

GOODNESS

August 2018

BLISS PLANET

People, Animals, & Earth



COMPASSION

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PEACE

HAPPINESS
WELLNESS
UNITY



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BEAUTIFUL

WELCOME

Bliss Planet is dedicated to making a difference by spreading positivity and wellness. The more aspects of wellness a person implements the easier it is for them to amplify goodness.

People who feel good are generally kinder and more compassionate to others and have a greater sense of oneness with all life and the planet as well. Healthy energy, words or deeds shared from one individual have the potential to positively influence countless others. When we share goodness with others we help them engage with the world in a positive manner and indirectly help people we will never meet.

I welcome you to join a quest to amplify Goodness for the benefit of people, animals, and the earth!

We are all given our own unique tools, but it is up to us what we decide to build and how magnificent it will be. When we join together in Goodness what we build will be beautiful and brilliant for when we unite we can truly make a difference!

May this message inspire you to explore the possibilities that your Goodness has to offer!



Your ally in
GOODNESS,

Goodness Steve

VIDEO

Each edition of Bliss Planet includes a video of those featured in this issue sharing their messages of Goodness. Click the image below to view the show.



GRATITUDE

Thanks to the support of our generous sponsors we are able to provide a Wellness Certification Course and other free educational materials designed to amplify the health and wellness of this beautiful earth.

CONTENTS

A lioness is shown resting on a rocky ledge, looking towards the right. The background is a bright, golden sunset sky with soft clouds. The lioness's fur is a warm, golden-brown color, and her eyes are closed. Her paw is visible, showing dark pads. The overall mood is peaceful and serene.

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A Message of Activism For Animals

Goodness Mantra

Think GOOD Thoughts

Speak GOOD Words

Do GOOD Deeds

**May we shine our Lights in
Goodness so that we may help
illuminate this beautiful world!**



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Amplify Goodness

Bliss Planet is a place to play, learn, and share Goodness online for people, animals, and this wonder filled earth. A wellness course, magazine, e-books & a community are all part of the Fun at Bliss Planet!

Empowering The World With Wellness

Our vision is of a planet filled with health and happiness for all beings where we prosper in one another's brilliance. We contribute to this goal by creating healthy living content, providing educational services through our scholarship program and a platform for compassionate wellness minded individuals to unite.

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5 Tips for Helping Kids Relax - So They Can Change the World

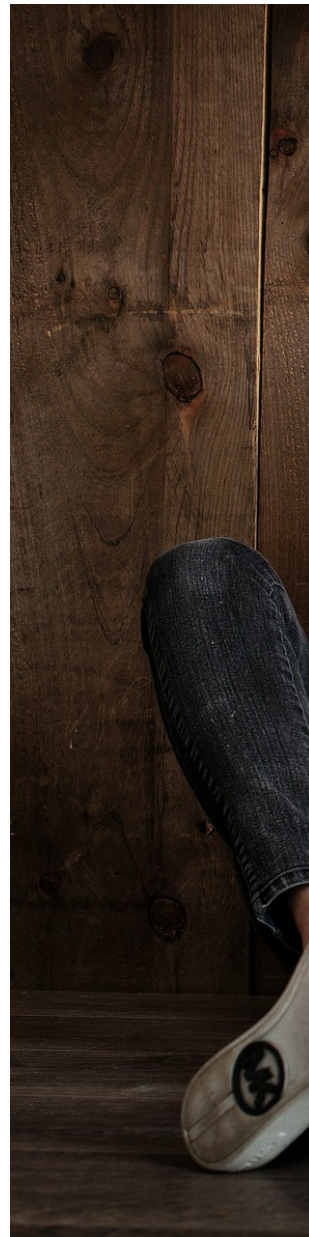
*By Mary DeMocker, author of *The Parents' Guide to Climate Revolution**

Every parent wants to raise healthy, happy kids. We also want children to learn to advocate for themselves, both on the playground and in the global village. In our quest to get it “right,” many parents join the push for early reading and skill-building while simultaneously becoming over-involved and over-protective, all of which often does little more than stress everybody out. The following tips help families relax and, paradoxically, empower kids to become world-changers.

