

THE BLISS TRIBE

YOUR JOURNEY BACK TO BLISS STARTS HERE



HOLLY A CLARK

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Book Design by HMDPublishing.com

WELCOME TO THE BLISS TRIBE

Congratulations on taking this first step toward transforming your life—and becoming part of something bigger. *The Bliss Tribe* isn't just a book, it's a movement. A community for anyone, at any age, who's ready to heal, awaken, and consciously create a life filled with joy, peace, and purpose. Whether you're 25 or 75, if you've ever felt stuck in anxiety, depression, emotional pain, or hopelessness, know this: you're not broken—and it's never too early or too late to change your life.

My name is Holly, and I know what it's like to hit rock bottom. In my 40s and 50s, I went through an emotional breakdown that nearly destroyed me. I battled suicidal depression, numbed myself with alcohol, and lost my connection to everything I once loved. My health declined, my relationships suffered, my finances crumbled—and for a long time, I truly believed my chance at happiness was gone.

But then, at age 60, I discovered Bob Proctor on YouTube—and that moment changed everything. His message sparked a tiny flicker of hope that led me to the Law of Attraction, to Abraham Hicks, and the book *Ask and It Is Given*. I also found EFT Tapping through Brad Yates' videos. These teachings and tools didn't just help me survive, they helped me remember who I really am. They helped me thrive.

What began as a personal transformation has become a mission: to share what I've learned, and to create a space where others can rise too. That's how *The Bliss Tribe* was born—not just as a guidebook, but as a growing movement of people from all walks of life, choosing to reclaim their power and rewrite their stories.

In this book, I'll walk you through a simple yet powerful process of emotional and energetic transformation. It's not about perfection, it's about progress. Every small step adds up, and if you commit to showing up for yourself daily, even in the smallest ways, you can experience real change in just 30 days.

So no matter where you're starting from—or how long you've been stuck—know this: you belong here. You are capable of more joy than you can imagine. And you are officially part of *The Bliss Tribe*.

Let's begin.

STEP

01

UNDERSTAND THE LAW OF ATTRACTION

“If you can dream it, you can do it.”

— **Walt Disney**

Before you can create lasting changes in your life, it’s essential to understand the foundational principle that supports this entire journey, the Law of Attraction.

At its core, the Law of Attraction is based on the idea that your thoughts, feelings, and beliefs are forms of energy. These energetic frequencies interact with the universe, shaping the reality you experience. Simply put, whatever you focus on, whether consciously or unconsciously—becomes the foundation for what you attract into your life.

Everything in existence is energy, including you. Your thoughts aren’t just fleeting ideas; they are powerful vibrational signals, like magnets, drawing people, experiences, and opportunities that match their

frequency. When your attention is constantly on lack, fear, or what's going wrong, you unknowingly attract more of the same. But when you shift your focus toward gratitude, love, abundance, and joy—even in small, everyday ways—you begin to align with higher vibrations and invite more positive experiences into your life.

The Law of Attraction isn't about denying reality or pretending everything is perfect. It's about learning to use your thoughts and emotions with intention. It's the difference between reacting to life and consciously creating it.

This week, week one, fully immerse yourself in understanding this powerful concept. Make it your mission. Treat it like you're preparing for a new career—one where your job is to master your mindset and energy. Start your mornings with uplifting content from teachers like **Bob Proctor**, who explores the power of the subconscious mind, or **Abraham Hicks**, who offers deep insight into how your emotions act as a guidance system aligning you with your desires.

Consider listening to audiobooks like *Ask and It Is Given* or *Think and Grow Rich* by Napoleon Hill. Both explore the relationship between thought, belief, and emotional clarity—and how these shape your outcomes. Explore YouTube videos from Law of Attraction teachers who resonate with you and ignite your inspiration.

