



# THE BLISSIPLINES

A PATH TO PERSONAL  
MASTERY

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# FOREWORD

*"There are books that inform... and then there are rare transmissions that recalibrate your very way of being. Tim Steinruck's, "The Blissiplines" \*is one of those sacred transmissions.*

*In a world full of chaos, distraction, and psychic static, this book is a sword of clarity. It slices through the noise and delivers you to the altar of self-mastery..ll. through a simple, profound, and daily embodiment of what truly matters..Energy, Breath, Vision, and Action.*

*This is not just a book to read. It's a Dojo. A sacred training ground where you strengthen your mind, your body, and your spirit , fifteen minutes at a time ,until you become the lighthouse in the storm, unwavering and luminous. I've trained leaders, visionaries, and high-stakes game changers across the planet. And what I know is this: the ones who rise, who lead with integrity and ignite real transformation...they live by disciplines that awaken their bliss. This book is the codex for such a life.*

*If you're ready to command your energy, silence the doubt, and take aligned action from your deepest intuition ,then don't just buy this book... live it.*

*Let it initiate you. Let it remind you. Let it return you to your true power.  
"The Blissiplines" is not another self-help guide. It is a call to the Soul...and a blueprint for becoming the peaceful, potent master of your own destiny."*

**Satyen Raja**  
**Founder, WarriorSage Trainings and Accelerated Evolution Academy**  
**Mentor to Leaders & High-Stakes Visionaries**

*"There are rare individuals whose lives become their message, whose every action becomes a prayer of devotion. Tim Steinruck is one of those individuals. For more than two thousand consecutive days, Tim has risen each morning in quiet reverence to meet himself through four simple, sacred practices he calls Blissiplines—Energy, Breath, Visualization, and Action.*

*What began as a daily routine has become a living work of art. Through his unwavering discipline and luminous heart, Tim has transformed these practices into a way of being—a harmonious symphony of movement, breath, intention, and creation that has shaped his life, his music, his family, and all who have had the privilege of walking beside him.*

*I have practiced these Blissiplines with Tim many times, and I can say without hesitation—they work. They are deceptively simple yet profoundly transformative. They open the doorway to presence, vitality, and mastery of self. They remind us that the extraordinary is not born from complexity, but from devotion.*

*Tim's leadership is a study in beauty and integrity. His discipline is not a cage, but a form of liberation. What he teaches is not theoretical—it is embodied, proven, and lived. Through his steadfast commitment, he has turned the concept of discipline on its head, transforming it into something radiant, joyful, and deeply human. His notion of conscious discipline has altered my own life. It has refined the way I lead, create, and serve.*

*The music Tim has created from these four Blissiplines—both literal and metaphorical—is extraordinary. It moves not just through sound but through the frequency of his being. His devotion has rippled outward, shaping his marriage, his daughter, his family, and his community. He has become living proof that when a human being devotes themselves fully to daily alignment, life begins to orchestrate itself around their highest truth.*

*This book is an invitation into that same alchemy. It is not merely a manual for transformation—it is a transmission of devotion. Within these pages lies a pathway to personal mastery and peace. If you allow these practices to become part of your morning rhythm, you will begin to notice subtle yet undeniable shifts in your energy, clarity, and sense of purpose. Over time, those shifts become the architecture of a new reality.*

*Tim's work is for anyone who senses that life can be richer, deeper, and more whole. It is for those ready to meet themselves fully, to turn effort into ease, and to discover that true transformation is not an event but a continual act of remembrance.*

*As a leader, coach, and transformational artist, I have been profoundly shaped by Tim's guidance. His presence reminds me—and will remind you—that discipline, when infused with love, becomes bliss. His teachings call us to live with greater coherence, creativity, and compassion, so that together we might lead humanity toward something freer, truer, and more alive.*

*This is more than a book. It is a mirror for your potential, a melody for your soul, and a map back to your truest self. If you follow these Blissiplines with the same sincerity that Tim embodies, your life will not only transform—it will begin to sing".*

**Dr. Matt Helm**  
**Author of Uncaged**

# INTRODUCTION

Every day presents the opportunity to transform your life. Change is always taking place in your Body, Mind, and Spirit, whether you choose it consciously or unconsciously.