Let them be kids: At bedtime one night, my four-year-old nephew said to his mom, “I don’t want to be alive anymore. The Earth will die, and I don’t want to be here when everything’s dead.” Like many children, he’d absorbed our culture’s steady dirge about drowning polar bears and deadly superstorms. His mother reassured him, but it reminded me that society, with its “save-the-Earth!” message on everything from kids’ games to breakfast cereals, can inadvertently burden young minds and hearts. Young children need to know adults are in charge and things will be okay. As one 14-year-old testified to our city council while requesting climate action, “What kids want most is freedom from fear.”

One way to lighten young hearts is to shield them from TV, especially news, with its searing, rapid-fire images. When children encounter real-life sorrows, such as the clearcutting of a beloved forest, parents can validate their grief and outrage, reminding them that many adults are working to protect forests. By broadcasting “We’ll take care of you” messages, parents free children to learn about and love the world at a healthy, childlike pace.

Empower them: Child-led play fuels young imaginations and sense of agency in their world. That requires ample down time, adult non-interference, and the occasional magic wand. Even one box of sidewalk chalk on an apartment balcony can provide endless fun, especially if parents don’t stop kids from grinding chalk into “potions.” Kids benefit from imagining sandcastles,



treehouses, and couch-cushion forts and then manifesting those visions through unhurried trial and error. This kind of master-of-the-world play is profound for developing children's capacity to design and build their lives—and democracies. Kids also need to develop muscles and coordination through joyful, free movement and physical risks such as leaping, climbing, balancing, and, yes, sometimes falling. Leisurely hangouts at the park or beach help on this front, and the occasional scrapes are

well worth the sense of freedom. Children are also empowered by learning mastery over fire, knives, and, eventually, power tools, not just because those tools develop focus and problem-solving skills, but because they help kids build and survive—in the real world. (*continued*)

Unplug them: Screens, like razor blades and matches, can either serve or harm. The same holds true for mobile technology, with its 24/7 social media frenzy, addictive games, and



ferocious marketing. It's harder than ever to keep kids in the real world, especially now that adults have fallen down the rabbit hole ourselves. To keep screens in their proper places—as servants to a rich, connected family life—parents can remember two things: 1) Marketers are *trying* to get our kids screen-addicted. 2) Parents stand between children and those marketers—and we make family rules.

Saying “no” to screens is easier when we’re also saying “yes” to fun. We stock our living room with games, art supplies, and ukuleles—music is both fun and good for brains— and our backyard with sports equipment and, as often as possible, live people to play with. Our neighbors loaded a wall of pegs with dress-ups. My in-laws dedicate one room just for Lego-building. Find ways to encourage real-world play that work for your family.

Help them find reliable

information: As kids mature, they learn about the risks associated with drug use, sexual activity, and mental health issues such as depression, anxiety, and eating disorders. Learning to navigate all of this — and get help when necessary — empowers teens entering adulthood.

Climate breakdown also poses a threat to children—the biggest threat, in fact, that they face as a generation



— which is why there’s growing demand for age-appropriate climate literacy in schools. Kids usually enjoy learning about interconnected natural systems that support their lives, and they certainly need tools for confronting our climate crisis. If your kids aren’t learning accurate science and solutions, join with other parents and demand climate literacy from school officials.

At home, parents can help kids spot climate misinformation, whether from textbooks, museums, or public officials. For accurate information, try [Inside Climate News](#), [Yale Climate Connections](#), or Bill Nye’s shows. For



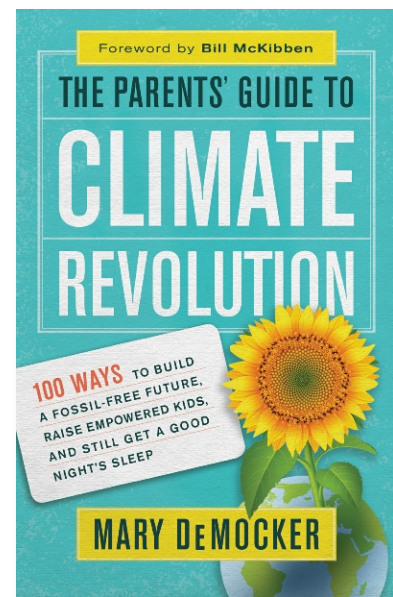
— and working toward — a better world.

