

Duke Bliss and the Meditating Marines

*An example of Bliss Writing
to increase the happiness
and creativity of the writer*



Jim Kitzmiller

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This book is for sale at
<http://leanpub.com/meditating-marines>

This version was published on 2019-08-30



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Also By Jim Kitzmiller

Rocket Fuel for the Soul

Conscious Tweets to Contemplate

What I learned by Creating Systems for Five Decades

To people who love being happy, creative, and productive.

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About This Book

If you're looking for a feel-good read, this book is for you.

If you're a writer, or a potential writer, this book will help you add *bliss writing* to your toolkit. ***Bliss writing will help you leapfrog over writer's block.*** It will put the fun back into writing. It will open the floodgates of your creative flow.

If you're a meditator or potential meditator, this book will **ignite the joy** of your meditation practice.

If you're a *Law of Attraction* fan, *bliss writing* will help you create what you want.

If you're into the self-help / human potential movement, this book will give you tools that you can use for your **personal empowerment**. And you will feel empowered by simply reading this uplifting story.

Bliss writing gives you new insights into living. And it brings back earlier insights and boosts them to a new level.

Let the fun begin!

Divinity

There are many mentions of *God* throughout this book.

Please feel free to substitute whatever word(s) resonate with you, e.g., *Spirit, All That Is, The Universe, Infinity, Allah, Divinity, The Divine*, ... Thank you.

Bliss Writing

Duke Bliss and the Meditating Marines An Example of Using Bliss Writing to Have a Life of Radiant Health, Abundance, and Bliss

This novel is an example of how you, as a writer, can use *Bliss Writing* to raise your level of happiness and personal life experience.

If you're a meditator, you'll love it. It shows you a multi-dimensional view of a meditation class demonstrating viewpoints of meditation teachers and students.

If you love *The Law of Attraction*, you'll love *Bliss Writing*.

This novel was an entry in the 2007 **NaNoWriMo** – National Novel Writing Month¹ event.

NaNoWriMo is an event that takes place every November. Over a hundred thousand people from around the world commit to writing a 50,000 word first draft of a novel in one month.

However, the main purpose of bliss writing is not to reach a particular word count.

The purposes of bliss writing is to increase the happiness and creativity of the writer.

Bliss Writing is an extremely powerful method of self-help and spiritual growth. It leapfrogs writer's block and skyrockets creativity.

For one thing, you can sit down with a notepad and pen, or a computer, and write your way to a better life. This is

¹<http://nanowrimo.org/>

absolutely amazing. You can take great strides toward your new life of happiness in as little as twenty minutes, or ten minutes if you're pressed for time.

Perhaps the ultimate is writing a blissful novel in a month. The benefits include:

- increased self-confidence
- increased creativity
- increased intelligence
- greater imagination
- greatly increased level of consciousness
- improved overall well being
- improved ability to communicate
- financial benefits from your writing
- business opportunities
- better ability to write articles for publication
- better ability to write web pages
- better ability to stay in touch through email
- improved speaking ability
- vastly improved ability to solve problems
- **vast ability to rise above problems with no need to solve them**

Bliss writing seems to be a universal panacea. Perhaps it is.

Here's how it works.

Start with a character and an idea for an opening scene. Or else pick a topic that relates to your life or the lives of friends.

Imagine the greatest things possible, or some great fun thing, and write a story including the positive things involved.

Include descriptions of sensory perceptions such as sight sound, smell, and taste. You can also include perceptions of space, distance, weight, mass, moisture, pressure, and voice

timbre. The list goes on. You don't have to include the all perceptions. But throw some into each passage.

You should include a main character that you identify with. Or you might invent a character who is some kind of ideal you have for yourself. You might find that ideal hard to believe. But you can pretend. Invent a character and imagine it's you while you're writing.



It's also very empowering to see yourself as perfect the way you are right now. You can check out the **article and meditation on the subject**².

Start writing and keep writing.

In bliss writing there are no obstacles to overcome. There is no struggle. There are no bad guys. Things just go right naturally.

With bliss writing there's no pressure to be accurate or perfect. After all, it's just fantasy. Right?

So just enjoy your fantasy and write away.

The most important factor is to not think about what you're about to write. Don't edit. Don't judge. You can do all that another day if you like. For now you just step aside and let it happen.

I prefer to think that I'm standing aside and inviting God to work through me.

You can look at it in whatever way is compatible with your spiritual beliefs.

The main idea here is to just step aside and let it flow through you.

