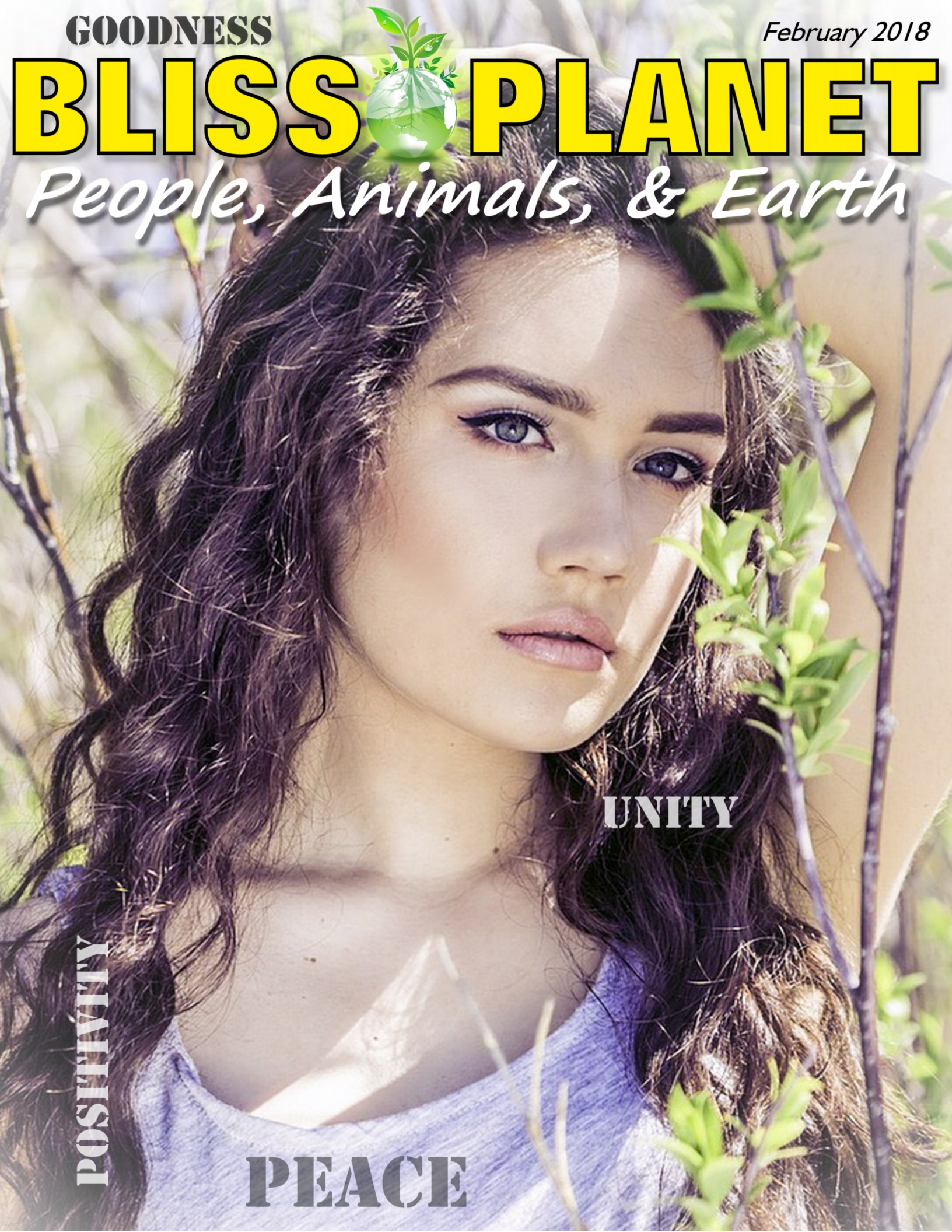


**GOODNESS**

*February 2018*

# **BLISS PLANET**

*People, Animals, & Earth*



**UNITY**

**POSITIVITY**

**PEACE**





*“I want  
to be  
a bench.  
Recycle me.”*



IWantToBeRecycled.org



KEEP AMERICA  
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.

Please join us on 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!

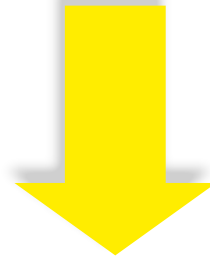
Your friend in wellness,

*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.*



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Final Thought

## Goodness Mantra

Think GOOD Thoughts

Speak GOOD Words

Do GOOD Deeds

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







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**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!

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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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# Healing your Perspective to Heal the Planet

*By Nazarah Merah*

When people often think about healing, they think about something being wrong and needing to be fixed. And it's easy to get into this perspective because if you look at the planet, it can feel like there is a lot of things that are not working well and it can feel like there is a lot of problems in this world.

But what happens when you have a perspective of seeing things as being 'broken'? If you believe that things are going wrong and there is a lot of bad stuff happening in the world, what happens to the way that you feel?

Does that perspective make you feel good? Or does it make you feel bad?

What happens when the mind and body feel bad?

What happens when you feel sad, anxious or angry? Does that perspective ever really change anything in the world?

What happens when you are around people who are sad, anxious, frustrated or angry? Does it make you feel bad too?

Our emotions and our thoughts and feelings are contagious. Whatever we

are feeling is felt by others around us. Even if you live alone, people that you come into contact with everyday feel



your energy. They feel your perspectives that you are holding onto. Because those perspectives make you feel a certain way which gives off a certain feeling and energy. And we can feel each others energy. We can feel when people are sad, agitated, anxious, or angry. And it doesn't make other people feel good.



