

Your Wedding: The Ultimate Bliss Trip

By:

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and

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“Stressed about your wedding?

Want to get away?

Take a Bliss Trip instead!”

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Printing Tip

To save resources, you can print two book pages per each sheet of printer paper.

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1. From the menu bar choose: *File*, then select *Print*
2. The Print Dialoge window will open. In the Page Scaling drop down menu, choose “Multiple pages per sheet.”
3. In the Pages Per Sheet drop down menu, choose “2”
4. Select any other options you desire, then click the “*Print*” button.

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INTRODUCTION

Planning a wedding can be one of the most stressful things a couple does together. Keeping track of millions of details, managing teams of people, wrangling family requests, making sure friends feel included – it can be completely overwhelming. Never mind also working a full-time job and trying to keep the romance alive. If only there were a simple and easy way to manage the stress, something that could be done anywhere, anytime, that didn't cost lost of money. Well, there is, and the secret is, it's all in your head.

Imagination techniques like guided imagery and visualization have been around for years. Athletes use the techniques to improve performance. Therapists use them to create change. Business leaders use them for inspiration. Meditators use them to find inner peace. And now Brides and Grooms can use the power of the imagination to plan and have a stress-free wedding.

This book highlights wedding-related situations that are likely to cause stress, and details specific ways to prevent, manage, and bounce back from those situations using a powerful combination of practical solutions and your imagination. Every bride knows that her particular situation is unique; by combining possible tactics with the power of your creative mind your solutions “toolbox” is literally bottomless. Using these techniques you will discover dozens of ways to approach and resolve issues, both small and large, and create a special day that you will remember always.

IMAGINATION: IT'S ALL IN YOUR HEAD

Imagination often gets a bad rap. How many times have you heard, “Quit daydreaming,” “That's just your imagination,” or “She lives in a fantasy

world?” It seems that when imagination comes up in conversation it’s often perceived as something negative.

And yet, the imaginative capacity of the mind is one of the most powerful tools humans possess. Without it we would not be able to learn, grow, or change. Our imagination enables us to conceptualize new ideas, to plan for the future, to create masterpieces big and small, and even to learn how to relate to others. Imagination is about potential and possibility, and with it we can literally see our dreams come true.

Research shows that what goes on in our minds has a direct impact not only on our actions, but also on the situations that we encounter in the world, as well as how our bodies function. It’s not about ignoring reality, but about consciously using our imaginations to our advantage. With this book you’ll discover ways to combine logical solutions with creativity to overcome obstacles, create change, and reach your goals.

How does this specifically apply to your wedding? In oh-so-many ways! You can:

- Dramatically reduce or eliminate stress – one of the key factors in spoiling the fun of planning the event and in keeping the bride from truly enjoying her day
- Resolve interpersonal issues, creating ways to resolve conflict and get along better with family and friends involved in your big day
- Overcome fears and phobias (being the center of attention, speaking in public, flying to your honeymoon, etc.)
- Problem-solve practical matters, envisioning a variety of possible solutions to various issues

- Get the service you desire from wedding consultants by creating behavior changes and envisioning new ways of interacting with people
- Dream a bigger dream for yourself and create an even more personal wedding day

...all by applying the imagination to the problem at hand.

A Rose By Any Other Name...

The techniques used in this book have been called by a variety of names – guided imagery, meditation, journeying, visualization, mental imagery, and hypnosis to name a few. Though some would argue that there are huge differences between these various approaches, they also have quite a bit in common. Most importantly, they all use a heightened state of focus and creativity to create a desired outcome. No matter what you call these practices, they assist in creating a mental space where you can identify your objectives and move into action, reduce the impact of conflict and stress on your life, make use of your strengths and abilities, enhance your health and overall wellbeing, and deepen your capacity for joy.

Co-author Kerstin Sjoquist coined the term “Bliss Trips” to describe these creative journeys of the mind. In her work as a hypnotherapist she has recognized the almost unlimited power-for-change created by pairing mental processes with positive emotions. She firmly believes that most issues can be resolved quickly and creatively when approached with a sense of joy and an open heart. Her Bliss Trips line of audio CDs allows listeners to delve into these creative spaces in positive and affirming ways, and throughout this book we provide you with dozens of Bliss Trips specific to the needs of Brides-to-Be.

It’s important to note that though these techniques are sometimes called “visualization,” it is not necessary to be able to actually see an image in

your mind. Though some people do have a natural capacity for visual data, many people instead use one or more of their other senses. As an example, think back to a fond childhood memory, something that was wonderfully positive and enjoyable. Take a few moments to re-live this memory in your mind. Now, some people will have an experience of seeing a full-blown Technicolor movie in their heads. Others will feel a warm rush of feelings, delightful physical sensations. Still others will hear sounds, voices, or music associated with the situation. Most of us will experience a combination of senses, perhaps seeing a flash of your grandmother's face while hearing her call out from the front door, and feeling a flutter of joy in your stomach.