Conscious change involves focused, intentional effort that can radically transform your life when practiced in the form of daily disciplines—disciplines that support the unlimited strengthening of your Body, Mind, and Spirit. These disciplines will help you create the life of your dreams, even in challenging times.

Now, the word discipline naturally carries somewhat of a negative connotation because of its use in punishment we may have received as children. Its true definition, though, is rooted in learning and knowledge.

My daughter brought this up to me as I was preparing to write this book, and I sought to find a way to transform this word into one that would inspire rather than discourage. One of my teachers and treasured mentors had the perfect solution.

As of today, I have been practicing four powerful Blissiplines for 2,192 days, and they continue to transform my life and the lives of many others.

By committing to a simple fifteen-minute process every morning, I have been able to achieve many of my life and career goals in a very short period of time. I am confident now that I will achieve them all—and many more.

And if you commit to this daily practice, you will too.

The four Blissiplines detailed in this book are categorized as Energy, Breath, Visualization, and Action. When practiced together daily, they function much like a combination lock that will allow you to unlock the door to your unlimited potential and incrementally move you forward on a path to personal mastery and effortless manifestation.

There is no denying that we are living in a time of extremes. There seems to be an unrelenting and increasingly intense storm all around us, pushing us to and fro like little paper boats on a churning ocean. There is a constant war for our attention and emotions, and because of it, an epidemic of fear, anxiety, and depression has been unleashed on the world.

But there is a simple and powerful solution.

By committing to a daily fifteen-minute practice that strengthens your Body, Mind, and Spirit, these Blissiplines will transform you and all parts of your life. You will go from that little paper boat on the stormy ocean to a peaceful and majestic lighthouse standing strong on the shore—grounded, immovable, radiating guiding light even in the greatest of life's storms.

So let us journey together and discover how, by simply investing fifteen minutes in ourselves every day, we will eventually become the peaceful masters of our lives.





BLISSIPLINES

**Blissiplines**

Chapter One ENERGY

# Chapter One ENERGY

Humans are energetic beings—electric, to be precise. Our bodies are made of fifty trillion cells that generate approximately 100 watts of energy. This power is used for essential functions such as heart pumping, muscle contraction, and organ operation.

When you raise your heart rate through exercise, your cells experience enhanced oxygen delivery, improved waste removal, and increased immune activity. Muscles receive more blood, and immune cells become more active and circulate faster through your body to protect you from pathogens that cause disease. Every day, you will become stronger.

But that's not all. Your brain contains a literal pharmacy filled with natural feel-good chemicals such as adrenaline, endorphins (natural painkillers), dopamine (mood enhancer), serotonin (mood regulator), and endocannabinoids that reduce anxiety. Short bursts of intense exercise also increase the production of a crucial protein that creates new neurons and supports overall brain health and function.

It's important to know that these miraculous benefits can only be released through a minimum seven- to ten-minute burst of high-energy exercise. The amazing thing is that when done daily, you create an infinite wave of wellness for your Body, Mind, and Spirit.

The fact is that we are miraculous, self-healing machines. Just as a cut or broken bone can be healed by our bodies, so can we heal our emotional and mental selves by raising our energy daily.

In the morning, I recommend getting up early and immediately committing to yourself. Make this energetic process the first priority of your day.



When you first awaken, take a moment to smile—even if you have to force it. It is scientifically proven that smiling, even forced, releases those same feel-good chemicals. Put your feet on the ground and pause momentarily in gratitude for having the opportunity to experience another day of this divine human journey.

Your life, health, and well-being are the ultimate gifts you can give yourself.

Warning: AVOID CHECKING YOUR PHONE.

Your mind will start racing, as it always does—thinking about what you need to get done, the bills you have to pay, the challenges you have to solve, your emails, social media, texts, etc. etc. etc...

STOP. Resist it.

You are making time for YOU.

Don't get distracted. You are building a stronger YOU.

Go to the bathroom, then get yourself a glass of water with a squeeze of lemon or lime if you can, and hydrate the beautiful body you're living in. Keep smiling.