It only creates more of that same energy.

So yes, there are challenges happening in the world right now. There are challenges that are happening in your life right now, but does feeling bad ever make those



things change?

Things change when the perspective is changed. When your perspective is changed to one that feels confident, empowering, and accepting what is happening, and sincerely grateful for the good things that you do have

right now, then your whole state of Being changes. You find Presence. You feel your natural state of Peace and Ease that always exists here in the present moment. And from there you move forward in a totally new direction.

Your thoughts change. Your feelings change. Your actions change. Everything changes by simply changing your perspective.

And everyone around you feels it.

When you are around someone who feels light, positive, open and accepting, you feel good around them. You feel at ease. Their energy rubs off on you.

And your energy rubs off on others. So its beautiful ripple effect.

It's never about denying or resisting how you feel though. If you feel bad and you can't access a new perspective that feels more empowering right now, then it's so nice to know that you can just let all perspectives go and surrender into the Peace of the present moment. In the silence of Presence is where all the healing happens.

And sometimes you have to feel these old painful perspectives fully before you can feel the deep peace underneath all those thoughts and feelings.

But you can do that Now. You can do that right here and right now. And the





sooner you do it the sooner you will feel better. The sooner you face those heavy perspectives and thoughts and feelings in Presence, the sooner they release from your system and you find the space and Peace of Presence. It's always right here right now in every moment. It's indestructible.

But you have to commit to feeling good. You have to commit to helping this planet by spreading your Light and empowering perspectives. That is how things begin to shift rapidly. Because each one of us effects each other much more than we really believe.





***Unity Consciousness Visionary Leader Nazarah near her home in Sedona, Arizona.***

So the best thing you can do for yourself and the planet is to feel Wellness. Which always feels like Peace and Ease. And that's how it feels in Presence. That's how it feels when you let old heavy, disempowered perspectives go. That's how it feels when you face all those old thoughts in feelings with the Light of your Presence. But you have to face them. And you have to feel the pain of them. That pain exists within your mind-body system and it can't heal until you fully feel it Now.

And then once you do, you will feel your natural state of being as a deep

feeling of surrender and acceptance of the present moment.

And from that state, you can ask for a more empowering perspective from your Higher Self. And those perspectives from your Higher Self are the perspectives that are needed for this planet to have a rapid evolution. But it starts with you, right here, right now. Are you ready to change this world for the better?

I believe in you.

Thank you for your commitment to your own Wellness and the Wellness





of this planet. You are so deeply appreciated and seen.

All the Love in Loving  
Oneness,  
Nazarah Merah



***Nazarah Merah is a Unity  
Consciousness Visionary Leader  
and Activator.***



**Visit her website at:  
[www.NazarahMerah.love](http://www.NazarahMerah.love)**





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love  
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labels



# CAN OUR PLANET BE SAVED BY A MORE 'ECO' WAY OF LIVING?

By Jack Jones

Communication is a vital part of our lives: a typical day involves many interactions between ourselves, our work colleagues and clients, our children, our



Is there truth to the rumors that our planet is slated to die? Who do we put our trust in when we are informed that the very things that are critical for life are becoming consumed? Is the solution for people to begin living a greener lifestyle? Will change better our well-being at a time when health costs are going up? It is time for the

children of the world to be learned in eco friendly ways of preserving the planet.

Gardens are part of our heritage and it once was common to grow foods to eat. It is not merely playing in the garden but the cultivation of plants, vegetables and trees that we want



our children to experience. Education is the key and teaching our young ones how, for instance, a green plant creates oxygen from carbon dioxide. Our bodies and well being rely on healthy eating, clean air and clean drinking water. The well being of our environment may rely on a return to an eco friendly lifestyle.

A number of the advancements in technology have made life better, but at what expense? People are able to live a long time, but are they living better? New health concerns grow from modern living even if other conditions have been eliminated. A healthy planet and better way of living could be the outcome of a greener way of living. The benefits of green living should be taught to our youngsters.

The use of crude oil and coal has distinctly not helped our wishes for cleaner air and so wind and solar energy solutions are needed. People must quit waiting until it is an absolute necessity to change. Is there a conspiracy to eradicate the planet? What other reason exists for the complete pollution of the planet? At what point is the air excessively impure, and the water overly adulterated, and the food sources excessively contaminated that things cannot be swung around.

Material commodities look to mean more to people than some of the conventional values we used to have.

**We have forgotten  
how to be GOOD  
guests, how to  
walk lightly on the  
earth as its other  
creatures do.**

*Barbara Ward*

The health of a person have to be paramount rather than any monetary gain through someone being sick. It is time to decelerate, work for the benefit of all, and become cognizant of what is happening to the world we live in.

The importance of profits must be given less emphasis when viewing solutions such as wind and solar energy. More natural lifestyles, fewer waste and living healthily, these are all things we can teach our kids. If we truly care about the type of world our children will inherit, we need to act immediately and make the changes that are needed. If all of us can act now, we have the opportunity to live in a healthier world.

Living life and loving it!





# SAY NO TO ANIMALS IN PET SHOPS

by Lisa Catherine Wolfenden

I am sitting here writing my third attempt at this as I have been told my first two versions needed toning down. The problem with this is that to 'tone it down' is equal to smoothing it over, covering it up, not causing offense. I can't do this, I'm afraid, as there is nothing warm and fuzzy about the subject matter. There is no way of putting a 'smiley face' on the subject of animals in pet shops. It's black and white, you're either for it or against it and I am most definitely against it.