It will flow. A lot of the writing, especially at first, might be garbage. So what. Let it happen. It will get better as you

²<http://jimkitzmiller.net/perfect-self/>

learn to trust and simply let it go. So just step aside and let it rip.

Flat out writing has many variations.

BlissercisingTM is flat out writing with answers to a question designed to invite you to look at things in a certain way.

Bliss writing might encompass all of the positive rapid writing techniques. In this case, for this book, it's used to write a novel. Remember, there are only good guys. There are no obstacles. You are already there. You are merely describing the wonders in great detail.

Do you want a mansion? Great! Include that in your short story or novel. Describe it in detail. Describe some fun activity taking place in your mansion. Describe various sensory perceptions. Describe it in wondrous, fun, and exhilarating detail.

Let loose the cannons of appreciation as you describe the scene and the actions in your mansion.

There are many other forms of rapid writing. One is Win Wenger's freenoting. Dr. Wenger writes about how he would sit in on a lecture about some unknown subject. Then he would allow the speaker to sort of drift in the background while he would write like crazy on this unknown topic. The first couple of minutes might be junk. Then later he might find himself writing about something before the speaker talked about it.

This seems like pure magic. Many people have written testimonials about the effectiveness of freenoting.

May I suggest that you adopt some form of bliss writing into your daily routine. Perhaps you would like to adopt several forms of bliss writing.

³<http://blissercise.com>

For one thing, it's tremendous fun. It makes you feel good. And it beats watching CSI on television. In fact it beats just about anything on television.

Ladies and gentleman, start your bliss writing.

1. Duke's Glider

Duke took a gasp of delight. The Grand Canyon, far below, was a wonder of nature. It was wondrous to behold. Duke knew to not fly directly over the Grand Canyon at low altitudes. There were just too many downdrafts for his sleek glider to sustain.

Even though Duke's design with a special alloy was the strongest plane fuselage on Earth, there was no point in inviting danger.

Duke had long since learned to flow with the forces of Nature. He turned his craft to the right as he approached the south rim. With his 20/5 vision, Duke could easily depict the details of what was going on with the crowds below.

Duke felt a surge of joy as he noticed a raft rushing along the Colorado River below. Duke could see the excitement in people's faces as the mighty Colorado jostled their aquatic vehicle from side to side.

Duke had long since learned to pick up on the joy of others. When they felt bliss, Duke felt it too.

At first this was a problem for Duke, because he had also picked up other people's suffering. Although Duke experienced tremendous compassion and unconditional love, he had learned to simply let go of the experience of other people's suffering. He saw it but chose to focus on feelings of love and peace.

Peace is welcome almost anywhere. Duke was wildly popular with a wide range of people. Many thousands of people were uplifted by their experience with Duke over the years.

Duke banked his glider to the left to get a view of the people looking over the edge. They were looking at a group of four people who were making their way up the Bright Angel Trail after camping below. Duke smiled when seeing the mixture of struggle, determination, and accomplishment on the faces of the hikers far below. Duke remembered what life was like in his pre-enlightenment days.

As Duke had progressed in his spiritual evolution, he reached a stage where there was a tremendous joy in accomplishment. There was what could be called a beautiful struggle. There was the overcoming of obstacles which had a special joy in the process. And Duke made light of the disappointments and overwhelm and puzzlement over imaginary brick walls.

In those early days, Duke hadn't realized what surrender to God really is. Now he knows.,

Duke's life has been one of joy and bliss.

Sensing an updraft near the north end of the canyon, Duke steered his glider in preparation of his trip back to his Sedona home.

At first when Duke built his glider, he had depended on state of the art electronic equipment to detect winds, updrafts, destinations, and the like.

Last year Duke uninstalled it all from the craft and used the greatest guidance system of all, his own internal guidance system. Duke had increasing sense power over the years. Upon his enlightenment, there was another huge upsurge.

Reaching the area high above the north rim, Duke sailed his plane in the optimal spiral to catch the updraft safely.

While reaching for his oxygen tank, Duke recalled how he had limited himself in the past. He had been focused on limitation. He had always failed to reach out and neglected to accept what God had given him.

Duke returned his attention to the spiraling updraft. The winds were extremely favorable today. Duke knew that he could reach a height that could take him far toward his destinations – any destinations of his choice.

Since Duke had six houses in various paradises throughout the world, his choices were not limited by any means. Duke could head just about anywhere.

Donning his oxygen mask and goggles, Duke gave thought to his next destination.