The first priority of every day should be YOU, and the relationship you have with yourself. If you take these steps every day to strengthen your Mind, Body, and Spirit, not only will you eventually make your dreams a reality, but you will also have more love, energy, and attention to give to your family, friends, and acquaintances.

Committing to this daily Blissiplined practice is going to make you stronger and more resilient in

all parts of your life—especially in the relationship you have with yourself and the world.

Now, as far as the exercise routine goes, I recommend the 7 Minute Workout.

It's a free app for Android or Apple. Yes, there are paid workouts in the app, but the "Full Body" workout is free and, in my experience, the best, as it hits every major muscle group and maximizes your physical output. It's a H.I.I.T. workout—High Intensity Interval Training—which is scientifically proven to be the most beneficial and efficient for your body.

No weights or equipment are needed, so push the coffee table out of the way, put on your favourite inspiring music, and GO.

\*A specially curated Spotify, Apple, and YouTube playlist and links to the apps are included with this book.

NOTE: It's important to consult a medical professional before starting any new exercise routine. Remember to keep it simple. Your mind will try to make things complicated, but resist it. Just getting started every day should be celebrated as success.

Your mind will say things like, "I don't feel like doing this today," or "I'll do it later," or "I'm tired." It's important that you resist your mind's chatter. It will try to sabotage you. Observe it, but don't give in. Reaffirm to yourself:

I AM the master of my life.

I AM becoming the master of my mind.





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# Blissiplines

Chapter 2 BREATH

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Immediately after completing the workout, put your hands on your chest and feel your heart beating. Your target heart rate should be 90–110 beats per minute—that's where the feel-good chemical release takes place.

There are many free apps that measure your heart rate by placing your index finger on your phone camera lens. Check this from time to time to make sure you are hitting your target heart rate. Work harder and dig deeper if needed.

Now, with your hands on your heart, close your eyes and feel the pumping of your blood. Visualize those fifty trillion illuminated cells racing through your body. Smile and allow gratitude for your life and your body to surround you. Enjoy this moment fully.

Your body and cells are being infused with all those feel-good chemicals and hormones. This is the BLISS.

As your heart rate and breath return to normal, begin breathing deeper and slower. With your eyes still closed, breathe in through your nose for four counts, hold for four counts, breathe out through your mouth for six counts, and hold again for four counts.

Continue this for three to five minutes, envisioning your breath moving like a beautiful healing light wave through your body.

The major benefits of this practice are reduced stress and anxiety, improved focus and awareness, and a deep sense of calm. You are oxygenating your entire body.



You can use this breathwork anytime during your day as a personal reset—especially when challenged by negative emotions or stressful situations. Put on your headphones, play some meditation music, close your eyes, smile, and breathe.



# Blissiplines

Chapter 3 VISUALIZATION

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Now, as you rest in this feeling of relaxation and bliss, you are ready for the next step—the key to making your dreams a reality.

Whatever your ultimate goal is, know that this is the place where you make it real. Having a goal for today or next week is fine, but I encourage you to think big. I mean REALLY BIG.

What is the one thing you could manifest that, if you had it, would absolutely complete you?

I want you to know that everything is possible if you can access the feeling of already having it. Read that again.

This is not about mantras and vision boards—though they have value—but about quantum manifestation.

The scientifically supported nature of reality suggests that all possible outcomes for your life already exist. You simply need to tune your frequency to the one where you have already achieved your ultimate goal. It's waiting for you right now.

Your mind does not know the difference between what your eyes see and what you visualize. It sends out the same messages, chemicals, and hormones in response, supporting your body regardless of where the visual originates.

Think of how your body reacts to a nightmare or a scary movie.

Think of how a beautiful dream or emotional movie can bring you to tears.

Our thoughts create our life.

What we see and feel in our mind eventually becomes our reality.

So let's begin.

With your eyes closed, create a snapshot of your ultimate goal achieved.

Find the peak moment where you realize, "WOW, I've achieved THIS! Here I am!"

See yourself and your surroundings.

What are you wearing?

Who is with you?

What is happening in this moment?

Make the visual as real as you can.

Now notice the thoughts you are having in this visualization. Observe your body sensations. And finally—and most importantly—feel the feeling you get while experiencing your goal achieved.

The feeling is the secret.