This is not a new topic for me as I have voiced my opinion about this before, but having visited some pet shops recently and seeing fish and birds dead or dying and living in distressed conditions, and most recently having seen dogs and cats left in their display window boxes in shops shut for extended public holiday breaks, I feel the need to bring the subject up again.

I am not lambasting any one particular store, all stores that trade in livestock, be it dog, cat, fish or bird appall me. Those of you who support these stores must ask yourselves from where these animals come, are they kept in a manner that enables their physiological and psychological growth while in the store, and what happens to those animals who do not find a home. Unfortunately, where money is concerned, profit comes first, and when this involves the livelihood of defenseless creatures we must be outspoken in their defense. The RSPCA is only able to intervene with pet shop practices if it is shown that the animals are being ill-treated. If isolation and containment for long periods of time in unattended stores is not ill treatment then I don't know what is.

Puppy mills and backyard breeders are just one unfortunate example of an offshoot industry caused by the upsurge of 'designer dogs' sold through pet stores, with the breeding dogs often being housed in unsatisfactory conditions resulting in poor health for both the adult dogs and the puppies.

Many people tell me that they also dislike seeing puppies in stores but that they bought one out of pity as the salesperson had told them that a puppy couldn't find a home. Please don't kid yourself that this is not one of their most successful sales pitches. I am not suggesting for a moment that all shops that sell livestock are irresponsible or put profit before animal welfare, but unfortunately for every good shop you will find many that are not and because of this the only way to eradicate the problem is to stop the trade altogether.

Adopting a pet into your family should not result from a spur of the moment decision made whilst looking through a pet store window; it should result from carefully considering whether your lifestyle and household can provide an





animal with the security and attention that it deserves. You should also learn about breed specific differences in behavior, temperament, energy levels, and grooming requirements. There are many animal sites on the web that offer information on pets, their needs and all the ins and outs you need to know about owning one. And finding a pet most definitely does not require a shop, registered dog breeders are easily found through your national or state Kennel Associations or through web searches, and there are, unfortunately, many animal welfare shelters begging you to adopt from the endless number of homeless animals that they care for.

I belong to an industry that has a cruel and unethical side and as such, I have a responsibility to be vocal and try to affect change. The argument for not knowing what goes on behind the scenes does not hold, as common sense should surely make us question the morality involved in keeping animals in confined conditions for any length of time, displayed in boxes like so much fresh produce.

Ignorance, I'm afraid, is not BLISS it is just plain out and out ignorance.

*Lisa Catherine Wolfenden is a dedicated supporter of animal rights and welfare. You will find that DOGS and the CITY sell everything, but the dog as it is our firm belief that animals do not belong in shops. [www.dogsandthecity.com.au](http://www.dogsandthecity.com.au)*



# COMMUNICATION IN A RELATIONSHIP

By Michael Brady

friends, our ex's, future relationships, etc. This interaction takes place where we live, work, relax, socialize and wherever we perform routine tasks.

Communication skills are critical for building healthy relationships, especially when one realizes that one of the most common causes of relational breakdown is a lack of communication. Just as communication can be the most important part of a relationship; arguments can be the most destructive aspect – the closer we are to someone, the more easily we can bruise or be bruised. There is very little truth in the saying: "Sticks and stones may break my bones, but words can never harm me." It's not what we say, but rather how we say it, that most often hurts another person.

Do you identify with any of these statements?

"He never listens to me when I talk!"

"She talks and talks, but never actually says anything!"

"It's like talking to a brick wall"

"I can't get through to you"

"We can't talk about anything important without getting into a fight"

"She's too emotional – she's either crying or shouting or complaining. It's easier to avoid her"

"He always gets defensive when I try to talk about issues"

Communication is a complex process; of which speaking only makes up for 10-20%. The other 80-90% is made up by facial expressions, body language, tone of voice, etc.



Communication is the art/ science of transferring a thought/ idea/ information from the mind of one complex human being to the mind of one or more complex human being(s). For communication to be effective, it must be a two-way process.

Dynamics of Interpersonal Communication



1. Facts: are both people communicating about the same set of facts? Try to separate the facts from thoughts or feelings.

2. Interpretations, Thoughts or Perceptions: Each person interprets a fact differently based on their belief system, personality, values and experience.

3. Feelings: how we are feeling, our



current mood and frame of mind, etc. can sub-consciously affect decisions and thoughts.

4. Intentions, Needs or Wants: hidden agendas; are we looking for comfort, clarification, information or simply a chance to interact? We judge ourselves on our intentions.

5. Actions: choice of words (is the intent to create harm?) + tone of voice + non-verbal speech = body language, posture, eye contact, facial expressions, etc.

“The medium is the message” => the way the message is delivered is the message itself.

6. Self: The communication center, which includes the issue, topic or conflict at hand, has been “filtered” by the facts, interpretations, thoughts, feelings, intentions, and choices of behavior/ actions.

Listening and Feedback

Did I say what I meant to say? – Invite feedback to clarify communication.

Someone who’s not listening lets their mind drift and is already preparing the next argument or opposing thought; inaccurate feedback or limited eye contact.

Listening is an active, not a passive process. When two people argue, they only hear “what they want to hear”, not what’s actually said. This equates to the accusation of “not listening”. Most couples start arguing and within 5 minutes are arguing about the way they are arguing.

Don’t argue when you’re angry – you will not be able to listen objectively. Give yourself time to cool down and then broach the subject when you are in a more reasonable frame of mind.

It’s important to give feedback – checking and confirming. Did I understand you correctly? Is this what you mean? I heard you say this: am I right? Feedback can be verbal / non-



verbal e.g. a nod, smile, silence or a cold shoulder. No feedback is in itself a form of feedback.