The point is that *everyone* has a capacity for imaginative thought. We can all picture, or hear, or feel, an imaginary experience – something other than the one we're having right now -- and *that* is the faculty used with the exercises in this book. If you find yourself having problems at any time, just remind yourself to “remember,” or “imagine” and you'll be off and running.

HOW TO USE THIS BOOK AND AUDIO FILES

There's no “one” answer to the many situations and stresses that arise in weddings (or anywhere else in life!), so in this book we have decided to combine two varied approaches. For each of the most common wedding stresses, we provide advice on logistical solutions (such as what to say to a meddling mother) as well as a Bliss Trip that can right the situation by giving you the perfect ‘escape’ to relax and welcome the insight needed. Sometimes the logistical solution will take care of the problem, sometimes the Bliss Trip will resolve it, and sometimes your own creative combination of both approaches will provide the perfect answer.

We've also responded to each wedding stress with an affirmation. These can provide you with a new way to look at the “problem” and are great

constructive guidelines to use throughout your day. See Chapter 3, *Live Your Personal Mantra* for more information on how to use these statements most effectively.

When doing a Bliss Trip (from this book or with the MP3 files), you'll want to make the time relaxing, comfortable, and completely yours. If possible, find a private space and close the door. Turn off the phone and other distractions, and sit or lie down on a comfy chair or sofa with your head supported. Snuggle under a blanket to make sure you stay warm and cover your eyes with a silk scarf or eye pillow. Then simply take a few full deep breaths and let your imagination fly.

However, don't let the fact that you're at work or running errands stand in your way. Bliss can be yours by simply closing your eyes, taking a few deep breaths, and having a lovely moment of peace. Bliss in the bathroom; Bliss on the bus. If you can close your eyes, you can Bliss!

When doing a Bliss Trip, focus on how you want to *feel*, and see if you can increase that sensation during your trip. Focus on the GOOD! When chaos is breaking out all around you, the only thing you can really control are your own feelings. Having the skill to alter your mood puts you in charge of your life in the most powerful way. Bliss Trips can teach you how to consciously achieve a comfortable state of mind, and when you learn how to manage your inner landscape you will see the circumstance around you transforming before your eyes.

There is the golden key to a successful Bliss Trip: you must DO IT! You may tell yourself that you have no time, especially as the day moves closer and the pressure rises. But by actually giving yourself the time to have an inner experience you will clear your head and calm your mind. This focus will allow you to truly accomplish your goals. You won't waste time with cluttered thoughts, juggling too many unnecessary details, worrying about issues that could be solved easily.

The bonus MP3 Bliss Trips audio files that accompany this book are created specifically for the Bride and Groom. Use these journeys to help yourself stay calm, plan creatively, and manage the bumps and dips along your path to your wedding day – and beyond.

Track 1, *Inner Paradise*, is an opportunity to let go of whatever is stressing you out. This is a soothing daydream – a sort of mini-vacation that will help you revitalize body, mind, and spirit. After this journey you can return to your day-to-day life refreshed and relaxed, and continue your planning process with a clear mind and energy to spare.

Track 2, *Pathway to Possibilities*, is a metaphoric journey to help you find solutions to problems you may encounter while planning your wedding. This meditation assists your deepest creative mind to find answers to difficult situations. Sometimes the perfect solution will come to you in the middle of the meditation, and other times your creative mind will continue to inspire you with wonderful ideas in the coming hours and days. In either case, *Pathway to Possibilities* will help you see things in new ways and be open to a variety of resolutions.

Track 3, *Dream Your Dream*, is an invitation to let your imagination fly. Planning a wedding involves so many details that it's sometimes hard to take it all in without feeling overwhelmed. This journey helps you to discover what you really want for your big day. What would make it even more perfect? *Dream Your Dream* lets you explore all kinds of wonderful possibilities and weigh your options in your mind before you commit to them in the real world.

Please don't use these MP3 meditations while driving, or doing anything else that requires concentration. This is time for you to relax and let go.

Remember, things WILL go wrong; what's your attitude going to be when that happens? That's the key to dissolving wedding stress right there! It's a fairy tale that everything will go according to plan, and hanging on to

that impossibility is what drives so many brides and grooms, and their families, to the breaking point, to frazzled nerves and high anxiety, anger and resentment, comparisons and tears. Bliss Trips are your rescue! With them, you'll learn how to visualize not just an escape from the wedding plans – since we all know the goal is not to run away from challenges, but rather to step away to get a better mindset –you'll also have tools of strength for dealing with surprises and challenges in the moment. With these images, you'll be way better off than literally millions of other brides and grooms who were dominated by their emotions and anger, wrecking their own wedding experiences.

As you explore the Bliss Trips in this book, feel free to apply your favorites to your own situations. For instance, you might love the Bliss Trip in the money section, and it feels like the perfect escape for your problem with a bridesmaid. We encourage you to read ALL of the Bliss Trips and mark your favorites, perhaps even post them on your refrigerator or bathroom mirror. Some trips are magical, some are practical. Feel free to change them up to what feels right for you.

With the next breath you take you are one moment closer to the day of your dreams. Read on for an abundance of guidance and support. May you have a peaceful and joyful journey!