2. Paradise in the High Desert

As Duke was pondering the possibilities for a destination, he flashed back to an amazing time in a small cabin in Joshua Tree, California.

Duke had been evicted from his home a couple of weeks earlier. His apartment had been filled with the makings of hundreds of projects that were designated for completion at some vague future time. Somehow that time spilled forward into the vague future.

With the crash of the high tech economy, Duke's finances crashed also. There always seemed to be one product sale just around the corner. And that sale would change everything. But that sale never came to pass.

Everything Duke had, well almost everything, was lost in the eviction process. How much can you fit into a Camry anyway?

It was quite amazing – but Duke felt a tremendous sense of relief after he walked out of that apartment for the last time.

He headed for a place that a friend offered to him in a time of need.

The tiny, rustic cabin was an oasis in the high desert of California. It was a gift from God. Or at least it was a loan from God. Duke's friend, Rodney, was going to be out of town for a month or so. So Rodney let Duke stay in the \$70 per month cabin in exchange for watering the yard.

Feeling blessed by his new found salvation from the cold streets of night time San Diego, Duke jumped at the chance for a roof over his head.

During the first few days Rodney was still there. So this was a break-in period. It was a chance for Duke to learn the ropes of cabin living.

The shower was outside. It was a hose with a shower head fitted on the end.

“Turn on the propane and wait about 20 minutes for the water to get warm,” instructed Rodney.

“Be careful where you walk in the cabin. The creaking areas of the floor are weak. You don’t want to wind up stepping through the floor and making a hole. The whistling winds can get quite uncomfortable, but you can keep warm by burning a log in the pot belly stove.”

During the first few days while Rodney was still there, Duke slept in a reclining chair. The sleeping bag came in really handy. Very handy indeed.

During his stay at the cabin, Duke felt an overwhelming feeling of gratitude. God was providing for him. This was a great chance to meditate and reflect. There was a roof, a floor, and four walls. There was electricity to power Duke’s laptop. There was a telephone to accommodate dialing into the Internet. What more could anyone want?

Duke’s attention returned to the spiraling currents that had lifted his glider several thousand feet above the ground.

Now was the time for a choice. Where to?

3. Return to Vista

“Let’s return to Vista,” thought Duke.

Duke gently turned his trusty craft toward the San Diego area. God always has good things in store. Let’s see what appears in front of Duke.

The air flow was near perfect for the return trip. However, Duke’s glider was fully equipped with an electromagnetic flight system. There were electromagnetic energy fields surrounding the earth. So Duke could utilize them to help power his glider for the return trip.

Duke himself has the ability to tune into electromagnetic energies. So he opened his perceptions and allowed his sensory system and internal computer to tune the system for the proper course. Finding the optimal settings, Duke adjusted his craft’s controls to fully utilize the correct combination of air winds and electromagnetic currents.

“Life is good.”

“No, life is great.”

Thinking it would be fun to take a look at the Palm Springs windmills, Duke set the course.

The trip was joyous. The buoyancy of the updrafts was reminiscent of the comfort of mother’s womb. It was so safe and supporting, just like surrender to God’s Will.

The balmy air caressed Duke’s grateful skin. The electromagnetic energies were joyous.

Duke’s kundalini was fully open and optimized for the greatest life experience. But that’s another flashback.

The air over the 10 Freeway was clear. In the old days mankind’s greed had led to chewable air pollution.

Now there is only clean air. The traffic below was flowing smoothly because of the reduced need for travel. You don't need to travel much when everybody has money and it's easy to make a living. And you don't have to travel much when there is no requirement for stress relieving vacations.

Modern days were more joyous for everyone with the phasing in of *The Abundance Economy*.

The Palm Springs windmills appeared as faint specs in the distance. There was a growing feeling of appreciation and pleasure with the possibility of seeing windmills again. They are such a tribute to the marriage of science and nature.

These windmills are somewhat historic since most of the population has homes powered by a combination of solar energy and mini home windmills. It is common for people to sell power back to the grid. However, the grid doesn't need that much power.

Coal power, oil power, and nuclear power are distant memories.

Duke and a team of his friends had recovered some of Tesla's lost work in extracting energy from the environment. After years of wrangling, the oil companies relented and financed energy production through environmental energy utilization.

Such energy was multi-faceted with multiple sources.

The trip was mostly silent as Duke's craft had no engines. As the windmills drew closer, Duke opened his sense of hearing to enjoy the hum of the windmills.

