



**BlissBound**  
by Meg Ryan

Note to reader: This is an **unedited** version of an article that was published in the Connecticut College Alumni Magazine in June of 2007, where Allison used to be a Lecturer in the Psychology Department.

Allison Arneill is BlissBound. A Lecturer in CC's Psychology department (where she earned her graduate degree in '98) Arneill joined the burgeoning niche of life coaching and has not looked back. Extremely spirited and highly organized, Arneill truth-talks, candor being her chosen language. She will take you to task. Emphatically. I had the good fortune of being in a group coaching session she conducted in February. The group consisted of nine women, aged 25 to 65, and she catered to all. The coaching session and Arneill's exuberant style elicited everything from note-taking to tears to hugs. I left feeling as if I had hired someone to do a phenomenal spring cleaning – for my soul.

Arneill has found her calling. Like many of today's young entrepreneurs, her background is not business, yet she succeeds due to her tenacious belief in helping people better themselves. Life coaching is the ultimate hybrid career for Arneill, who is passionate about teaching, writing, speaking and working with individuals and groups.

Intuitive abilities enable her to cut to the core of clients' self-identified weak spots to devise ways to strengthen them, ultimately to help them actualize their deepest desires. Altruistic and energetic, Arneill is committed to bringing honesty and calculated questions to her clients to force them to look within and assess how to foster greater fulfillment and joy. She asks, "What are some wildly improbable goals you have for yourself and your life?" and, "Which activities do you enjoy so much that you lose track of time?" Like a personal trainer for the psyche, Arneill's approach is to facilitate others learning how to provide their own fertilizer for fallow spirits. Helping others cultivate and actualize their goals invigorates Arneill.

Arneill believes that many of us engage in patterns that squelch dreams of limitless possibilities. Her primary goals are to get clients to stretch outside the bounds they've unwittingly constructed, to annihilate inhibitions and let potential shine, unencumbered. She says, "I think that we all silently throw a lot of great visions and dreams into the garbage because our minds can't fathom how we'd build it. But the truth is – a lot of the dreams that become reality – great works of art, civilizations, world-changing ideas and inventions – don't come from the mind and intellect – they come from a place far more primitive than that – some might call it the human heart. When we tell ourselves that our dreams are silly, they're not economically wise, or whatever the excuse is – a lot of time they are just lies to keep us stuck, keep us from bringing our greatest creativity to life, keep us from finding ultimate fulfillment and happiness. I'm here to help people recover lost dreams and to help them bring them to life. The world needs our dreams and our personal fulfillment now more than ever."

An obvious optimist, Arneill is also a realist. By having launched BlissBound, her coaching business, she is living a dream bigger than she once thought possible. There was a time when Arneill would not have described herself as an innate risk-taker. She went for it, though, when, uncertain about her life path several years ago, she spent money on her first coaching workshop with Martha Beck, the well-known *New York Times* Bestselling Author, and *Oprah* Columnist. That experience gave momentum to Arneill's inner propeller, leading her so far into her field of dreams that she, like Beck, has made coaching a career. Arneill received her coaching training from North Star/Martha Beck ([www.liveyournorthstar.com](http://www.liveyournorthstar.com)), The Coaches Training Institute ([www.thecoaches.com](http://www.thecoaches.com)), and, she will ardently insist, life itself. Through these experiences,

learning to rely on her inner voice became more apparent than ever. She asked herself, and now asks clients, the following questions:

**who are you?**

who are you REALLY, at the core? where does your limitless potential lie dormant? how do you hold back? what brilliance have you yet to claim? what's blocking the "real you"?

**where do you want to go?**

what do you REALLY want – from your life, work, relationships, self, this very moment? what does bliss look like for you? what will you be doing, who will you be BEING, when you are living the ultimate vision for your life? what would your life look like if you dreamed BIGGER, if you asked for MORE?

**what's it going to take to get there?**

what will it take to commit to your vision? what are you willing to give up for that vision? how does fear of failure OR success hold you back? how far are you willing to go?

Now a professional at pushing limits by asking these questions – of herself and others - I ask Arneill how, between lecturing at Conn, coaching clients, and the regular demands of life, she maintains balance. She says, "Bliss, for me, is a feeling of profound inner peace, exhilaration and freedom. I get that feeling from helping others be who they really are and do what they love. I get that feeling when I see the soul of another person light up. I feel eternally grateful that I get to live my bliss everyday." Also an outdoor enthusiast and self-described, "naturephile," Arneill is expert at knowing when to turn her energies within. She regularly sails and practices meditation and yoga.

Insistent that being honest with oneself and looking within is crucial, Arneill says. "We all, individually and as a society, would be a lot healthier and happier and fulfilled if we would find and live that unique "thing" (purpose, potential, heart's desire...whatever you want to call it) and *live it!*" An unabashed cheerleader, Arneill helps others to beat out the doubt and make more room for confidence and the fact that following our respective dreams leads to bliss.

Arneill's website, [www.blissbound.com](http://www.blissbound.com), in soothing hues of lavender and sage, is an apt representation of Arneill herself: appealing and unfettered from excess. On it is one of her favorite quotations, by Joseph Campbell: "When you follow your bliss...doors will open where you would not have thought there would be a door, and where there wouldn't be a door for anyone else."