If the words and actions contradict each other, it is better to believe the actions!

## Conflict Resolution

Conflict resolution can either be Constructive or Destructive.

Destructive Style – hinders or inhibits the conflict resolution process:

Confrontational (win or lose, blaming)

Sabotage (focus on weak points, shaming)

Manipulation (blackmail, withdrawal)

Giving in (passive, submissive)

Avoidance (denial, withdrawal)

Constructive Style – trying to minimize the issues and avoiding the difficulties in resolving the problems:

Compromise (meet halfway, understanding)

Accommodate (open discussion, communication without confrontation)

Partnership (solutions, forgiveness, honesty)

When trying to resolve conflicts, try to clarify your goals, as you will probably share many of the same goals despite of your differences. Avoid bargaining, as this may lead to each party taking a rigid position which in turn can flare tempers.

When resolving conflicts, remember that their causes may run deep. Sweeping issues under the carpet isn't going to

work in the long term, as old baggage will be brought up each time an argument starts. Try to fully resolve each issue as it comes along. You may find the following method useful:

1. Ask the other person for their feelings. Your conflict probably isn't about the issue that caused it to start in the first place. Don't forget that your goal is sorting out the problem, not winning an argument!
2. Ask the other person to define the problem. Stick to solving one problem at a time, that way you can understand each problem as the other person sees it.
3. Express your own feelings. Be careful to word them carefully, for example use phrases such as "I feel..." rather than "I think you..."
4. Define the problem as you see it. As your feelings come out, the solution may become clearer. Remember that by you listening to the other person; you will have set the tone for them to listen to you.
5. Create multiple solutions. Don't go back to your original agenda. Aim to find alternative or creative solutions that reduce emotions and tension.
6. Rate the possible solutions. Remember that no one can force an unacceptable solution on the other.
7. Combine and create a mutually acceptable solution. Create something acceptable to both parties, if this doesn't work – go back to step 1 and ensure both parties are being totally honest.
8. Be sure both parties agree to work towards resolving the issue.



## Troubleshooting For Problems in Communication

**Control or Power Issues:** Effective communication cannot take place if one person has “control” over the other or where there is not mutual respect and equality of relationship. To stay in control leads to relational isolation as the underdog reacts in anger at being manipulated or belittled.

**Triangulation:** Do not bring in a third party to avoid direct confrontation. If you have a problem with someone, go directly to that person. Don't dump your accusations on mutual friends or your children in the hope of winning support to balance the scales in your favor – it leads to more substantial and long-lasting damage, especially when a child is used as a weapon between parents.

### 19 Steps to Effective Communication

1. See communication as an opportunity to praise, build-up, affirm, heal, support and give positive reinforcement, rather than to correct, criticize, tear down, hurt, wound, lash out at. Praise opens doors to further communication, while criticism shuts them down.

2. Remember that actions speak louder than words; non-verbal communication usually is more powerful than verbal communication. Avoid double messages in which the verbal and the non-verbal messages convey something contradictory. (Credibility gap)

3. Define what is important and stress it; define what is unimportant and de-emphasize or ignore it. Avoid fault-finding.



4. Communicate in ways that show respect for the other person's worth as a human being. "Avoid statements which begin with the words "You never ..." or "I think you ...".

5. Be clear and specific in your communication. Avoid vagueness.

6. Be realistic and reasonable in your statements. Avoid exaggeration and sentences which begin with "You always ..."

7. Test all your assumptions verbally by asking if they are accurate. Avoid acting until this is done.

8. Recognize that each event can be seen from different points of view. Avoid assuming that other people see things like you do. (Perception)



9. Recognize that your family members and close friends are experts on you and your behavior. Avoid the tendency to deny their observations about you – especially if you are not sure.

10. Recognize that disagreement can be a meaningful form of communication. Avoid destructive arguments.

11. Be honest and open about your feelings and viewpoints. Bring up all significant problems even if you are afraid that doing so will disturb another person. Speak the truth in love. Avoid sullen silences.

12. Do not put down and/or manipulate the other person with tactics such as ridicule, interrupting, name-calling, changing the subject, blaming, bugging, sarcasm, criticism, pouting, guilt-inducing, etc. Avoid the one-upmanship game.

13. Be more concerned about how your communication affects others than about what you intended. Avoid getting bitter if you are misunderstood.

14. Accept all feelings and try to understand why others feel and act as they do. Avoid the tendency to say, “you shouldn’t feel like that.”

15. Be tactful considerate and courteous. Avoid taking advantage of the other person’s feelings.

16. Ask questions and listen carefully. Avoid preaching or lecturing.

17. Do not use excuses. Avoid falling for the excuses of others.

18. Speak kindly politely and softly. Avoid nagging yelling or whining.

19. Recognize the value of humor and seriousness. Avoid destructive teasing.

### **Summary**

As you look ahead to new relationships, you need to be able to break old and faulty communication patterns to allow for healthier interaction. The use of praise and positive reinforcement will reconstruct wounded and broken self-images and will build self-esteem, particularly in children.

By becoming an effective communicator, you will also grow and become a better person which will positively enhance all your relationships.

*Michael Brady is a web entrepreneur and is currently running a very popular dating site (Dating In Ireland). He wishes to coach people on some skills that will make them more prepared for an online dating experience.*





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# PLANT BASED BY Nafsika

I was very fortunate to be the one to create and produce a nationally aired TV series, "Plant-Based By Nafsika" that first hit mainstream television just as veganism started to really take off. 2016 had been declared the "Year of the Vegan" and I seemed to have come on the scene at an opportune time. I created the concept in late 2015 and by Summer of 2016, my show began airing to 70 million households across America. Did I just make that sound too easy? Well, it wasn't.