Most importantly, help them connect with other changemakers. As teens demanding gun law reform are discovering, nothing inspires kids like other kids. And when they speak up together, young people can, through trial and error, eventually influence decisionmakers and re-shape the world.

Based on the book ***The Parents' Guide to Climate Revolution***. Copyright © 2018 by Mary DeMocker.

With Special Thanks to **New World Library**.

Mary DeMocker is the author of *The Parents' Guide to Climate Revolution*. She uses the arts to fight for a livable planet, and is cofounder of 350.org's Eugene, Oregon chapter. She lives with her family in Eugene, and speaks frequently about creative ways to make the world more healthy, just, and fun. Her website is www.marydemocker.com.



help teaching overall media literacy, consult [Commonsense Media](#).

Help them engage: Kids face threats most of today's parents never had to, including school shooters, online bullying, more frequent natural disasters, shifting immigration policies, and growing racism, sexism, and intolerance fueled by top government officials. Parents can listen to children, ask questions, and help them engage in positive solutions. If kids want to share their perspective, help them find a microphone, column space, or leadership opportunities. Model what it looks like to be a citizen imagining



A photograph of two young girls standing side-by-side against a dark, textured background. The girl on the left has blonde hair in pigtails and is wearing a pink long-sleeved shirt and a floral skirt. The girl on the right has dark hair and is wearing a light blue patterned shirt and blue jeans. Both girls are smiling and waving their right hands. The text 'love has no race' is overlaid in large white letters on the left side of the image.

love
has
no
race

before anything else, we're all human
rethink your bias at lovehasnolabels.com

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Life Is Meaningless: For REAL Wellness Sakes, Create Some *By Donald Ardell*



Life has to be given a meaning because of the obvious fact that it has no meaning. *Henry Miller*

Introduction

In a cosmic sense, our lives and the existence of all life on Earth is a bit of a paradox - we and the world around us are mind-boggling wondrous contingencies beyond the language of superlatives, improbable almost beyond belief. The paradox comes in the reality that it all amounts to nothing, ultimately, because life has no cosmic meaning and every

creature will die, everything else will be destroyed and all that is will vanish forever without a trace.

Which is a polite way of saying life is meaningless, basically, but you're here now so the bright side, REAL wellness thing to do is invent meanings and purposes that promote wellbeing, yours and as many others as possible.

Cosmic Meaning

Any discussion about meaning of life invites a distinction between cosmic



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and terrestrial meaning. Life is meaningless only in the cosmic sense; the opportunities for finding meaning comes in the second kind of meaning, to be discussed next.

Cosmic meaning is meaning from the perspective of the universe. This is the sense in which life is insignificant and pointless, extremely limited in time and space. We are tiny beings on a planet in an unremarkable solar system in a galaxy with hundreds of billions of solar systems - and there are hundreds of billions of galaxies. It would be hard if not impossible to write an understatement that tops this one: we are not the center or point (raison d'etre) of the universe. The cosmos is coldly indifferent to our fate. Everything is devoid of lasting consequence.

Billions of people, however, believe their lives have enduring significance. Acculturated from birth to see themselves as cosmic celebrities, special beings created by a god who loves them personally and will, after death, invite them to dwell forever and ever in a really cool place. This conviction would give anyone a strong sense of cosmic significance. Nice work or retirement, perhaps, if you can get it, that is, if true. However, there is a downside to such thinking.



In the Christian court of no appeal, believers in this cosmic meaning may be found guilty of not having loved the god sufficiently, in which case eternal horrors await.