Duke had learned selective hearing in his old days of communicating with Morse Code over ham radio. He could pick one signal out of twenty and fully copy the transmitted message. A similar ability applied when picking out the sound of the windmills from the near white noise of the society below.

As the windmills drew near, Duke remembered his first tour. He went into the control tower and saw first hand what was happening. He learned about wind power and utilizing the forces of nature to serve mankind's needs. There was little waste.

The ancient power stations hummed with a sense of beauty. Instead of resisting the sounds, Duke had long since learned to perceive everything with a sense of appreciation.

There was a certain beauty to the roar of the giant windmills. Perhaps the din was too much for the people who lived nearby. However, these windmills were preserved and maintained as historic monuments.

Duke felt a wonderful sense of appreciation as he passed over these monuments to mankind's progress. How wonderful was the creativity of God's children. This was quite amazing and a beauty to behold.

The air smelled brisk and clean as it whizzed by Duke's radiant face. He truly appreciated the heightened senses that he had gained in recent years. In spite of his senior age, Duke enjoyed all the radiance and buoyancy of youth.

His vigor had returned once Duke learned about the two aspects of surrendering to God. The conventional aspect is to let go of things in spite of the prevalent idea that surrender to God means that we might end up lacking things.

In truth, the letting go aspect simply means that we let go of the clinging and the need to control. That doesn't mean that we can't have the goodies. We just have to be willing to be happy whether we have the goodies or not.

Duke knows this and lives a life of abundance.

Duke also knows that the second aspect of surrender to God is allowing. This means that Duke accepts God's gifts without resistance.

Duke Blisser banked the plane a bit to the left and headed towards North County San Diego.

The mountain passes were absolutely breathtaking. Duke flew high above the 215 freeway. His keen vision picked out the cars far below. He felt the life from the vegetation and the shimmering of the distant waters .

Duke noticed a slowing of the traffic in Escondido. Heading toward the Palomar Airport, Duke found clear sailing and the perfect wind – a slow headwind to optimize his landing.

It was a pleasure to feel the gentle touchdown of the wheels on the concrete runway. The three point landing was totally textbook.

Duke remembered flying with his father in a small Cessna airplane. His father used to say “Any landing you can walk away from is a good landing.” Well this was an excellent landing.

Duke taxied his light craft over to the nearest hanger, a very familiar sight. The old structures were made to last forever. This one had been standing for nearly sixty years. It required little maintenance.

The shelter was very economical, made with aluminum and steel.

As Duke taxied towards the haven of safety, a smiling man motioned Duke toward a specific spot in the hanger. It was Duke's usual place for parking his craft while in San Diego.

Carl, the smiling traffic director approached Duke as the plane came to a comfortable stop.

“Duke, that glider is a beauty.”

“Thanks, Carl,” responded Duke.

Duke and his friends designed the metal alloy that com-

prised the plane's fuselage. It was one of the toughest, lightest, and most pliable metals outside of the space program. And it was built for a tiny fraction of the cost.

The metal reflected just enough light so others could see it without being blinded by the light. Several earlier designs had been rejected because of excessive reflectivity. This one turned out perfect.

In the design process, Duke used his creative imagination much like he did with other inventions. He visualized the entire production process, and the final result, in his imagination. There he made several corrections so that everything turned out perfectly.

Although a prototype was made for testing purposes, that test was not really necessary.

"I knew you were coming, so I called Carol," said Carl in his loving tone.

"Carl is one of the most helpful people alive," thought Duke.

"Thank you so much," responded the gratified Duke.

"Duke Blissner, it's really great to see you. We've been waiting for your return so that we can throw a shindig in your honor."

"Well I don't know," replied Duke waiting for bait.

"You old teaser!", laughed Carl. "We'll have some hoe-down music there."

"Well in that case ..." laughed Duke.

The twosome skipped over to the control tower with Duke's luggage in their possession.

As they reached the control tower they saw Carol pulling up in her jeep. The vehicle, aptly named "King of the Road" had more character than luxury.

Duke shouted out to Carol, "I see that you brought the limo."

The Author

Jim Kitzmiller empowers joy, creativity, and productivity both in corporate settings and private retreats.

He is a mystic, a systems architect, a software developer, and an author.

With decades of experience in the computer industry, Jim has repeatedly found simple solutions to complex problems.

Simple solutions save clients enormous amounts of time and money.

This ability to identify simple solutions also applies to the self-help / personal development area. Simple solutions, working at the essence of beingness, can save decades of struggle and vast sums of money.