The images, thoughts, and sensations support it, but the feeling of already having achieved your goal is what will draw it to you—effortlessly, like picking up your mail from the mailbox.

As you do this daily, you will continue building out the details. Smell the scents. Hear the sounds. Feel the breeze, the goosebumps. Allow your visualization to become more vivid and real.

Do this every day after ENERGY and BREATH, and you will eventually achieve your ultimate goal.

But there is one more essential ingredient.





# Blissiplines

Chapter 4 ACTION

# Chapter 4 ACTION

All the steps so far have led you to this moment—the moment of intuition.

Intuition is the ability to understand something immediately, without the need for conscious reasoning. Because of the work you have done in the previous steps, you now have access to this incredible gift.

Put your hands on your heart and ask yourself:

“What is one action I can take right now that will move me one step closer to my goal?”

Accept the first thing that comes up. Don’t search—searching is the mind. Intuition is from the heart. Listen to the first thought. Don’t question it.

You may be guided to create something, send an email, make a phone call, or simply journal for a while. You may be guided to post something positive on social media, draw a picture, write a song or poem—something that often happens to me.

Just listen to the voice, regardless of logic or reason, and do it. This action will move you one step closer to your ultimate goal.

Keeping a daily journal will also support you powerfully. Writing from this intuitive place is often like pulling a loose thread in a sweater—suddenly the entire sweater unravels beautifully into your hands.

A journal also allows you to look back and recognize the growth and transformation that have taken place within you and your life.

# CONCLUSION

By committing to these four daily Blissiplines, your body will continue to get stronger. Your mind will become clearer. You will experience a greater and greater sense of well-being and confidence—one that will eventually make you unshakeable.

You will face any challenge in your life and find solutions with ease. Your intuition—your natural GPS—will be fully activated, and you will learn to trust it more with every passing day. Strong intuition is one of the greatest gifts that emerges from doing these daily Blissiplines.

I can tell you from experience that the decisions I have made over the last few years—decisions that often defied logic or reason—have led to miraculous outcomes. Things continue to unfold that bring me closer and closer to my ultimate goal. The right people, situations, and circumstances simply show up.

The same will happen for you as you move forward step by step, day by day, through this process. You will learn to trust your intuition implicitly.

You and I will make our dreams reality if we continue to commit and surrender to this path of personal mastery.

I always say now:

“There are no coincidences—only synchronicity.”

I wish you all the best on your path, and if you decide to commit to this journey, I will be here to support you in whatever way I can.

Reach out to me anytime at [timsteinruck@gmail.com](mailto:timsteinruck@gmail.com).



NOTE: By your request, I will welcome you into the Blissiplined Family should you wish to be held accountable by others committed to this practice. In this group, participants post daily when they have completed their Blissiplines and how many consecutive days they have achieved.

IMPORTANT: Should you fail to keep your commitment to yourself or the group, take these four steps to restore integrity:

- 1) Acknowledge your failure.
- 2) Forgive yourself fully.
- 3) Put a solution in place to ensure it never happens again.
- 4) Recommit to practicing the Blissiplines daily.

Also, learn to live by these three powerful statements:

- My word to myself and others is law.
- I AM the Master of my life.
- I AM the Master of my mind.

Let The Blissiplines begin.

# LINKS

## **7 Minute Workout App**

**Apple:**

<https://ln.run/rg410>

**Android:**

<https://ln.run/YMQ-b>

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## **The Blissiplines YouTube Playlist link:**

<https://ln.run/bECKO>

## **The Blissiplines Spotify Playlist Link:**

<https://ln.run/Q346H>

## **The Blissiplines Apple Music Playlist link:**

<https://ln.run/rjbjr>

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## **Heart Rate App**

**Apple:**

<https://ln.run/b0AEz>

**Android:**

<https://ln.run/LX92L>



# About The Author

Tim Steinruck is a speaker, guide, mentor and Certified Master Life Coach. His roots are deeply embebbbed into music and co-creativity. He is a multi-award-winning songwriter and producer. He enjoys touring, performing and speaking internationally. He resides in Vancouver, Canada with his wife and daughter.

He believes that true personal mastery and natural mental health solutions exist within us all. We just need to remember that we have the keys to unlock them.