If the cosmic significance I've just described sounds preposterous, and you suspect I'm making this up (and I wouldn't fault you for that - it does sound bonkers), then check the obituaries of your local paper. Here you will find accounts of people who, despite dying, are said to have transitioned to a glorious place of eternal bliss. (Oddly, I've never seen an obituary notice that the departed is now burning in hell.) Or, be a bit more scholarly about it: read David Benetar's 2017 book, *The Human Predicament: A Candid Guide to Life's Biggest Questions*.

Alas, there is zero evidence and even less likelihood of heaven or hell. Thus, this kind of theological take on cosmic meaning has to be embraced on faith

and more than a few grains of proverbial salt. But, then again, maybe that's what it takes to get into The Good Place.

Terrestrial Meaning

In a terrestrial sense, of course, our lives do have meaning, do matter, enormously, not only for ourselves but to others and, in some cases, perhaps to a whole tribe, a village maybe, hell, in some rare cases, to the whole of mankind, in some way - for a while, at least. Think Paine, Lincoln, Darwin, Ingersoll, Dawkins and Harris - and the list of your own heroes, past and present.

Terrestrial meaning must be the dew and rain, seed and soil, air and light of REAL wellness - the beating heart of being well that makes the human predicament less burdensome. Terrestrial meaning might entail what Peter Singer termed a transcendent cause, one beyond the boundaries of the self. Viktor Frankl created an approach to meaning linked to mental wellbeing called logotherapy, based on the premise that we are motivated by a will to meaning, an inner pull toward animating purposes that make life worthwhile. Nietzsche's way of capturing this aspect of terrestrial meaning was to say he who has a 'why' to live can bear with almost any 'how.'

REAL Wellness and Quality of Life

Hobbes was an optimist: life is far more dismal than simply 'solitary, poor, nasty, brutish, and short.' Life is of low, low, very very low quality,

for most, whether poor or rich or something in-between. Elon Musk, billionaire creator of fabulous companies (i.e., Tesla, Space Explorations Technologies and a new tunneling start-up), admits to being under pressure all the time and consequently suffering mood swings, terrible lows and unrelenting stress. So, if you want to do better, take quality of life enhancements very seriously.

To boost quality of life, recognize how extraordinarily unfortunate life really is and knock yourself out working passionately to make it less so. Accept the unwelcome reality that life sucks is the norm, lower your expectations and resolve to pick up every jewel of joy that can be found in your path (Ingersoll). The end really is near, not from some brain-dead End Times fundamentalist doomsday but simply because life is



Life Can Be A
Beautiful Ride...
Why Not Make It One!



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naturally short, and even shorter if misfortune strikes, which is never unlikely. And, if you're old, well, do I really need to belabor this point?

The Final Years: Special Tips for Old Folks

If, like me, you are nearing the far side of middle age, you are well aware that the only way to avoid growing old and suffering the loss of precious bodily fluids is to die young, and you have managed not to do that, by virtue of random good fortune, genetics and maybe even wise choices.

Your reward is a difficult era of trials and tribulations. Make the most of it - life as a senior has its own peculiar rewards, besides movie discounts and early bird dinner specials. Seize every opportunity. Deal with the slings and arrows of creeping decrepitude with grace, panache and a sense of humor, to the extent possible. (Occasionally, go ahead and gripe and bitch and be cranky as hell - most will understand.)

Move as much as your joints and other body parts allow. Listen to advice from others but keep your own counsel. Don't give ground without a fight, but don't go down with the ship, either. While all your senses will be less acute than decades ago, view what's left as treasures and put them to good use.

Pamper yourself. Sleep as much as possible, within limits. Get massages now and then and, if you enjoy such things, take cold plunges, bask in hot

tubs and learn to snowboard, skateboard and surf the big waves in Hawaii! Haha - just kidding about cold plunges. Probably not a good idea but if you want to try new things and you feel frisky enough, go for it.

Make a special effort to keep learning new tricks. Consider writing your autobiography - your children, grandchildren and descendants down through the ages will love it. Doing so might be a challenge that brings you pleasure. If your life has been totally boring, make up some wild stuff - and have your autobiography embargoed for 100 years. After that, your descendants won't know any better and your life will become a proud family legend. What's the harm in a little literary license?