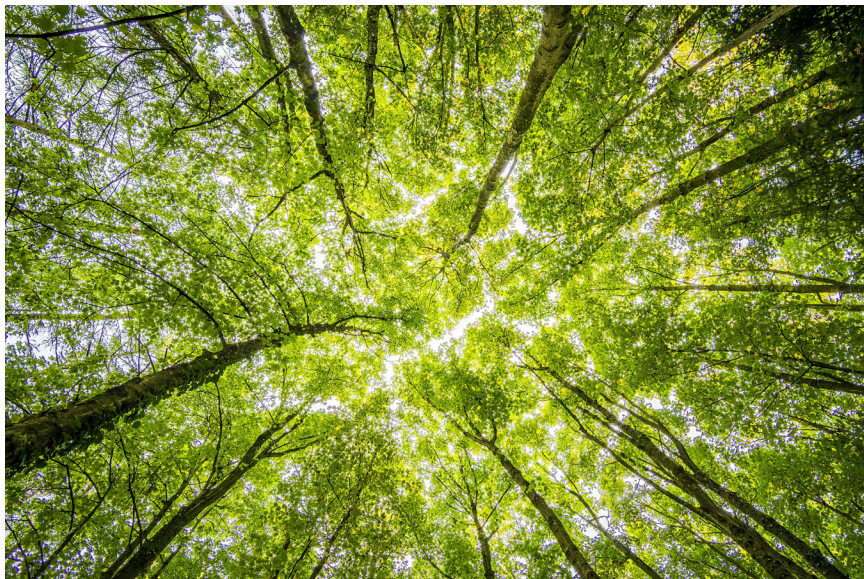
Make time to reflect and journal each day. Write about how your thoughts have influenced your past experiences. Look for patterns. Ask yourself, “*What am I focusing on right now?*” and “*What kind of experiences is this focus bringing into my life?*” Awareness is always the first step to transformation.

Also, begin tuning into your emotional state on a vibrational level. How does hope feel in your body? How does fear feel? Which thoughts elevate you, and which ones pull you down? The more attuned you become to these inner shifts, the more clearly, you'll see how powerful your emotional state truly is.

Take a day this week to declutter and refresh your home environment. Waking up in a clean, peaceful space can support your mental and emotional clarity. Clutter creates distraction and energetic noise—clear it out so you can start this process from a place of calm and openness.

For the next 30 days stay off of Facebook, don't watch the news and do not enter into political conversations. This is important, this process is about bringing the focus back to self, you can't do that when you are focused outward. Also, remove yourself from negative people as much as possible. If you must spend time with someone that is very negative, try to limit that time. Once you have finished this first month you will find it easier to tune out negativity, but first we have to get you focused on a more positive mindset with as little distraction as possible. We will work on retraining your mind to be less reactive to outside influences.

Use this week to lay a strong mental and emotional foundation. The Law of Attraction isn't some magical trick, it's a powerful, practical process of becoming aware, intentional, and aligned with your true self. Once you grasp this, your power to create change becomes truly unlimited.



STEP

02

PRACTICE MINDFULNESS AND REDIRECT YOUR THOUGHTS

“Let one person radically alter his thoughts, and he will be astonished at the rapid transformation it will effect in the material conditions of his life.”

— **Napoleon Hill**

Understanding the Law of Attraction is the first key. It’s the foundation upon which all transformation begins. This principle teaches us that we focus on—our thoughts, feelings, and beliefs—shapes our reality. Like attracts like. If we hold thoughts of fear, lack, or self-doubt, we draw more of that energy into our lives. On the other hand, when we focus on gratitude, joy, and possibility, we open ourselves up to receiving more of those experiences. It’s not magic—it’s a mindset. And your mindset is the most powerful tool you have for creating a life that feels good from the inside out.

Week two is about learning how to manage your thoughts with intention. This is where real change begins. Most people assume their thoughts are random or beyond their control, but that simply isn't true. This step is about becoming conscious—mindfully aware of what you're thinking and how those thoughts influence your emotional state and energy. It's about shifting from unconscious reaction to conscious creation.

This process starts with **mindfulness**. Mindfulness means observing your inner world without judgment. It means becoming aware of your inner dialogue—what you're telling yourself throughout the day, how you're interpreting situations, and how you're responding emotionally. This awareness gives you power. Once you recognize what's going on in your mind, you can begin to gently steer it in a more uplifting direction.

Most of us move through the day on autopilot. We think thousands of thoughts every day, many of them recycled from the past. These are mental habits formed by old wounds, societal conditioning, or long-held fears. They often feel automatic and familiar, which makes them seem true. But just because a thought is familiar doesn't make it beneficial. In fact, some of the most persistent thoughts we carry are not only untrue, but they're also unkind and unhelpful.

