

first
fucking
issue
11.2025

HOT NEWS

BLISS

for
rebels
queens
iconoclasts

during transformational times

sealed for freshness

YOUR VERY OWN
BLISS MYSTIC
NOVAZINE



What IS the Bliss Mystic. NOVAZINE?

NOVA = New

ZINE = a noncommercial often homemade or online publication usually devoted to specialized and often unconventional subject matter

Merriam-Webster

While puberty had me in its bittersweet clutches, I took to creating collage art, starting on paper and then, with no paper expansive enough, on my bedroom walls and ceiling, much to my dear Daddio's dismay. I proceeded to ruin said walls and ceiling with tape and tacks. As a mother of two adult sons, I would have lost my mind if they did the same, but would have relented because CREATIVITY.

As a baby riot grrrl, I instead took to making ZINES. We made them and left them around town, hid them in secret places like we were doing COUNTERCULTURE ESPIONAGE, BECAUSE WE WERE. We mailed them to each other in manila envelopes. We ACTUALLY cut and pasted to express ourselves and share wisdom that helped us LIVE AND BREATHE AND RAISE OUR CONSCIOUSNESS.

So here I am, awesome one, sharing the first Bliss Mystic novazine with you. NOVA, because of this new way to create and share. And ZINE because I'm reclaiming the wild woman archetypal energy I remember feeling coursing through my veins for the first time while making a zine.

I thus ordain this portal for all of us seeking to inhabit our truest primal nature, that which existed in us before we were programmed. Let's UNLEARN together. For your EVOLUTION. For the REVOLUTION. Let's fucking go. ~K.

what's inside?

Chaos,
fucks,
and
bliss.



Bliss
Mystic
NOVAZINE

My intention for this creation is to have a theme for each zine like I have for each Bliss Talk. I'll share inquiries, journal prompts, quotations, spells, and other consciousness design goodies.

May this eye candy defy the gravity of our transformational times. When we create with bliss, we are NEVER BYPASSING, BUT TRANSMUTING. Let's SAY YES TO OUR YES together.

"We have been raised to fear the yes within ourselves, our deepest cravings." ~Audre Lorde



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Why bliss?

The theme for the first issue of the Bliss Mystic novazine has to be BLISS. I mean, that's the whole thing. BLISS IS WHY WE ARE HERE. Well, that is what I have discovered in my experiments and journeys.

I have always had a curiosity about why the mainstream spiritual traditions emphasize suffering as the path. We are human. Suffering is emblematic of the human condition. I am certainly grateful to have transmuted much suffering in this life into enlightened wisdom. Although through suffering, some find their way to enlightenment, and some don't. That is their sovereign path.

But what about bliss? What about the human analog to bliss: pleasure? I know I have experienced profound altered states and enlightenment through pleasure and bliss. Why don't we talk about that path to enlightenment?

Plain speak: That path to enlightenment is the primordial path, the goddess path, the path of creation, and that path was disavowed and was almost extinguished with force by the patriarchy to control humans to behave and be productive for the hoarders of wealth. This system is created for you to have pleasure only on weekends or vacation days after you earn your time. Well, fuck that noise. I invite you to dig into *The Great Cosmic Mother* by Monica Sjöö and Barbara Mor to learn so much more.

These systems are unsustainable, and we are all experiencing the transformation, the transformation to a neoprimal way. Bliss is the path back to the earth, to interconnectedness, to a sustainable pace, to a pleasure-illuminated life, where all experience has value for Self and for the collective.

When we honor that our yes energy is our creative essence in action for Self and for the collective, pleasure has intrinsic value and bliss becomes essential. And so it is, and it is so.

Journal Prompts



Here are some angles for self-inquiry along with other resources to explore. Be compassionate with yourself as you dive in, rebel. Acceptance is the purest form of love, opening possibilities for shifts and evolution.

- What brings you pleasure? Make a list. Call it your **PLEASURE MENU**. Keep it handy. Consult it often.
- What barriers do you have to your pleasure? Explore these using the **FOUR DIMENSIONS OF HUMAN EXPERIENCE** as we do in consciousness design: **MIND, HEART, BODY, AND SPIRIT**. What cognitive, emotional, physical, and energetic barriers to your pleasure do you encounter? Witness without judgment. Stay curious.
- How do you value pleasure in your life? What does it mean to you to say **YES TO YOUR YES?**
- What can you do right now or with each choice to center pleasure?
- **WHAT DOES BLISS MEAN TO YOU?**

Read: Audre Lorde's *The Master's Tools Will Not Dismantle The Master's House*, Adrienne Maree Brown's *Pleasure Activism*, Sappho's poetry, Andrea Gibson's poetry, Marion Woodman's *Dancing in the Flames*, and Clarissa Pinkola Estés's *Women Who Run With The Wolves*

Honor yourself with radical honesty. Scandalize yourself with how much pleasure you invite.



Why bliss isn't bypassing.

You may have noticed the word **TRANSMUTE** in all that I share. I say it a lot because the practice of transmutation is central to the consciousness design path.

Transmuting, according to my favorite sexy dictionary, Merriam-Webster: "to change or alter in form, appearance, or nature, especially to a higher form."

When we attune, or tune into, our bliss and pleasure, we create a juicy, open, powerful feeling state. Those feeling states are energetic fields. All we are is energy after all. Quantum physics has us all wondering what's real because the science feels so unreal. Even our language reflects this: when we feel sad, we often describe it as heavy, dense, low energy. How about when you feel delicious?!

Your mission, if you choose to accept it, you sovereign being, you, is to notice the **FEEDBACK LOOP**: How do you feel when you are joyful, blissful, and experiencing pleasure? Light? Buoyant? Open? Energetic? **POWERFUL** perhaps?

When we intentionally cultivate pleasure and bliss, we create with more power by **TRANSMUTING** those low vibes into possibility and inspired action.

PLEASURE IS POWER.

Give it a try, awesome one.
For your evolution. For the revolution.



PLEASURE MATTERS

I align with bliss. I flow with pleasure. I am infinite, a spiritual treasure.



I am aware,
sure I am aware.
Catastrophically
aware.

~Sylvia Plath



We can do this. I believe in us. I believe in you. Until soon, rebel. Big love. Rock on.