In Conclusion

No matter your age, come to terms with the fact that nobody lives forever, at least not on Earth or anywhere else that we can be sure about. Decide how you want to transition back into stardust and celebrate as much as possible, every day, every hour why you're still here.

So, my friends, **SEIZE THE DAY - EVERY DAY remaining.** If now and then you forget to think and act positively, cheerfully and brightly, get an hourglass. Put it on your desk or by the bed. Let it be a subtle reminder not to postpone the **GOOD**, in ways large and small.



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be HAPPY to EMBRACE it!

Trevor DePew

My advice would be whatever you
feel like doing get out there and
DO IT because LIFE is only once!

Amanda Lococo

I had only a few minutes left to share the Wisdom

LIFE... What Would You Say?...



← lee arenberg



lee arenberg

@leearenberg

Actor. Construction Guy. Rug Merchant of Venice.
Happily married and great dad!

Planet Earth [imdb.com/nam](https://www.imdb.com/name/nm0000187/)

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lee arenberg @leearenbe... · Mar 16

I've been feeling a little 'Grumpy' lately... wonder what I should do about it...#OnceUponATime



26

65

614



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13

50

221



lee arenberg @leear... · Oct 5, 2014

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11

38

147



lee arenberg @leear... · Oct 5, 2014

"@colinodonoghue1: @leearenberg @OnceABC who's your favorite Irish pirate? #askgrumpy#OncelsFrozen" U big boy!! 🍷🍷



lee arenberg @leear...
He was stealing my space!!!
#alwaysgoinfrontfirst
twitter.com/JenniferQuinnn...



9

57

Always speak the **TRUTH** from your **HEART**.
Don't make assumptions from other people's
trips and don't take things personally and just
always try your **BEST**. We are all scared
here...it's a scary world out there. Admit your
fear...it makes them go away.