This week, your goal is to step out of that autopilot and become the observer. Start by simply being aware of your thoughts throughout the day and ask, "What am I thinking right now?" and "How is this thought making me feel?" These two simple questions are like a spotlight that illuminates what's going on beneath the surface. It may feel exhausting at first because you will begin to realize just how much of your thoughts are focused on the negative.

If you notice a thought that brings up anxiety, discouragement, or self-doubt, take a breath. You don't need to resist the thought or beat yourself up for having it. That only adds more tension. Instead, practice compassionate awareness. Say to yourself, "I see this thought. I feel emotional. And now I choose to shift."

This is where your **Gratitude Anchor List** becomes incredibly powerful. Think of this list as your emotional reset button. Write

down at least ten things that truly make your heart feel lighter. These can be simple and everyday—like the scent of fresh coffee, a hug from someone you love, or the way the sunlight filters through your window in the morning. Or they can be deeply personal memories, moments of triumph, or dreams that still excite you. The key is that each item must genuinely spark a sense of appreciation.

Place your Gratitude Anchor List somewhere you'll see it often—on your bathroom mirror, on the fridge, in your journal, or saved as a note on your phone. When you feel your thoughts spinning into negativity or fear, pause. Pick one item from your list. Close your eyes and bring it vividly into your mind. Picture it clearly. Let yourself feel the warmth, the comfort, or the joy it evokes. Sit in that feeling. Let it expand. This is how you redirect your energy and begin to build new emotional habits.

You can also use **affirmations** to support this process. Phrases like “I am choosing peace,” “I trust that everything is working out for me,” or “I am safe to focus on joy” can help rewire your thinking. Speak to them slowly, with intention, and pair them with deep, calming breaths. The breath helps anchor the affirmation not just into your mind, but into your nervous system. If you are having a particularly anxious thought, place your hand firmly over your heart and take three deep slow breaths and say the words “I am safe, I am peace, I am ease”. With repetition, these small practices become new pathways in the brain—pathways that lead to peace, clarity, and confidence.

Start noticing your emotional patterns. Are there times of day when you're more vulnerable to stress, worry, or sadness? For many people, negative thoughts are the most active in the early morning or right before bed. That's because those are transition times—your mind is shifting between conscious and subconscious states. This awareness gives you an opportunity to be proactive. If you know evenings tend to bring anxiety, prepare ahead of time. You might play soothing music, journal out your thoughts, or listen to a calming guided meditation.

Personally, I used to struggle with anxiety just before falling asleep. My mind would race, and I'd feel tense even when the day had gone

well. One simple tool that's helped me immensely is listening to the sound of ocean waves. I find long, uninterrupted videos on YouTube—at least 8 hours long and ad-free—and let the sound gently wash over me. It soothes my nervous system and helps me drift off peacefully. It's a small thing, but it's made a big difference.

Every time you choose mindfulness over reaction; you're building new mental muscle. Every time you gently shift your focus from a draining thought to a grateful one, you're raising your vibration. You are retraining your brain to notice what's good, what's possible, and what's beautiful. And that's no small thing. This is the work of transformation. It's soft, but it's powerful.

Be kind and patient with yourself. This is not about perfection, it's about practice. You are learning to think in a new way. In the beginning, it may feel awkward or even a bit disheartening to notice how many of your thoughts lean toward fear or worry. But don't let that discourage you. This awareness is progress. It means you're waking up.

Keep going. Keep showing up for yourself with love and intention. You are doing something extraordinary—you are becoming the conscious creator of your life. And that is a beautiful thing.



STEP

03

ALIGN YOUR ENERGY WITH DAILY GRATITUDE AND EFT TAPPING

“Never allow your mind to wander untamed like a wild animal that exists on the basis of survival of the fittest. Tame your mind with consistent focus on your goals and desires.”

