calming effect this has. One can quickly become quite 'peaceful'.

You may soon notice that your attention starts to 'jump about', latching onto any arising thoughts or external sounds. This is the nature of our minds. Our minds are naturally wired to be active and to be 'doing' things. An untrained mind does not like us to be still. However, we are human 'beings' and not human 'doings' so a balance between the two is the goal for a productive, harmonised life.

With your eyes still closed and your attention in the **default resting position**, continue breathing calmly and stay relaxed. It won't be long before your mind creates a thought that tries to 'hook' your attention. A thought

about work, family or any ongoing issue you may have.

Simply allow any thoughts or distractions to pass and return your attention to the **default resting position**. You have no interest whatsoever in anything the mind may create. As other thoughts bubble up, repeat the same process of returning your attention to the **default resting position**. Don't worry if you keep thinking about something that has been playing on your mind. Patiently return your attention as before.

After a couple of minutes, you may notice a pattern start to emerge. Our minds use thoughts to 'hook' our attention, and there is a simple reason for it. Thoughts 'need' our attention for food and so do our minds. They use our energies to exist and grow.

Most worries start off small and grow the more we 'think' about them. Every worry is a thought and requires what is termed 'mental energy'. This is supplied through our attention. Our attention acts like a channel through which energy flows, especially for worries. Hence why a small worry can grow quite quickly to become a bit of a monster.

The exercise above shows you this process in action. Initially, the more we close our eyes and try to be silent and peaceful, the more our thoughts bubble up protesting against what we are trying to do, which is bring harmony to our minds. Each thought pushes forward to 'hook' our attention, and each time you are hooked, energy flows and you begin to energise that thought.

Simply practice returning your attention to the **default resting position**. This disarms the mind's capacity to create thought forms and distractions. In time, the mind has little choice but to obey your intentions.

The important thing is that the duration of the exercise does not have to be long to have an impact. You can do the exercise for as little as 30 seconds to have a positive effect. The prime focus at this stage is for you to register how thoughts 'hook' your attention, but more importantly, how 'easily' you can pull your attention back to the **default resting position**. This is the starting point of gaining control over what's likely to be a chatty mind.

Another benefit in the long-term is that you will be able to 'focus' on what you want rather than those endless worries and issues that regularly bubble up seeking our attention. Calm feelings in your heart will also filter through to enhance a peaceful mind.

Leave it for an hour or two, and then when you next have a few spare minutes, do the exercise again. Sit or lay down, breathe deeply and relax. Look straight ahead and again close your eyes. Hold your attention in the **default resting position**. If any thoughts bubble up and 'hook' your attention, simply return your focus and let the thought pass.

The reason for sitting or lying down, breathing deeply and being relaxed at this stage is so that you associate being peaceful with holding your attention in the **default**



**resting position.** The less peaceful you are the more difficult it is to keep your focus centralised and at ease.

There should be no 'battle of wills' and your mind is certainly NOT your enemy. Allow any frustrations that may arise to pass as well. The process is calm and becomes easier and enjoyable the more you do it. You are temporarily pausing Life and the Universe for a few minutes, and you can do this quick and easy exercise at any time of the day or night, 24 hours a day, 7 days a week. For you to gain this much power over your mind is a most comforting thought, especially if you suffer from stress, anxieties and even panic attacks.

## Progress

Set yourself the goal of doing the exercise five times a day for a few minutes at a time. You can do more if you feel so inclined, and the more the better. After a couple of days of doing this simple exercise, you will be ready to move onto the next stage.

Do the exercise, but this time, when you have finished, stand up and take a few steps to see if you can retain the peaceful state as if you are still sitting down. Take additional steps and then progress onto some light activities, practicing being mindful of the peaceful state within. Jobs around the house like cleaning or tidying are a good start. You don't even have to stay inside as you may prefer to go for a walk. All that matters is that you do

light activities that do not require any firm decision-making. See if you can keep your attention calm whilst being modestly active. Peaceful feelings in your heart are also likely.

Over the next few days, you can mix it up. Sometimes you may wish to sit or lay down to do the exercise, and other times do the washing up, walking or any other activity you may find useful. The important thing is to stay peaceful and practice keeping your attention present and centred rather than off worrying about the future or dwelling on the past.