Lee Arenberg

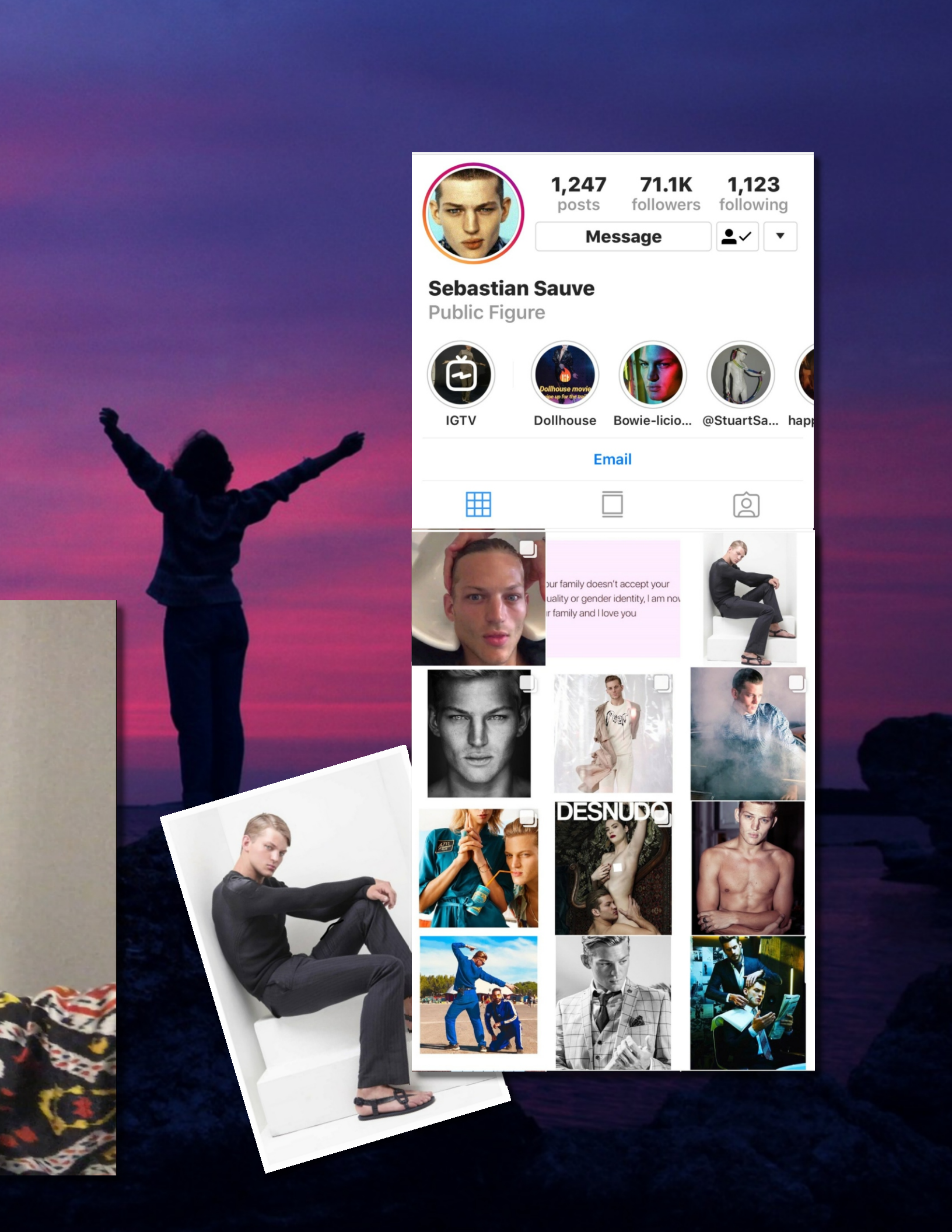


Radical Self Reliance

There is a thing called Radical Self Reliance. Radical Self Reliance is when you are able to take care of yourself completely...take care of yourself completely...so well and mixed with Radical Self Awareness. Take Care of yourself with Radical Self Reliance that you are then able to take care of more than yourself. Imagine if everyone was Radically Self Aware and Radically Self Reliant. You can take care of yourself so well that you can take care of others. If everyone was like that then everyone's able to take care of themselves as well as others then everything is a **BENEFIT**. Everything is extra...Everything!

Sebastian Sauve





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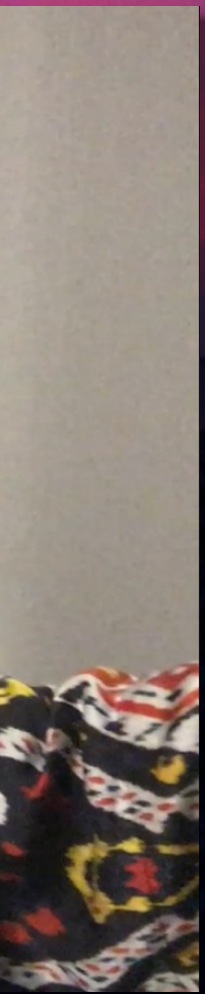
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DESNUDA



**My Goodness Message
for you is to LOVE
YOURSELF because
you Deserve to BE
Here and I LOVE you!**

Lauren Walman







The Goodness Message that I have to share is that we all have this **DESIRE** to **HELP** other people. We see the pain and suffering of the world and what I've come to find is that I would get so weighed down trying to help everyone and take people's problems on me and I ended up crashing myself and not serving anyone. But what I found if I live from a place of **INSPIRATION**...if I question all these thoughts that are in my mind that cause the pain and suffering for me. As I do that...As I'm **RESPONSIBLE** for me and these **THOUGHTS** that are between my brain...my skull then my **LIGHT** can come forth and **MAGIC** Happens..the **CONNECTIONS**, the **INSPIRATION**. It's a **BEAUTIFUL. BEAUTIFUL** thing! So if I had one Goodness Message I'd say to **TAKE CARE** of **YOURSELF, LOVE YOURSELF, LIVE INSPRED** for **YOU** and other people will **GRAVITATE** toward that and you will **BLESS** their lives too!