Let me first start by saying that I truly believe that anyone can accomplish just about anything they set out to do, as long as they believe in themselves and do not give up. I know it sounds cliché, but honestly, it is this mentality that has brought me to where I am today. In fact, for me personally, hearing others say I can't do something makes me all the more determined. It seems to fuel

me, giving me an even greater eagerness to succeed.

Did I make mistakes along the way? Gosh, dozens. How many of those mistakes did I regret? Zero. The reason why I never regret making mistakes is because:

**A.** I see them as lessons learned and



**B.** As Wayne Gretzky used to say, "You miss 100% of the shots you don't take." So, I rather miss a few shots along the way than never attempt to score a goal.

Trust yourself, trust in yourself, and most importantly, discard the



outside noises and negative criticism. Ignore anything that may be getting in your way from achieving your goal, your passion, your calling. You are in control of your destiny. So don't let others write your story for you!



*Nafsika Antypas is a Health and Lifestyle Coach, an activist, innovator, and the Host and Producer of the world's first vegan lifestyle TV series called, **Plant-Based By Nafsika**. Visit her website at [www.nafsika.ca](http://www.nafsika.ca)*





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# Environmental Impacts On Our Health

with James A. Ferrel MD, CNC

*An excerpt from Neogenesis - Reconstructing The Self*



This chapter highlights a major, sudden and dramatic transformation currently progressing in our Homo sapiens species.

This change is a true adaptation by our species in response to an increasingly toxic environment. This adaptation is caused by toxic environmental factors both external to us and ones that we generate inside our bodies from toxin producing mechanisms. I argue that this change, reflected in the increased incidence rates of certain health disorders as well as an explosion of cases of illnesses barely known before, represents a clear and present danger.

Once acknowledged and understood, the roots of this monumentally-dangerous challenge can effectively be addressed. Ignored, it will not go away; it will be a disaster.

“Truth has no special time of its own. Its hour is now - always.” ~ Albert Schweitzer

In 1837, Danish author Hans Christian Andersen wrote about a ruler so obsessed with his appearance that he spent vast fortunes on clothes and euphorically changed them several times a day. He paid scant attention to his people, his soldiers, the theatre, or the needs of the city. He wished only to revel in his vestments and gloat over his visage in a mirror.

The emperor’s little city welcomed travelers from around the globe. One day the



arrivals included two shysters – weavers they called themselves – who declared they could weave magical cloth and create clothes visible only to those of high mind and honest heart. They said that by donning such raiment the emperor would be able to determine who was good, who was bad and who was on his side.



His vanity massaged, the emperor embraced the idea and made it so. The shysters set about immediately weaving invisible cloth on invisible looms and every loon in the area stopped by to admire their work, including the emperor's honest old minister, who like everyone else saw absolutely nothing. Still, he told the emperor that the cloth, the colors, the patterns were dazzling, glorious, resplendent, truly beyond description. 'Beyond description' at least was true.

Came the day the clothes were ready, came the day of the grand parade whereupon the emperor would display his duplicitous visage to his poor, deluded subjects. Dressed by his aids in the invisible garments, he saw himself resplendent in soft velvet and gold brocade and found his reflection good. In a lavish open coach drawn by six lively stallions, he presented himself to his subjects who raved about how fabulous he looked. A fantasy he was! A hedonist's delight! The crowd applauded – and then suddenly became silent as a small boy's voice rang out:

"But he has nothing on at all," said a little child at last. "Good heavens! Listen to the voice of an innocent child," said the father, and one whispered to the other what the child had said. "But he has nothing on at all," cried at last the whole people. That made a deep impression upon the emperor, for it seemed to him that they were right; he thought to himself, however, "Now I must bear up to the end." And the chamberlains walked with still greater dignity, as if they carried a train which did exist." ~~ (from *The Emperor's New Suit*, by Hans Christian Anderson, 1837)

Anderson's tale is famous; his well-taken point is as enduring as is the 'ostrich with its head stuck in the sand' analogy.

Naked emperors insisting they're clothed – with their heads stuck in the sand. Negation of the in-your-face circumstances affecting the health and well-being of billions of people. I speak of the huge increase in the number of people – all over the planet – who are suffering from a long list of diseases, many entirely new,



that are physically and financially breaking not only individuals but entire health care systems. I'm no alarmist. What I want to share with you is the truth.

## **Identifying the new disease profile change -- a serious healthcare crisis in the making**

Before I start painting the daunting truth picture, I'll first give you a short quiz.

Have you noticed how many people are fat? If you are one of these persons, have you noticed how difficult it is to achieve sustainable weight loss now as opposed to way back when?

Have you noticed how many people you know are affected by disabling diseases that were never heard of thirty years ago, or how many of them are on medications for chronic pain, depression and a host of other 'mental' conditions?

Are depression and chronic pain yuppie fads that will soon find disfavor? Or, is the routinely-used drug armamentarium of antidepressants and pain-relieving opioid narcotics simply an aggregate of newly-discovered essential nutrients we all will now need to stay alive and 'healthy?'

Have you noticed too how much more money we are now spending for healthcare and yet, despite it all, the health outcomes of our citizenry and patient satisfaction have seen a decline over the last thirty years?

If your answers are "yes", you may see my point that our health crisis is serious and it's not going to improve by ignoring it.

It's going to get much, much worse if we ignore it. Presented in this chapter, and in the rest of this book, are the facts.