— **Stephen Richards**

Now that you’ve started to become aware of your thoughts and gently redirect them, it’s time to deepen your connection with practices that help you *stay* aligned—emotionally, mentally, and energetically. **Week Three** is all about creating a sacred daily routine that nourishes your spirit and raises your vibration consistently. Alignment isn’t a one-time event—it’s a daily practice, a lifestyle choice. The more you commit to it, the more your outer reality begins to reflect the inner shifts you’re creating.

Let's begin with one of the most powerful emotional states you can cultivate: **gratitude**. Gratitude is more than just a feel-good emotion—it's a vibrational frequency that transforms your chemistry, your mindset, and your energy field. When you live in gratitude, you are sending a message to the Universe that you are open, abundant, and receptive. And the Universe responds in kind.

Start each morning by writing down **at least 20 things** you are grateful for. Keep a pen and notebook by your bed so you can do this immediately before other thoughts start to set in. These don't need to be big accomplishments or dramatic events. In fact, the small, often-overlooked details carry the most magic. The more you train your mind to notice and appreciate the little things, the more beauty and abundance you'll begin to attract. Consider moments like the warmth of your bed when you first wake up, the gentle hum of birds singing outside your window, the feeling of hot water on your skin during a shower, or the comforting taste of your morning tea. Think of loved ones, memories, books, music, your body, your breath, everything counts.

But don't just write—**feel** it. Let each item on your list become a doorway into a moment of emotional connection. Pause after each entry. Close your eyes if it helps. See the image in your mind. Hear the sounds, feel the sensations, and truly *relive* that experience with your heart. Gratitude isn't a mental activity—it's an emotional state. When you can feel grateful deeply, you shift your entire vibration into alignment with love, joy, and abundance. This is how you magnetize more of what you want.

Once you've finished your gratitude journaling, it's time to move into a gentle, grounding practice called **EFT Tapping (Emotional Freedom Technique)**. This technique combines the ancient wisdom of acupressure with modern psychology. It involves tapping on specific meridian points on your body while speaking honestly about your thoughts and emotions. The result? A release of emotional tension, a calmer nervous system, and a powerful reset of your energetic field.

Begin by choosing a focus for the day. Ask yourself: *What am I feeling right now? What's weighing on me, or what do I want to shift?* Your tapping session can be centered around emotions such as anxiety, sadness, loneliness, uncertainty, resistance, or even physical discomfort. Start with compassion and honesty. For example: "Even though I'm feeling afraid of the future, I deeply and completely love and accept myself." This statement meets your emotion with love instead of resistance—and that is where healing begins.

Then, tap through the main points in sequence: top of the head, eyebrow, side of the eye, under the eye, under the nose, chin, collarbone, and under the arm. As you tap, continue speaking freely and naturally. Let your words flow. There's no need to be perfect, just be honest. Acknowledge how you feel, and let it move through you. Then, when you're ready, begin to introduce more empowering thoughts: "I am learning to trust. I choose to believe that things are working out. I welcome peace and clarity into my day."

If you're unsure how to begin or want guided support, I highly recommend **Brad Yates' YouTube channel**. He offers hundreds of free videos on nearly every topic imaginable ranging from confidence and abundance to grief, procrastination, and healing from trauma. His gentle, encouraging style makes it easy to follow along, and his guidance will help you get the most out of each session. Choose at least two videos each morning that resonate with your current state and allow the process to support you.

When combined, **gratitude and EFT tapping** form a beautifully balanced ritual—one that lifts you into emotional alignment while also clearing away the internal blocks that hold you back. Gratitude brings in the light, and tapping clears the shadows. Gratitude expands your energy; tapping stabilizes and strengthens it. Together, they create a harmonious inner environment where transformation can truly take root.

Make this your non-negotiable morning practice. Set aside just **30 minutes** each day, 15 minutes for heartfelt gratitude and 15 minutes for tapping. Over time, you'll notice how differently you feel—calm-

er, lighter, more hopeful. Your thoughts will begin to shift. Your emotions will feel more stable. And life will start to mirror this inner shift, bringing more joy, synchronicity, and ease into your experience.

Consistency is the key. Keep showing up, even on the days when you don't feel like it, especially on those days. The daily act of choosing alignment is one of the most powerful things you can do to manifest a life that reflects your true potential.



STEP

04

RECONNECT THROUGH MOVEMENT, MEDITATION, AND NATURE

“Set a goal to achieve something that is so big, so exhilarating that it excites you and scares you at the same time.”