Ammon Hardin

My message to the world is to stop and smell the roses which is a message you've heard before, but it's packed with a lot of **Good** information. It's an important message for me. It's just saying to take a look at yourself. Look inside of your own reflectors ...your soul ...inside your own windows which is your eyes. And look at yourself and see how you can **BETTER** yourself to **MAKE The WORLD A BETTER PLACE.**

Tree Man



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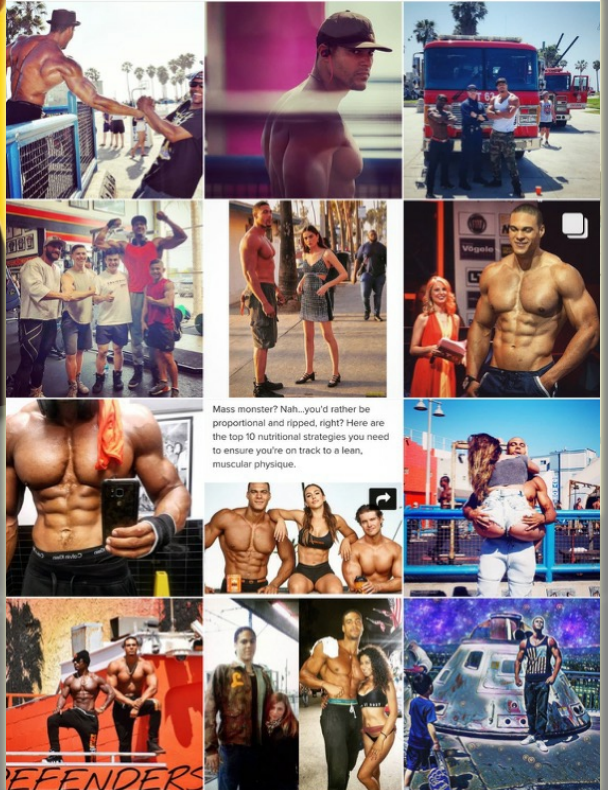
Athlete

tall Sports Model/Actor

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Mass monster? Nah...you'd rather be proportional and ripped, right? Here are the top 10 nutritional strategies you need to ensure you're on track to a lean, muscular physique.



**My Goodness Message is
to make sure that you do
one thing everyday that
makes you **SMILE!****

Michelle Mitchell



Three Phases of Life *by Dimitrous Chattman*

The one thing that I really want to GIVE to you is the Three Phases of Life.

1. You Are Made

You don't have any say in where your born, how tall you are and who your parents are.

2. You Are Taught

Through your environment, the people your around, and circumstances that you really don't have control of. But the Most Impoartant Phase is number

3. Your Choice

Your Choices are going to **SHAPE** your **FUTURE, SHAPE** your **CHARACTER**, and it's going to **BUILD** your **LEGACY!** So we want to make sure we are making **WISE CHOICES** and doing **EVERYTHING WE CAN** to be **CONCIOUS** and **METACOGNITION**...thinking about what you are thinking about. Most people don't do that, most people are on autopilot. So if you are thinking about what you are thinking about you will be more **INTENTIONAL** about some of the **CHOICES** you make that can **MAKE** or Break **YOUR LIFE**. Goodness Message...Demitrious here...take care!



The Message today is be HAPPY, LOVE EACH OTHER, SPREAD LOVE, Accept yourself for who you are and Don't Judge!

Tamila Bilalova





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A Message of Activism For Animals

with Dim Kailaris

We have TV screens and we are handing out leaflets. We are trying to educate the public on what is actually going on with animal agriculture. Today we are focusing on chickens. The chickens that we eat are just over a month old and they live in horrible conditions in these factory farms. I've been to these farms myself and it's absolutely disgusting what's actually happening. They can barely move around in the factory farms and then they get sent to the slaughter house.....they have their entire body submerged in hot water to loosen their feathers while some boil alive. It's horrific. And Why do we do this?