They paint a picture of reality in its wonderment, of reality in its terror. It is the black and the white -- the yin and the yang.

More and more patients and doctors view the contemporary medical paradigm as ineffective. They feel disenfranchised by what seems like a series of revolving doors leading only to frustration and confusion. Their concerns are that this 'thinking paradigm,' in essence, discounts prevention and considers disease as the lack of drug or surgical interventions.

Such a mind-set seems to define good health as a balance of such interventions. This deeply ingrained thinking also tends to discount the roles of one's environment and poor lifestyle choices as significant causes of disease. After all, in the final analysis of causes and effects, illnesses are products of 3 primary influences -- our genetics, our environments and our lifestyle-related choices. Genetics play an obvious role in the cause-and-effect equation of disease. American healthcare is currently dominated by health scientists who are burdened with a bias toward genetics.



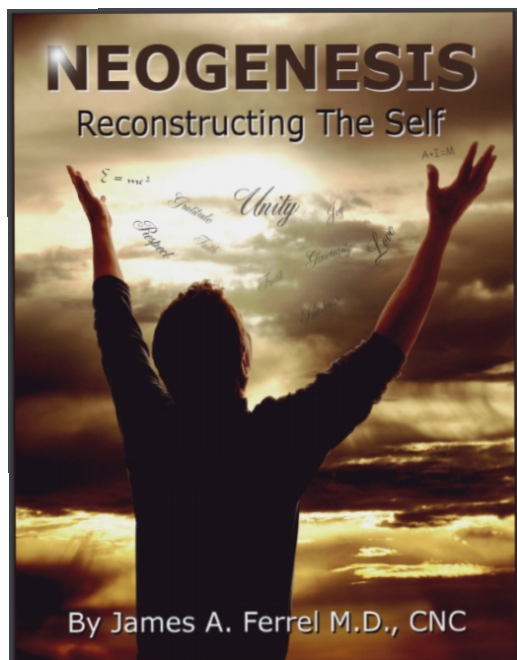
In cutting-edge research, modern science has found a plethora of genes linking a diversity of diseases. Cancers of the prostate, breast and colon, among many others, are well known to be linked to genetics. Even proclivities to such conditions as Alzheimer's and traumatic stress disorder have been pinpointed to definitive genetic markers in some cases.

In daily news reports, more genetic links are being reported fast and furiously. However, only when you read closely between the lines does the true picture of the interplay of our genes, environments and lifestyle choices surface. For example, if all of the several known genes predisposing women to breast cancer are added together, the sum would only account for a small percent of the total incidents of breast cancer. The primary role that toxic environmental factors and poor lifestyle-related choices play in the genesis of most cancers and other diseases seems to me to be foolishly ignored.

Genetics also tends to be the favored explanation for disease causation because it is easy to see connections. With racial and family appearances, our morphology and, of course, all of the genetic aberrations we health scientists have studied, the signatures of genetics are obvious. Connecting one's toxic environment and poor lifestyle-related choices with disease often runs counter to this current institutionalized thinking and is more difficult to comprehend and to validate.

Let's face it, we cannot select nor change our DNA. Our genetics may indeed predispose us to many states of pathology. However, we now know that, for many of those pathological predispositions to manifest, our genes must be exposed to environmentally-induced or lifestyle-rendered epigenetic 'triggers' that we most often do have control over. The intent of this book is to empower you, the reader, to better understand and avoid those disease-expressing 'triggers.'

*Click on the link below for your Complimentary digital copy of Neogenesis*



*James A. Ferrel MD, CNC is the author of the innovative wellness book Neogenesis. He is a retired physician living in Paradise Valley, Arizona.*

**Click here** for a complimentary download of Neogenesis - Reconstructing the Self.





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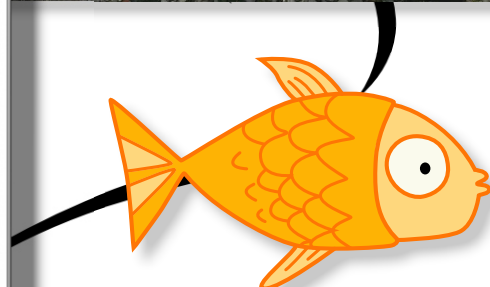
[www.yogaonlineacademy.com](http://www.yogaonlineacademy.com)



# Turning Plastic Ocean Pollution Into Sea-saving Art

Hey guys, Bliss Planet coming at you from Bandon, Oregon. This is Henry the Fish created by Washed Ashore. Washed Ashore is a non-profit organization that builds and exhibits aesthetically powerful art to educate a global audience about plastic pollution in oceans and waterways and sparks positive changes in consumer habits. This organization is creating awareness through art. They took something that is harmful to wildlife and the environment and they have turned it into something really beautiful. They have taken things that are washed up on the beaches and created a sculpture with it. So they have taken something bad and turned it into something Good. Lighters, bottle caps, sandals, bottle caps, plastic shovels that have washed up on the shore was transformed into Henry the Fish.

[www.washedashore.org](http://www.washedashore.org)





# GOODNESSFEST

*Saturday February 17<sup>th</sup>*

Let's Gather in Goodness with Peacemakers, Healers, Entertainers, Meditators, Drum Circle Facilitators, Restorers, Storytellers, DJ's, Dancers and Lovers of every kind. Who would like to share a little of their gifted talents at GoodnessFest?