A great way to enhance this exercise is to lay down with your eyes closed and listen to some peaceful music. Wearing headphones is also beneficial as it helps keep you focused.

As you lay there with your eyes still closed, practice moving your attention around, so you become familiar with its movements. Try taking up the role of just being an observer of your own attention. Get used to 'monitoring' the movements of your attention and see how easy it is to return it to the **default resting position**. Eventually, that central place will become peaceful and still.

## Trigger Points

Naturally, life would be too easy if everything just fell into

place and a great peace was to bless you forevermore after a few short practices. Even so, you will make proven progress quite quickly if you continue to do the previous exercise over a few days.

Just as you are sure to make progress and become more peaceful, rest assured challenges will also try to trip you up. Obvious ones are 'trigger points', those emotional reactions that bubble up when something is said with a certain 'tone' or done in a 'certain' way. Trigger points make their, not so subtle appearance often when we could well do without them, especially if we've established a degree of peace.

What a pain trigger points are. How can we stop them? It can be difficult because they seem to be part of us, part of our nature even. "I just can't help reacting, even if only inwardly, at just how 'annoying' he/she/it is."

Well, the solution is not based on tackling each 'trigger point' individually, as I'm sure some of you have plenty of trigger points. To delve into them could become quite messy, emotionally speaking that is. The solution, in fact, is based upon 'preference'.

The simple fact is that the more peaceful you become, the more precious that peace will be to you, and you will start to become quite protective of it. You would have earned that peace through practice and effort. You will also have the other two keys that I've yet to share that will help gradually build up an inner state that becomes

strong and dependable.

Just as you learn to 'observe' your own attention through practice to become more peaceful, mastering trigger points is also extremely beneficial. Over time, you will find that the trigger points start to lose their potency. They won't be quite so reactive and explosive.

Progress will be steady. Trigger points have usually built up over many years. The good thing is that it shouldn't take years to steadily heal and master them. Naturally, how long will depend on you, and how frequently you practice.

## Key 2 – Live Now!

Something often overlooked is the present moment of NOW. Our attention is kind of here, but more often than not, drifts off into the past with its painful hang-ups and longings, or the future with its worries and fantasies.

Keeping one's attention in the 'now' can be difficult to do. The mind loves to fantasise, worry, imagine, hope, dream, fear etc. Every time our minds wander, we abandon the 'now'. The downside of this drifting is that it closes the door to the 'magic' of now because you are not living and experiencing it.

'Now' becomes a little fuzzy and distant. How many times have you driven somewhere and then realised that you can't really remember the journey? So absorbed were you by your 'thoughts' that the driving experience doesn't register. Few realise how much our minds chat and how little time they spend in the 'now'. Churning over details, especially worries, is a noise that drowns out most other things.

Key 1 leads each person to lessen this noisy aspect of the mind slowly but steadily. Remember how the mind uses thoughts to hook our attention? This noisy chatter or churning of the mind is a significant obstacle to enjoying peacefulness, but also the magic of 'now'.

Why is 'now' so special? When we start to quieten the mind and gain more control of it, hang-ups from the past (trigger points) are less likely to hijack current situations. How many times have you been caught short when a rush of emotion trips you up? When you were so sure about what you wanted to say or do, you are then immediately upstaged by the emotional upsurge.

The same goes for worries about the future. How many times have you not done something because of worrying about the outcome, some of which you have regretted at a later date? By ridding yourself of the endless, and most of the time, mindless chatter, so much freedom is gained and the ability to 'think' productively increases tenfold.

Self-doubt is another blip that slowly becomes less impactful. One also becomes less cynical, replacing it with openness. Negative emotions slowly transform into positive ones, and life itself becomes much lighter and uplifting. There is a clue here as to why and how bliss is experienced further along the path.

You may say, "Of course I experience the 'now', I am reading this 'now' am I not?" There is much more to it. We have many emotional and mental filters to wade through that prevent us from experiencing 'now' as it really is. But with practice and gaining more control over our minds, especially the chatty aspect, we will start to get glimpses of the 'magic of now'.

