

BLISSFUL HOUSE

Blissful House - *It's Your Life, Make it Blissful!* | Vol 2018.11 | BlissfulHouse.com

What are you thinking?

Thoughts are things. What you think is probably the missing piece in most situations. While we focus on vacation planning, meal planning, we don't think about life planning.

Enhance your learning process and unleash the power of your mind. Start with our reading list: blissfulhouse.com

Why Do We Snore?

Snoring is the sound produced by vibrating structures of the upper airway, typically during inhalation. Any membranous part of the airway lacking cartilaginous support, including the tongue, soft palate, uvula, tonsillar pillars and pharyngeal walls, can vibrate. [READ MORE](#)

Nutrition

What the heck are you eating? I am not advocating giving up anything, but asking you to consider what you are putting in. Nutrition has improved dramatically. Check out supplements, superfoods: [Click for more info](#)



Want a Blissful Life?

The natural tendency of Life is Love, Happiness, Peace, Beauty, Harmony and Opulence, for Life cares not who uses it, but is constantly surging to pour more of its perfection into manifestation, always with that lifting process which is ever inherent within Itself.

However, if you start out with a bad attitude, low expectations and too much of what is NOT good in your life... Well, then you get more of it! Find the GOOD and celebrate it. (hint: turn off most news of any kind)

Focus on what you are thinking about and build a solid nutritional path and think GOOD! for more: BlissfulHouse.com





Create your Blissful home life...and life!

Some folks need help with decor, some need to clean up, some need to use different color palettes, still others need to just come home long enough to enjoy it. Building a Blissful Life is a lifelong process and making yourself better is not only natural but essential. Here some simple ideas to work on the Bliss:

- Bite off one thing at a time. If it is clutter, deal with it, make a schedule and go!
- Spruce up your house step by step. Your environment in your home is one of the things you can control in life. Add little things, place positive media around; pictures, saying, photos.
- Think about how you clean and what you use. By changing the ingredients and the aromas, you can enhance your life and enjoy your cleaning experience. I use natural but VERY cost-effective cleaning products.! Click for more: BlissfulHouse.net

SUCCESS CORNER: Take time to READ!

If you have more information about anything you can make more informed decisions. If you are a Doctor you go to medical school. If you are trying to be great at living life, well time for personal development! Try to improve your outlook at ALL times. This is at the center of what I am all about, so if you do not want hear about organizing your thoughts and thinking about HOW and WHAT you think, you should just move along...

The rest of you: I am yelling these instructions:

READ, ALONE, WITH NO AUDIO! – Every day.

TURN OFF SOCIALS! – It is a drug, ration it to yourself.

LOOK AT VAST OPTIONS FOR POSITIVE MEDIA!

STOP CRITICIZING AND LIFE IMPROVES...ASAP!

Start reading, I have a page I am adding to all the time.

<http://blissfulhouse.net/blissfulhouse-reading-list/>