— **Bob Proctor**

You’ve laid a strong inner foundation by working with your thoughts, emotions, and energy. Now it’s time to bring your body and environment into alignment with your spiritual journey. **Week Four** is about reconnecting to your physical self, quieting your mind, and tuning into the natural rhythms of the world around you. It’s through this reconnection that your transformation becomes embodied felt, seen, and lived.

Let's begin with **movement**. Physical activity is often misunderstood as something we do purely for fitness or appearance, but it's so much more than that. Movement is medicine. It awakens your life force, shakes loose emotional blocks, and opens pathways for energy to flow freely. When you move your body with presence and care, you're not just exercising, you're activating your healing.

Aim to move for at least 20 minutes each day. This doesn't have to mean a gym session or a strict routine. Choose what feels good and sustainable for you. You might take a brisk walk in the fresh air, stretch gently in your living room, practice a few yoga poses, dance like nobody's watching, or follow along with a low-impact workout video. Even turning on music and swaying your arms can be a beautiful ritual of release and renewal.

Most importantly, **move with intention**. Before you begin, pause and speak a gentle affirmation: "This is time for me. I am nourishing my body, moving energy, and honoring my well-being." This simple act of presence shifts your activity from a task to a sacred ritual. If you're working with physical limitations, adapt your movement to what feels supportive—seated stretches, hand and arm motions, or even intentional breathwork can help stir and circulate your life force.

Next, we deepen the connection with **meditation**, a gateway to inner stillness and spiritual clarity. Meditation doesn't require perfection—it simply asks for presence. I recommend two short sessions each day: one in the morning after your gratitude and tapping practice, and another in the evening to wind down and reconnect.

Start by sitting in a comfortable position in a quiet space. Close your eyes, relax your jaw, and bring your attention to your breath. Inhale deeply through your nose, hold the breath gently for a moment, then exhale slowly through your mouth. Let your breath guide you inward. As you settle, speak the affirmation: "I am safe. I am peace. I am ease." These words carry an energetic signal to your nervous system, reminding your entire being that it is okay to relax, to let go.

Now, let your mind drift to a place of peace in your imagination. See yourself resting by a waterfall, floating in warm, still water, or lying on a blanket in a field of wildflowers. Feel the softness of the ground, the warmth of the sun, the sound of birdsong or rushing water. Let that image saturate your body. Then, as your mind quiets, shift your awareness inward—focus on the darkness behind your eyelids, the gentle rhythm of your breath, or a steady sound in your environment. If thoughts arise, that’s okay—gently return to your breath or repeat a simple word like “empty” or “still.”

You don’t need to reach a perfect state. Meditation, for me, is about creating a stillness where there is as little thought as I can achieve. Even if it’s just a few seconds of stillness, those moments are deeply healing. Over time, they accumulate, creating a sense of grounded calm and allowing your higher self to come forward with clarity, inspiration, and peace.

The final piece of reconnection is through **nature**, your original home, your quiet teacher, your ever-present source of harmony and healing. Make it a priority to spend time outdoors each day, even if only for 10 minutes. Nature is a living, breathing mirror that reflects back to you your own natural rhythms, reminding you that you are not separate from the world, you are an essential part of it. You are a part of the universal whole, you belong here.

Go outside and take a few conscious breaths. Stand barefoot in the grass, if you can. Feel the solidity of the earth beneath your feet. Watch the clouds drift across the sky, listen to the birds, feel the breeze on your skin. Sit under a tree, lean against it, and let it ground you. In this moment, speak softly to yourself: “I belong here. I am a part of this universe. I am supported.”

Let these words settle into your heart. The more you engage with the natural world, the more you begin to feel the deep truth that you are never alone. The trees, the earth, the wind all hold wisdom and healing. Nature effortlessly recalibrates your nervous system, slows your breath, and reminds your body how to be present. You’ll start to notice the subtle ways nature communicates with you, how the

rustling leaves soothe you, how the morning sunlight lifts your mood, how the sound of rain calms your thoughts.