## Practice

This can be done immediately as it's straightforward to do. Following the Key 1 exercise, close your eyes and simply consider that you are alive here and now, and when I say 'now' I mean RIGHT NOW!

Many people, as previously mentioned, have so much chatter going on in their minds, it may not occur to them to just stop and be. This results in overlooking the 'now' and enjoying, not only where they are and what they are doing, but also, more importantly, enjoying being themselves.

Many people suffer from not 'liking' themselves or at least something about themselves. But that's due to building up a mental picture that is often far from how others see them, and more importantly, how they really are. Therefore, this practice of focusing your attention on the 'now' will help you get a glimpse of 'who you really are' behind the persona with its countless defence mechanisms and endless dramas.

Now open your eyes and calmly look around you. It doesn't matter where you are, be that at home, work or outside. Use key 1, resting your attention in the **default resting position**, but then look out at the world as if you are just an observer with no emotional or mental attachments to it.

In the 'here and now', you will start to see far more detail than before. Sounds, colours, shapes and much more. By becoming the observer, your emotions and mental chatter quietens down, and the more this happens the easier this exercise is to do and the more rewarding it becomes. Key 1 encourages inner stillness, whilst key 2 helps you become aware of just how magnificent life really is.

Taking a step back from your own dramas, which can add so much confusion and anxiety, you will start to see that life is in fact quite orderly amongst the randomness and seeming chaos. Following natural laws that, outside of our own dramas, play out serenely and harmoniously.

It's our own inner turmoil, frustrations, desires, pains etc that cause much of our suffering. And with practice, the more you are able to take a time-out session from your dramas, the less you will want to get involved in them. Some people can drain you because they live such intense, drama-like lives. You will increasingly stand back and not allow yourself to be drawn into their story and you will feel that much better for it.

Your peace and increased awareness will start to see so many individual stories playing out around you, that it makes no sense to keep jumping into them.

Now, stand up and slowly walk around. Depending upon where you are, touch nearby objects and steadily absorb and enjoy the moment. See if you can see the underlying magic of Life in them. The 'Magic of Life' is 'everywhere'



and is waiting to be discovered by everyone, including you.

As you walk, tune into your senses; sight, hearing, touch, taste and smell. Focus on just one of your senses and see where it takes you. Be right here, right now as you see or listen, feel or taste, inhale and more. Absorb just how alive you truly are, and the more you take in your immediate vicinity, the more energised and connected you will become. With practice, this exercise can become quite exhilarating.

Focusing on the 'now' can be done anytime, anywhere. So, the more you do it, the greater your reward and greater the sense of connectedness with life can be. The great news is, it gets better, much better.

## Key 3 – Appreciate Every Moment

Following on from Keys 1 and 2, the third key helps to heighten your senses to such a degree that you get a far deeper connection to life. You start to sense that life is far from a random place of colliding energies and chemical reactions, and that in fact, there seems to be something underlying it, that at first, is difficult to describe. It's as though there really is an underlying aspect to life that promises our trials and tribulations do have some value and purpose.

When I say “Appreciate Every Moment” it's more than just where one lives, your family and friends, having food on the table and a roof over your head. Even though they are important, they are still subject to change and certainly vulnerable to drama.

I mean it with respect to appreciating ‘everything’, good or bad, regarding life itself. Not just with people either. Nature takes on a whole new dimension of vibrant activity. From animals to insects, plant life to rocks and crystals. A whole universe opens up that you may have previously been missing.

How does one practice being appreciative? This is not a physical practice but one that relates to your perception and how you view and interact with the external world around you. One might class this as a ‘practice of being’ or learning to fine tune your awareness. Let's see if we

can merge Keys 1 and 2 into 3 and stand at the doorway to blissful states of being.

## Practice

When you first started, you closed your eyes and practiced breathing deeply to calm your inner state of being. Then you held your attention in the **default resting position** to prevent it being 'hooked' by thoughts to stop them intensifying, especially worries.

You then progressed onto maintaining your focus on the 'now', keeping your attention on the 'present' rather than being drawn into the past or future with their endless pains and worries, dramas and fantasies.

Observing yourself steadily progress through practicing Keys 1 and 2, the obvious place to start appreciating things is one's own environment, be that at home with your family, at work or even school/university should you have the good fortune of reading this at a young age.