*The World is Our  
Playground... Let's  
Fill It with GOOD  
and PLAY!*

For More Information

[Click Here](#)

Venue - The Enchanted Forest

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# YOU'VE GOT THIS! With JEN

Inspiration

Few things in the world are more powerful than a positive push. A smile. A world of optimism and hope. A 'you can do it' when things are tough.

*Richard M. DeVos*

Be magnificent. Life's short. Get out there. You can do it. Everyone can do it. Everyone.

*Andy Serkis*



**Jennifer Vanzant** is a certified massage therapist and owner of Jenergy Massage in Phoenix, Arizona. She is also a certified Reiki practitioner and a certified dental assistant.

[www.jenergyphx.com](http://www.jenergyphx.com)





We ALL have Wisdom that can Help others. If you  
you learned on this Amazing Adventure Calle

GOODNESS MESSAGES





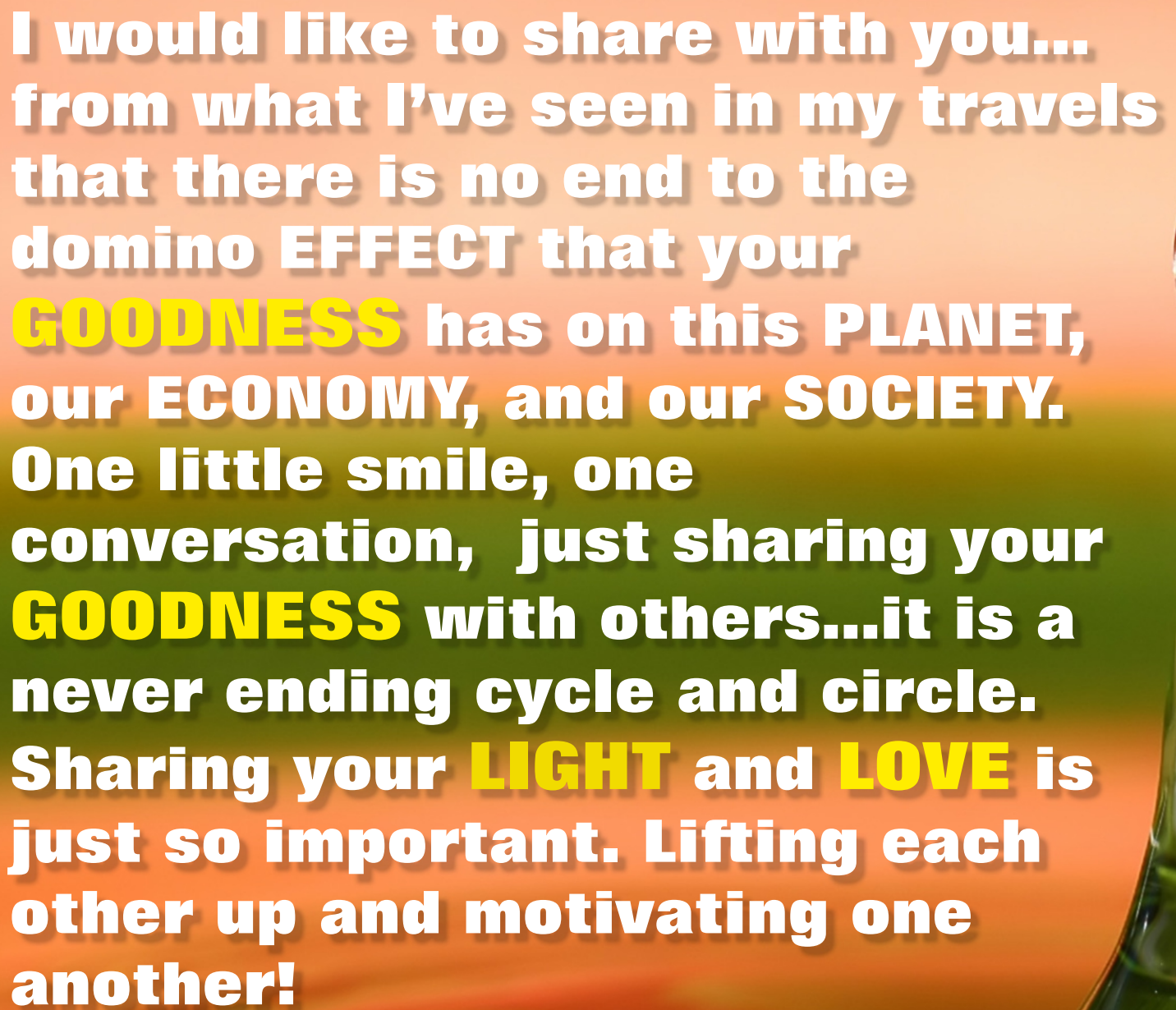
u had only a few minutes left to share the Wisdom

ed LIFE... **What Would You Say?**

**My Goodness Message to everyone is that you have a true **PURPOSE**. There is something in this world that you were meant to do. And once you figure it out a lot of questions are answered. Society will tell us what we should and shouldn't do, but the only true way to figure out these things is if we **LIVE** the truths and by living the truths we will understand more and more what it is that we were meant to do.**

*Kaleb Olson*



A glass bottle of water is shown on the right side of the image, with a single drop of water falling from its opening. The background is a vibrant, warm-toned image of water ripples, transitioning from orange at the top to green and blue at the bottom. The text is overlaid on the left side of the image.