Bringing together movement, meditation, and nature is a powerful way to integrate all the emotional and energetic work you've been doing. It takes the healing out of your head and into your full experience—mind, body, and spirit aligned and awake. This is how transformation deepens. This is how change becomes lasting. You're not just thinking differently, you're living differently. Your presence becomes grounded, your energy becomes magnetic, and your connection to life becomes richer and more meaningful.

You are not just healing—you are coming home to yourself.



A NEW WAY OF BEING

*“And all things, whatsoever you shall ask in prayer,
believing, you shall receive.”*

– **Matthew 21:22**

Congratulations, beautiful soul, you’ve just taken yourself through a powerful journey of transformation. You’ve done more than just learn about the Law of Attraction. You’ve stepped into a higher version of yourself. You’ve chosen to break free from old patterns and embrace a path of consciousness, intention, and energetic alignment. This is no small feat. You’ve begun to live the truth that you are a powerful creator of your reality, capable of shaping your life with the energy you emit each and every day.

What you’ve done here is so much more than intellectual learning. You’ve opened your heart. You’ve committed to showing up for yourself, even when it was uncomfortable. You’ve taken inspired action to raise your vibration through awareness, daily rituals, and the deliberate choosing of better-feeling thoughts. You’ve realigned your energy with the life you truly desire—not someday but starting now.

If you’ve made it this far, pause and let that sink in. Really feel the magnitude of what you’ve done. Celebrate your growth. You didn’t just dip your toes into change—you dove in. You’ve chosen a new path. You’ve shown up for your healing, your expansion, your joy. And the seeds you’ve planted through this process will continue to

take root and grow over time. The shifts you've made—both subtle and bold—are already working behind the scenes, aligning people, opportunities, and miracles in your favor.

It's important to remember that this journey is not a one-time effort or a temporary experiment. This is a new way of being. A new way of seeing yourself, speaking to yourself, moving through the world, and responding to life's ups and downs. You're not looking for a quick fix, you're creating lasting change from the inside out. Transformation is not about achieving perfection. It's about choosing alignment again and again. It's about progress, consistency, and grace.

In the beginning, your only goal is this: create a life that feels peaceful, grounded, and joyful. That's it. You don't need to manifest a dream home, a new partner, or a million dollars overnight. Remember, manifesting bigger things will come naturally as a byproduct of your inner alignment. Focus first on how you feel. Make it your mission to cultivate inner peace, emotional freedom, and genuine happiness—because when those are in place, everything else becomes effortless. You stop chasing the future, because you're already at peace in the present.

And that's where your true power lies—in the now. Each moment offers you the choice to shift, to rise, to realign. Every time you redirect a limiting thought, every time you pause to breathe, every time you sit in gratitude or choose joy over fear—you're doing the work. You're rewiring your energy field. You're stepping deeper into your authentic self. And even if the changes don't always feel dramatic, trust that they are unfolding in ways you can't yet see.

Transformation can be quiet. It can be gentle. But it's no less powerful. And if I could begin this journey at 60, after a lifetime of challenges and heartbreak, so can you. There is no “too late” when it comes to healing. There is no expiration date on your ability to grow, expand, and thrive. There is only this moment. And the choice you make now.

So keep going. Keep showing up, even when it's hard. Keep trusting in the unseen. Keep choosing inner peace over fear, hope over doubt, and faith over worry. You are doing it. You are becoming it. You are already the person you've been waiting to become.

Welcome to the Bliss Tribe.

You are worthy. You are powerful. You are enough.

ABOUT THE AUTHOR

Holly Clark is the heart behind The Bliss Tribe—a guide, a storyteller, and a living example of the power of personal transformation at any age. After decades of silently battling depression, anxiety, and emotional pain, Holly experienced a profound awakening at the age of 60. A chance encounter with the teachings of the Law of Attraction became the spark that reignited her spirit and reshaped her entire life. Today, Holly is passionate about helping others reclaim their joy, rediscover their power, and live with purpose. Through her writing, courses, and online community, she empowers people of all ages to break free from fear, align with their truth, and create a life they genuinely love. Holly’s journey proves that it’s never too late to begin again—and that healing, happiness, and freedom are always within reach. She invites you to join her in the movement of everyday miracles, where you don’t just survive... you rise. Welcome to The Bliss Tribe.