It's easier to practice appreciating the good things, especially when people do things for you. Small things are equally important, be that appreciating food on the table or having a roof over your head. You are looking to encourage developing an appreciative attitude. The more you do it, the easier it becomes and greater are the changes in you and their subsequent benefits.

Just like Keys 1 and 2, practice in small doses and do it at different times of the day. Be as flexible as you like, so there is no need for a timetable.

As you become more mindful of the practice, you steadily build up an awareness that looks for opportunities to be appreciative. The real test, however, is the next step, being appreciative when things go wrong or when obstacles are set before you.

Please understand that problems are a good thing. One of life's hidden 'rules' is contrast, that wonderful principle that ensures you experience both good and bad. This is when it can get challenging, and you may even be tempted to give up. It's also easy to forget that you are taking control of your life. There are natural forces that want you to turn back to where you were before you started practicing blissfulness.

If you think about it, every great book and film has a mix of good and bad. Main characters need to be engaging and so too the locations and storyline, and you are no different. So please don't lose heart, keep going. Every challenge you overcome or push through makes you stronger.

## Standing At The Doorway To Bliss

When I first started experiencing the blissful states, the vibrations were most unusual. If they hadn't felt so sweet and calming, I'm sure I would have thought something was wrong.

People interpret bliss in different ways because it's not usually a common experience. They may associate it with eating their favourite food, smelling the sweetest smell, visiting a certain place and so on. But is that what bliss really is? Yes and no.

Yes, because for a short time, our favourite flavours, aromas, sounds etc, whatever ticks your box that sends you to high heaven, fills the senses, and your attention is drawn into the 'present' moment to experience that magical moment where time seems to stand still as you blissfully enjoy it.

Most people get to experience 'magical' moments from time to time. But as stated at the beginning of this book, wouldn't you prefer to experience blissful states every day, throughout the day, be that at work or home?

I also said 'no', that those momentary feelings of pleasure are not bliss. Stimulating the senses to feel 'magical' is wonderful, but they are unlikely to come close to the blissful energies that you may soon experience.

Energising vibrations that feel oh so sweet pulsate through your body as your heart starts beating to a new rhythm, so smooth and blissful. You don't need to go anywhere or do anything. You feel completely fulfilled and whole. There's no room for stress, anxiety, loneliness. Desires and longing for this or that dissolve and are gone. As the word describes, you really are in a 'blissful state of being'.

Fortunately, such sensations remain subtle enough to not make one too ecstatic, meaning you will be able to continue with your daily activities as normal.

After practicing Keys 1, 2 and 3, you won't have to enter into deep meditative states as the Buddhists do to achieve bliss. These practices are extremely flexible and suitable to our modern world.

## Reaching For The Handle To Bliss

Let's say you have been practicing Keys 1, 2 and 3 for a while. The resulting peace that you will be experiencing will be in itself priceless, especially if you currently suffer from stress and anxiety. It would be reasonable to ask, "How does one actually become blissful?"

Practicing Keys 1, 2 and 3 brings enormous health benefits of their own, mental, emotional and physical. If you simply introduced these practices on a daily basis and sought nothing more, you would already benefit enormously.

But as the title of this book reads, 'Blissful States Of Being For Everyone', it would be a disservice to gloss over such lifechanging experiences without sharing something tangible to make it worth your time and effort. And when I say 'everyone', I mean it. Everyone can experience blissful states if they are willing to practice.

Every one of you is 'worthy', so please don't allow the mind, or anything that comes through the mind, to tell you otherwise. If you are not in a good place at the moment, you may be vulnerable to the mind's manipulations, so please make sure you dismiss the doubts. Each time you pause the stress, anxiety or fear and do our simple exercise and enter into the peaceful state, then you are already halfway there. Be patient and keep going.

Before it can be explained at what point one becomes blissful, it's worth adding an important point here as there is a final obstacle to overcome.

We all understand what our 'feelings' are, for we have spent a lifetime being affected by them. But what if I said there are 'new' feelings and energies to be felt, energies that vibrate, and those 'vibrations' happen within you? How do you think you would handle that, vibrations of a very high order charging your body?