Jim's guided meditations on [YouTube](https://www.youtube.com/user/JimKitzmiller)¹ and [his blog](http://JimKitzmiller.net)² have had well over a million views and have brought countless heartfelt testimonials filled with gratitude.

As a volunteer Municipal Liaison for [NaNoWriMo](http://NaNoWriMo.org) — [National Novel Writing Month](http://NationalNovelWritingMonth.org)³, Jim leads weekly writers' meetings in North San Diego County, California.

Jim holds a BS in Engineering from *Case Institute of Technology*, and an MS in Electrical Engineering from *The Ohio State University*. He completed all required Ph.D. course work in Operations Research (Management Science) at *Arizona State University*.

In addition to hosting corporate empowerment programs, Jim hosts creative writing retreats and meditation retreats.

You can email Jim at jimkitz@gmail.com.

¹[http://YouTube.com/JimKitzmiller](https://www.youtube.com/user/JimKitzmiller)

²<http://JimKitzmiller.net>

³<http://NaNoWriMo.org>

Jim's Consciousness Explorations

Jim has spent an enormous amount of time and money on various consciousness explorations.

Some of these systems are very helpful. However, many of them address the wrong self, the small self that is not really you. Many of them are filled with half-truths.

Many of these approaches are incredibly expensive.

Based on his experience, Jim has provided simple, powerful tools that you can use for free or almost free.

Jim's website⁴ and his YouTube channel⁵ offer free guided meditations that are extremely empowering.

Jim's book, *Rocket Fuel for the Soul — Blissercise™ Seminar Manual*⁶, has over four hundred blissercises™ (bliss exercises) that are very uplifting.

Here is a partial list of consciousness systems that Jim has explored.

1. A Course in Miracles
2. Access Energy Work
3. Acupuncture
4. Alpha, Theta, and Delta Brain Waves
5. Amma's Darshan
6. Attention Floodlighting
7. Attention Spotlighting
8. Avatar Course / Master / Pro / Wizard
9. Awakening Your Light Body
10. Bach Flower Remedies
11. Bliss Writing (author and practitioner)

⁴<http://JimKitzmiller.net>

⁵<http://YouTube.com/JimKitzmiller>

⁶Blissercise is a trademark belonging to Jim Kitzmiller.

⁷<http://blissercise.com>

12. Blissercises (author and practitioner)
13. Chanting
14. Cutting Cords
15. Dale Carnegie Courses
16. Devotional Nonduality – David R. Hawkins, M.D., Ph.D.
17. Divine Essence Meditations (author and practitioner)
18. Divine Openings – Level 1, Level 2, Jumping the Matrix
19. Drum Circles
20. Dyads
21. EFT – Emotional Freedom Technique
22. Energy Enhancement Chamber
23. Energy Work
24. Fung Shui
25. Happy Dancing / Skipping / Strutting
26. Hare Krishna
27. Image Streaming
28. Intuitive Chi / Multi-Dimensional Chi (author and practitioner)
29. Jonathan Parker tape courses
30. Juice Fasting
31. Kirtan Chanting
32. Knowledgism
33. Laughter Meditation
34. Laughter Yoga
35. Law of Attraction (Abraham-Hicks)
36. Light Sound Machines
37. Love Shui (author and practitioner)
38. Master Cleanse
39. Meditation Tapes
40. Messengers of Light
41. Middle Pillar
42. Mirabai Devi Darshan

43. NVC (Non-Violent Communication)
44. Observer Meditations (author and practitioner)
45. Optimum Health Institute
46. Orin And Daben
47. Ortho-Bionomy
48. Physiognomy
49. Positive Thinking
50. Psycho Cybernetics
51. Qi Gong Machine
52. Quantum Atlantis Hi-Vibe Entrainment System (Creator)
53. Quantum iNfinity
54. QXCI / EPFX
55. Raw Food
56. Raw Meat
57. Reiki
58. Role Playing
59. Scientology Alternatives
60. Scientology And Dianetics
61. Sedona Method / Release Technique
62. Silva Method
63. Spa Living & Management
64. Speaking Circles / Relational Presence
65. Speed Writing / Freenoting / Automatic Writing
66. Spiritual Books
67. Sta Power Training
68. Tai Chi
69. Touch For Health
70. Transcendental Meditation / Sidhi
71. Transformational Breathing (Levels 1 to 5)
72. Water Fasting
73. Wheatgrass Juice

74. White Light

75. Yoga