For a meal. The reason we do this to animals is that we like the way they taste. I want to ask everyone...do you think that that is a good enough justification for killing someone else or paying someone else to be killed? I personally don't think so. I don't think that a taste pleasure is a good enough reason to end someone's life. Whether it's a chicken or a cow or a pig, dog or cat. All these animals deserve to live just like we do. If another species came and was more power

ful and intelligent than us and wanted to eat our bodies with their reason being that they

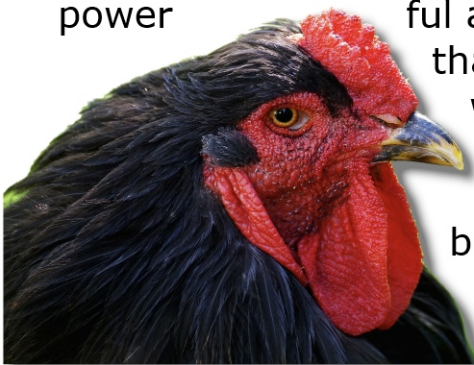


liked the way humans taste...do you think that that would be a good enough reason?

A quick update on my activism activities. I have been spending the last month making 1,000 free stencils for 500 activists around the world. I just finished posting them now. I have been volunteering with animal activist collective who show slaughterhouse and factory farm footage to the public. I recorded my conversations which I will post periodically on social media. I have also updated sacredscribble.com which offers vegan stencils to activists and have plenty of activism ideas and information about veganism.

*Dim Kailaris is an animal rights activist from Melbourne, Australia. He is an investigator for Aussie Farms, the animal rights organization that produced the film **DOMINION**. He founded the organization Sacred Scribble with the aim of helping vegans become animal activists.*

The website sacredscribble.com offers visitors information on the why and how to be vegan, as well as activism ideas to help vegans become animal activists.



Click The Image For The



July Edition

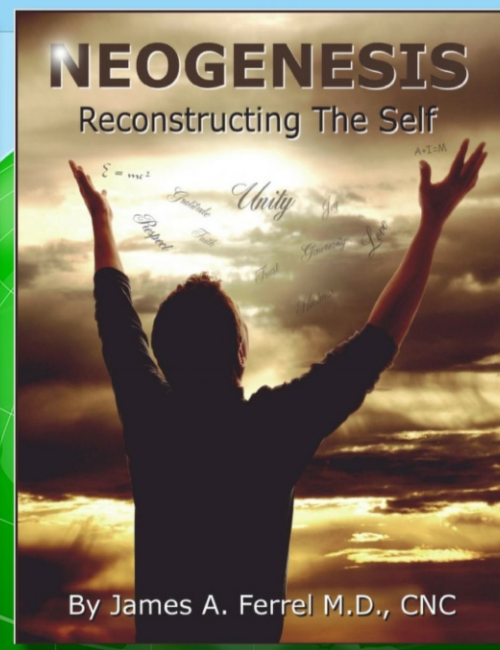
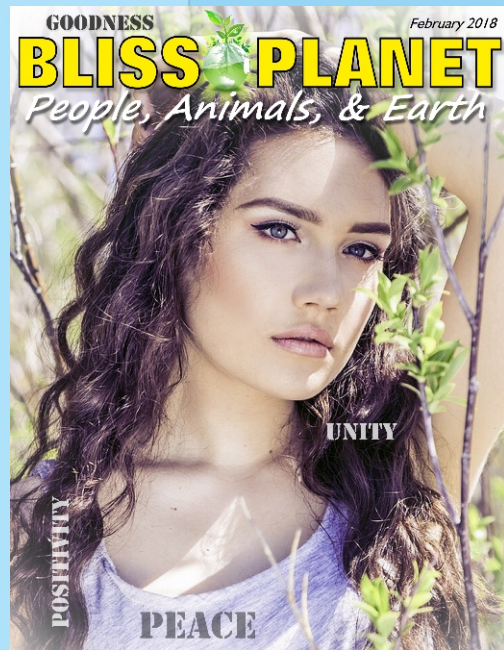


June Edition



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