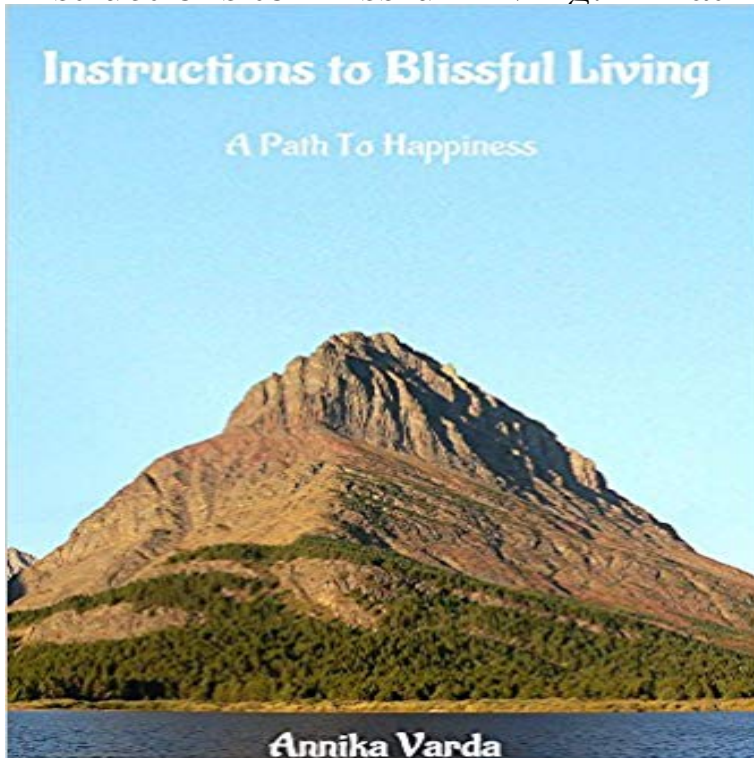


# Instructions to Blissful Living: A Path To Happiness



Instructions to Blissful Living was written with the ascended masters while the author was in prison, spending 8 months in deep meditation, finding her freedom and happiness within, no matter how bad her surroundings got. This book is here to open your mind, and remind you of what you already know that helps keep your spirits high. When ever your feeling low, I find it helpful to open this book and scroll or flip to a random page to see what the universe has to share with you in the moment to help put a smile on your face and in your heart.

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