For some of you, this will be a minor issue, as what matters is the end result, namely, 'blissful states of being'. Those who have done meditations or mindfulness practices will be somewhat familiar with the concept of vibrations.

I'm laying this 'challenge' at the feet of people who are unfamiliar with, not only the terminology, but more importantly the concept itself. Some may, at first, struggle at the very idea of it. Vibrations energising your body may seem too otherworldly for some.

So, it's important that I mention it here, for it would be a great shame that after regular practice, you panic when those vibrations start, even though they are blissfully sweet and heartening.

For me, I was familiar with people discussing vibrations and frequencies. So, when it happened the first time, I was able to appreciate them for what they were. I wasn't swamped with fears questioning what was going on.



Moving forward, you now have a reference point to ease concerns should they arise. When the energies and vibrations start, and I can assure you they will be subtle and quite blissful rather than an electric shock, you are more likely to embrace and enjoy.

## Going Through The Doorway To Bliss

Early on in this book, the subject of becoming more aware as you practice was mentioned. Aware of 'something' that seems to connect everything and make your struggles have meaning and purpose.

Expanding upon that notion, the blissful states will not ignite randomly and without order. It needs to be understood that as you progress through the practices, you are steadily increasing your 'vibration'.

Science states that everything is energy, and energy is in a constant state of motion or change. These motions create vibrations, which means in essence, everything is vibrating, even atoms and molecules.

However, scientists do not currently accept the concept of mental or emotional energies existing that are of a much higher frequency/vibration than 'observable' matter. I ask that you consider this as a possibility for now.

Positive emotions 'vibrate' at higher frequencies than negative ones do. For example, jealousy, fear, hate etc, are emotional energies vibrating at a much lower rate than joy, love and peace. We, as humans, experience these states differently too. The former we feel heavy and enclosed, the latter we feel lighter and more uplifted.

Using this example gives you a clue as to what's happening and how the blissful states finally begin. By practicing Keys 1, 2 and 3 you are, in effect, raising your vibration. Consequently, you can start to experience higher forms of emotion, which ultimately leads you onto experiencing the blissful states.

One cannot be blissful if you are charged with jealousy, hate, fear etc. It simply will not happen. One needs to elevate one's thoughts, feelings and actions so that your whole mind, heart and body start to vibrate at higher rates.

Each time you are stressed, anxious or fearful and you 'choose' to stop it by doing our blissful exercise of resting your attention in the **default position**, you are consciously choosing to lift yourself out of the lower emotion and vibrational state into the higher state of peace.

This of course then makes it much easier for you to transition across into the blissful states, which are even higher vibrational states of being.

## Blissful Conclusions

Most people experience tiny moments of bliss but may not realise it. We have all done a good workout or had a hard day at work, been in exhausting or intense situations.

When we exert ourselves and sit down to rest, if you observe yourself closely, you will notice that the relief feels good. When closing your eyes and with a big exhalation, letting go actually results in a blissful feeling.

When our minds declare we should be doing or thinking about something, that brief moment of bliss gets hijacked and off we go.

With short intervals of practice, this book will help you transition from the stress and strain of daily living into, first of all, the peaceful states, and then ultimately the bliss. This can be achieved throughout the day, every day.

Putting into practice these simple techniques for as little as 2 - 3 minutes at a time will help you onto greater levels of health and wellbeing.

What this handbook is encouraging you to do is far from unusual. It's just expanding upon what most of you already experience periodically for short pockets of time. With practice, that expansion can be broad, life-changing and uplifting on a permanent basis.

There are many self-help books, and most encourage one thing – practice. We can read as many of those books as we like, but unless we put into practice the things we learn, then little improvement will come of it.

There are layers of information written in this short book, so I encourage you to read it again from time to time to refresh and energise you. The benefits will be widespread and long-lasting.

You are most welcome to follow Author Stephen Meakin on the Blissful States of Being Channel on YouTube. Daily videos are uploaded, which give you a greater sense of connectivity to Stephen as well as others also choosing to transform their stress and anxieties through the peaceful states and into the Bliss.

Blissful blessings to you...!

[www.blissfulstatesofbeing.org](http://www.blissfulstatesofbeing.org)