**I would like to share with you...  
from what I've seen in my travels  
that there is no end to the  
domino EFFECT that your  
GOODNESS has on this PLANET,  
our ECONOMY, and our SOCIETY.  
One little smile, one  
conversation, just sharing your  
GOODNESS with others...it is a  
never ending cycle and circle.  
Sharing your LIGHT and LOVE is  
just so important. Lifting each  
other up and motivating one  
another!**

*Callie Ellis*







# ADVENTURE

We are best friends and we bought a 1975 Dodge RV that we call Leonard. My message of Goodness is that sometimes things seem impossible, but if you band **TOGETHER** stick with it, persist, and ask for help...here we are...Leonard made it all of the way to Utah!

My Goodness Message is that Life is supposed to be an **ADVENTURE**...so many times we get stuck in what society tells us that we need to do. When really we should take Adventures, take a risk, get in **NATURE** and see what God is doing in people's lives that you meet. It's exciting!

*Jeremy and Brittany Hughes*

My Goodness Message is to surround yourself with **COMMUNITY**. This trip wouldn't have been possible without the community and the people we have met along the way to give it **LIFE**. It makes it a lot more fun and a lot more interesting.

**COMMUNITY** is a big deal!

My Goodness Message is that the expectation that people have of you is that you Show Up and give your **BEST**. We have seen that from this trip is that when someone has decided to Show Up with their **BEST** and we Show Up and share a story...we learn from it and we grow from it . So Show Up and give your **BEST**!

*Jesus and Emily Garcia*













Never compromise  
your **HAPPINESS**.  
Never give up on  
**HAPPINESS** because if  
you want to be  
**HAPPY**...just be as  
**HAPPY** as you can and  
the **HAPPIER** you  
become the more  
**HAPPINESS** will come  
to you!

*Forest & Nadia Turpenn*



The message that I would like to share is that I believe **WELLNESS** is a state of mind. The more that you believe that and embody your beliefs from the heart, **WELLNESS** just follows...it comes **NATURALLY!**

*Rachel Mari Kimber*











Everything in the **UNIVERSE** is made up of the same elements. Interesting to think about.

*Nick Boroughf*

Make **EVERYDAY** Great!

*Samantha Hudson*



Equality in **LOVE** and **DANCING** together is Beautiful!

*Erin Twarogal*

My **GOODNESS** Message is to **LOVE MORE**. Even your enemies, wish them **LOVE** and **LIGHT**. Forgive all those you may have hurt and forgive

those who have hurt you. Live in the now and be grateful every day. Don't sweat the small stuff.

**HUG** a tree and thank Mother Gaia for all that she provides!

*Amy Sue Hatton*





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- Our "Pay it Forward" visit to a Balinese Orphanage
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I love nature and how Good it is to be in nature. When we are stuck in the city and far from nature we catch ourselves getting caught in the busy everyday life of the city and convenience with fast foods, and television. We really should sit back and ask ourselves...

“What does it really take for us to be **WHOLE** and what does it really take for us to be **PROSPEROUS?**”



I keep thinking about what nature does for us. And if we can mimic nature and learn from nature about how we can be sustainable, how



# NATURE

**we can live for a long time, and how we can depend and use our natural resources without depleting the earth. If we can learn something from nature instead of trying to beat nature...I think we can make this world a better place being sustainable and regenerating the land that we have and utilizing the resources...finding local foods and medicines...learning from animals and nature is all we need to do!**

*LumaraRose Hammond*

*LumaraRose (Rose) is a certified as a Wellness Practitioner and a Southwest Herbalist. [Freespiritandmind.com](http://Freespiritandmind.com) offer a wide array of Holistic based services.*



# GOODNESS MESSAGES

From The

# ARIZONA VEGETARIAN FOOD FESTIVAL

**U.S. Veg Corp** brought the **Arizona Vegetarian Food Festival** back to Scottsdale January 20-21st and showcased the latest in cutting edge plant-based food and products benefiting The Good Food Institute. The 2-day festival featured 100% vegan innovations, with revolutionary plant-based food, products and fun for adults and children. The event had yoga & meditation classes, kids' zone with a bounce house, arts & crafts, live music, and much more. Food vendors offered free samples and offered delicious vegan meals.





Click here for a VIDEO of Goodness Messages shared at the 2018 Arizona Vegetarian Food Festival

Play Video





# Final Thought

*By Matthew Christopher*

The message I like to share with you is to not see yourself as a victim of anything in the world. It is easy to get caught up being the victim, but when you come to a place of owning your creation, owning your life, owning the fact that your life is the results of your thoughts then you take back the power of knowing that you have the ability to change anything in your life that you don't feel best represents who you are choosing to be in this life. And when we come out of that victim-hood and more into a state of unconditional love seeing our potential in the world and know that our highest thought and grandest feeling, highest outcome comes from God and anything that discourages us from believing comes from fear and the ego. So when we come from that place of unconditional love and acceptance and move forward and know that we have the ability to change

and create in the world if we do it with God. We are constantly in communication with spirit through our thoughts. Always remember that whatever you are working on whether it be personal or worldwide to thank spirit. The best prayers are ones of thanks and gratitude and when you do that you know it's going to happen. It's best to do that rather than hoping something is going to happen. If you say that you hope something





**happens...you are living in an experience of hoping. When you want something to happen...you are living the experience of wanting. When you feel you're ugly and you hate yourself and feel that you can't do something then that will be your experience.**

**Always remembering to build your own self-confidence with your own thoughts.**

**"I can do this...**

**I will do this...**

**Thank you, God, for this"**

**And know without a doubt in the process.**

**Knowing your experience of life is your experience of God itself. Knowing that everything in the ultimate truth is positive...negative doesn't exist...everything is love and when you let go of your righteousness of the way you think it should be and love it for the way that it is you can see the divinity of God in all things knowing that everything serves the highest purpose and Good.**







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