

**INTRO TO:**



**A Gentle Guide to Healing,  
Identity & Purpose in Christ**

**HEAVENLYAMAZINGBLISS.COM**

# W E L C O M E

*Hi There!*

If you've been carrying emotional weight, questioning your identity, or longing for deeper peace with God. You're not alone.

The B.L.I.S.S. Method™ is a faith-centered healing framework created to help women break free from pain, reconnect with God, rediscover who they are in Christ, and walk confidently in purpose. This guide is a starting point, not a finish line!

*There is no pressure to "fix" yourself here. Just space to breathe, reflect, and invite God into the process.*

*Yanisha Virgo*

## ABOUT ME

Yanisha Virgo is the founder of Heavenly Amazing Bliss and creator of The B.L.I.S.S. Method™, helping women break cycles of pain and step boldly into their God-ordained purpose.



# WHAT IS THE B.L.I.S.S. METHOD

The B.L.I.S.S. Method™ is a five-step, Christ-centered approach to emotional and spiritual healing:

- B — Break the Pain**
- L — Lean on God**
- I — Identify Who You Are**
- S — Step Into Your Story**
- S — Speak & Shine**

Each step gently builds on the last. Guiding you from awareness to confidence, without shame or striving.





# 01 B- Break the Pain

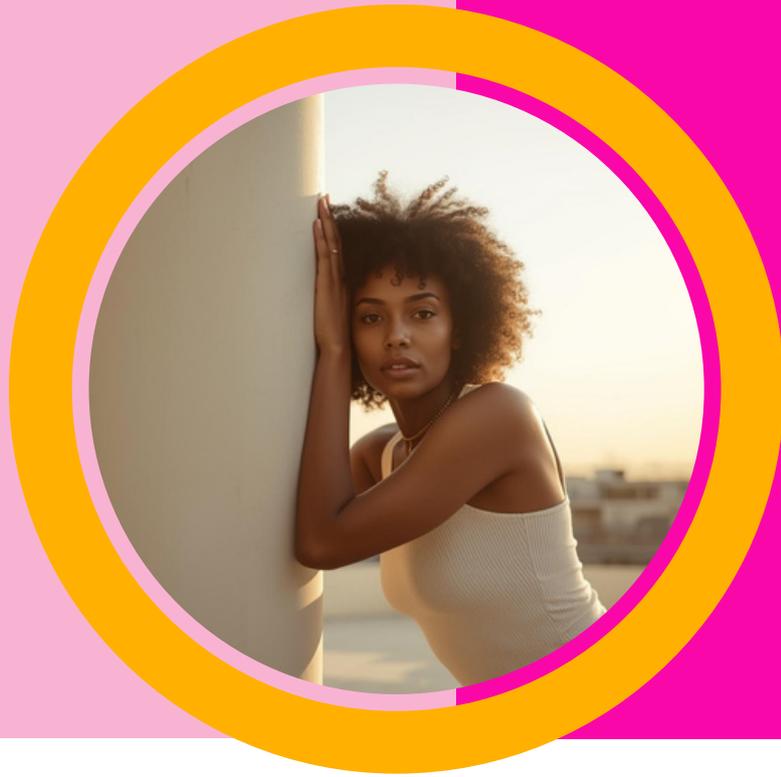
**Healing begins when we acknowledge pain instead of avoiding it.**

***Scripture: Psalm 34:18***

***Reflection: What pain am I ready to bring to God today?***

Insert text here





## 02L- Lean on God

**True healing requires surrender. Releasing control and trusting God's strength.**

***Scripture: Proverbs 3:5***

***Reflection: What am I struggling to trust God with right now?***

Insert text here





## 03 I- Identify Who You Are

**Your identity is not your past. It is rooted  
in Christ!**

***Scripture: 2 Corinthians 5:17***

***Reflection: What lies am I ready to replace  
with God's truth?***

Insert text here





# 04S- Step Into Your Story

God can redeem every chapter of your life.

*Scripture: Ephesians 2:10*

*Reflection: What part of my story is God asking me to embrace?*

Insert text here





# 05 S- Speak & Shine

Healing leads to confidence, voice, and purpose.

*Scripture: Matthew 5:14*

*Reflection: Where is God calling me to shine boldly?*

Insert text here



# A PRAYER TO BEGIN

*LORD,*

*I GIVE YOU MY HEART, MY  
QUESTIONS, AND MY  
HEALING JOURNEY.*

*HELP ME RELEASE WHAT NO  
LONGER SERVES ME AND  
RECEIVE WHAT YOU HAVE  
FOR ME.*

*GUIDE ME STEP BY STEP,  
AND REMIND ME WHO I AM  
IN YOU.*

*AMEN.*



# WHAT COMES NEXT?

THIS GUIDE INTRODUCES THE HEART OF THE B.L.I.S.S. METHOD™, BUT DEEPER HEALING HAPPENS WITH INTENTIONAL SUPPORT AND GUIDANCE.

*IF YOU'RE READY FOR:*

- *STRUCTURED HEALING*
- *FAITH-LED COACHING*
- *IDENTITY RESTORATION*
- *WALKING CONFIDENTLY IN PURPOSE*

*YOU DON'T HAVE TO DO IT ALONE.*



# FINAL ENCOURAGEMENT

*HEALING IS NOT A RACE.  
GOD IS NOT  
DISAPPOINTED IN YOUR  
PACE.*

*EVERY STEP YOU TAKE  
TOWARD HIM MATTERS.  
YOU ARE ALLOWED TO  
HEAL.*

*YOU ARE DEEPLY LOVED.  
AND YOUR STORY IS  
STILL UNFOLDING.*





**READY TO GO DEEPER?**



Explore the full **The B.L.I.S.S. Method™**  
Coaching Experience or access more faith-  
based resources inside the **Divine Library** at  
Heavenly Amazing Bliss.

**SCHEDULE A DISCOVERY CALL**

