

Discover Your **BLISS!**

Who Am I?

I've always had inside me an innate desire to express myself in a way that was artistic, innovative, and inspiring to all of those who came into contact with me and that desire has been the driving force behind everything that I have created thus far.

Being the chief executive officer of *SunRai Consulting Group*, holding expert positions in the field of administrative development, direct marketing, and retail management, completing my certification as a yoga instructor, and being the author of my first eBook *Seven Days of BLISS* are just some of the accomplishments that have transpired on my journey to becoming my greatest self, but the greatest accomplishment I've attained is being able to be of service to others who are on the path of self-discovery.

I am no longer a woman attempting to race down the career trek solely focused on meeting goals and self-gratification. Transformation has brought me to a state of rebirth and I am now a woman whose heart desire is to create a brand that personifies liberation of your most authentic self and living a life of unadulterated freedom.

I am firm believer that all we desire is like a buried jewel living deep inside our core—just waiting to be uncovered. It is my desire to create the tools needed to assist in the process of self-excavation and ultimately **DISCOVERING YOUR BLISS!**

What Is Bliss?

The dynamics of BLISS can be described as an instinctive state of inner joy; an unceasing flow of euphoria undisturbed by external circumstances. It can be defined as a moment where time seems to pause and all of the senses come into alignment—creating a feeling of harmony and contentment. Some even call bliss oneness with Source; the omnipresent. Everyone has their own individual interpretation and there is no right or

wrong answer, but one thing is for certain—bliss is nondiscriminatory and everyone has the power within them to cultivate it.

It is not something one has to strive to obtain or some rite of passage rewarded only after you've struggled and suffered. Bliss is choosing every moment of your life to find something to be grateful for—even when everything around you is telling you to feel and think otherwise. It is tuning in to all of the details that go unnoticed; the way the wind caresses your skin or the kaleidoscope of colors that transcend through the sky when the sun is setting. Bliss the ability to follow your own truth and trust that life will always provide everything that you need in divine timing.

As you walk the path that leads you back to your true self—many things will arise that will challenge your perspective. It is my wish that as you travel through this evolution of self—that you reach that untapped source of happiness living right in the center of your being and discover what bliss means to YOU.

How Did I Discover My Own Bliss?

This journey to BLISS began for me at a time in my life when I was in the midst of a deep transformation and searching for something that was beyond the surface of external fulfillment. There is no doubt that my experience on this physical plane we call Earth has been one of extraordinary undertakings that have helped me grow into the woman that I am today—and that I have accomplished more in my 25 years of living than I could have ever expected. But even with a flourishing professional life—I couldn't ignore the nagging feeling within me that there was more to life this; something that was intangible and couldn't be satisfied by climbing the latter to success.

This longing for a more fulfilling, BLISSful existence led to many questions concerning my purpose in this world—and these questions couldn't simply be answered with the logical mind I had used so many times before in my professional endeavors. This was a question best answered by the one entity that has been with me since the moment I took my first breath; the guiding light behind every decision I had ever made: My Soul.

It took a lot of deep excavation into my heart, reevaluation of my relationship with others and my relationship with myself, and many layers being shed until I could reach the core of what truly brought me BLISS. Through many painful revelations and a whole lot of resistance—I discovered that the only person responsible for embodying this way of being was ME. If you want to live in a constant state of ecstasy—it's up to you to dig into the deepest depths of self to discover it. Because it is there that you will find an unlimited well of happiness that will never run dry—no matter what the circumstances. That is what it means to truly discover and live your BLISS!

How to Begin Discovering Your BLISS?

Discovering your bliss begins with making the decision that you want to think, feel, speak, see, and breathe the highest version of yourself.

It's delving deep into all the hidden aspects of your being and getting honest about what's been hindering you from creating an experience of supreme happiness that doesn't have to be temporary—but sustained.

The most precious gift that you can give to yourself is to grant your intuition permission to roam. Follow your promptings, your passions, and all that inspires you.

These things were placed inside of you as a blueprint just waiting to be activated by your by your willingness and courage.

Discovering your bliss begins with YOU.