

GOODNESS

BLISS PLANET

People, Animals, & Earth



January 2018

- ★ **Do's and Don'ts For Successful New Year Resolutions!**
- ★ **Healing Power of Animals**
- ★ **Going Green - How To Do Your Part**

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PEACE
COMPASSION
POSITIVITY





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to be
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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!

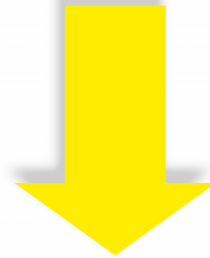
Your friend in wellness,

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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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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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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69 DO'S & DON'TS FOR SUCCESSFUL NEW YEAR RESOLUTIONS!

By Kim Simpson

Do you know where your New Year Resolution Is? It's a great question to ask as you enter the last quarter in 2017. Have you made steady progress toward achieving your dream, or is it languishing on the back burner?

On January 1 perhaps you hammered out a list of 20 things that you hate about yourself and your life, resolved to change, then gave up in a fit of pique because progress was just too hard and slow - too many tough resolutions and too few goals about which you had true interest and desire. I firmly believe that specific notion holds a key to success if you want to achieve New Year Resolutions: Rather than harnessing yourself with a laundry list of bad habits, choose just one dream that you truly want to achieve in this lifetime and focus all of your attention and passion on that one dream.

If you have a dream that you would love to pursue, and it's simmering on the back burner, you don't have to wait until New Year's Day to get started. Get moving now and you will get a jump on the New Year. Make a decision to 'go for it', build a plan that will take you to the finish line, and take one small step toward achievement each and every day. Use the start of the school year as a launching pad that will propel you toward the New Year.

Begin building your momentum now! The first day of Autumn is a great beginning, or the first day of Spring, or your birthday, or the first day of Summer . . . you get the idea. Virtually



every day is a wonderful opportunity to begin working toward your beloved dream by turning it into a specific one sentence resolution, and making that resolution a reality with daily goals. That's the I Resolve To . . . Formula For

Success: Dream + Resolution + Daily Goals = Success, Reward and Achievement!

With that in mind, as you mull all the many large and small things that you would love to do, achieve, learn, create, see, be, have, feel, experience in this lifetime - your 'Lifetime Resolutions' - it is also important to

requires much more than a wish, a hope, and a notation on the back of a cocktail napkin on New Year's Eve. Making and keeping a New Year Resolution takes planning, patience, persistence, courage, commitment, and above all - days, months, and years of hard work. When you enjoy the journey as much as the destination the hard work is worth it!



think about the 'who, what, when, where, why, and how' involved in making and keeping that one special resolution - that dream on which you are going to focus all of your attention. Making and keeping resolutions

Bottom Line: If you truly want to make and keep a New Year Resolution, have no fear - it doesn't have to die a sudden, certain death midway through January. The right resolution - one about which you have enormous desire, passion, and interest - and the right approach, system, and attitude, can bring great joy, achievement, and reward. It's time to strap on your thinking cap, do some daydreaming, brainstorming, plotting, and planning. In addition to noodling about the 'perfect resolution for you' - consider these I Resolve To . . . Do's and Don'ts, which can help to keep you motivated and moving in the right direction day after day:

I Resolve To . . . Do's:

1. Dare To Dream about all the wonderful possibilities.
2. Decide To 'Go For It'.
3. Define your dream in one specific sentence that answers 'what and why'.
4. Develop A Plan that includes short and long range goals, timelines, milestones, and answers the question 'who, when, and how'.

5. Do It Daily - one goal, one day at a time for one year.

6. Make just one large, life-altering resolution, not 10 major resolutions.

7. Make just one large, life-altering resolution about which you have great desire and passion.

8. Focus like a laser on that one resolution.

9. Make a few mini-resolutions to keep things interesting and keep the momentum going.

10. Keep a Daily Resolution Diary that measures progress, and charts next steps and rewards.

11. Maintain a 12-month calendar to schedule daily goals, track milestones, and map your plan.

12. Set deadlines for goals, but don't beat yourself up if you fall behind - revise plans instead.

13. Be realistic about what you can achieve each day, week and month, then set realistic goals.

14. Visualize the desired outcome daily, make it a priority, and keep it front and center.

15. Wear your resolution, tape it to your mirror, carry it in your wallet, or put it on your screen saver.

16. Enlist the support of friends and family members.

17. Tell the world!

18. Do your homework: Knowledge is power and continual learning will promote progress.

19. As plans change review the 'who, what, why, when, where, and how'.

20. Be flexible and willing to make course corrections.

21. Think ahead and plan for obstacles - brainstorm a way around.

22. Life is full of 'Overtaken By Events' days - OBE - be flexible, prepared, and willing to compromise.

23. Believe in yourself, your talents, abilities, and your dream, resolution, and daily goals.

24. Stay focused - keep your eye on the prize, what you plan to achieve - at all times.

25. Find a mentor who can lend support, advice, and leadership through both smooth and rough sailing.

26. Join a club - surround yourself with folks who share your passion and can lend motivation and support.

27. Take a class - increase your knowledge.

28. Start a blog - write daily, and build or join an online community filled with like-minded folks.

29. Be a mentor - learn by doing, teaching and leading by example.



30. Just show up - some days showing up is all it takes to make progress and build momentum.

31. Get organized and stay organized. Be patient, passionate and persistent.

32. Remind yourself daily about your accomplishments and reward yourself.

33. Remember some daily progress is better than 'no daily progress' or not pursuing your dream at all.

34. Know your strengths and use them effectively.

35. Know your weaknesses, embrace them, and learn how to overcome them.

36. Be willing to work hard and stay committed through good times and bad times.

37. Have fun and enjoy the journey.

39. Be grateful for all you have and all you are - 'give back' with kindness and charity!

40. Be determined and diligent - stay positive and maintain your optimism. Do what you love, love what you do each and every day.

41. Be a Resolutionista: Make resolutions, keep resolutions and enjoy the journey!

I Resolve To . . . Don'ts

1. Procrastinate.

2. Give in to fear of success, or fear of failure.

3. Get overwhelmed, or discouraged by setbacks.

4. Grow weary, bored, or burned out.

5. Give Up!

6. Make a long laundry list of things that you feel you should change, but lack desire and interest to make the changes a reality.

7. Make a resolution for someone else.

8. Make the same resolutions year after year with zero progress.

9. Set the bar too high by having unrealistic expectations.

10. Beat yourself up for mistakes, unrealistic expectations, and unrealistic goals - re-plot your course instead.

11. View failure as a negative experience - grow and learn from it, then move forward.

12. Expect something for nothing - gain with no pain.

13. Go it alone.



14. Let a bad attitude stand in your way - think about your moods and actions.

15. Check-In infrequently - failing to track progress, milestones, and timeline deadlines is a recipe for confusion and in-action.

16. Set unrealistic daily, weekly, and monthly goals.

17. Lose motivation and momentum from lack of planning - plan ahead, and know your goals for tomorrow and the next day.

18. Lose focus, flexibility, or faith in yourself and your dream, resolution, and daily goals.

19. Lose patience, passion, persistence, or your positive attitude.

20. Forget your primary objective - 'why' you are pursuing your dream, resolution, and daily goals.

21. Expect overnight results.

22. View your dreams, resolutions, and daily goals as a chore.

23. Let negative friends, family members, or colleagues stand in your way - find a way around.

24. Let obstacles stand in your way - know when you are creating your own obstacles.

25. Live a life of regret for what you could have seen, done, achieved, created, been, experienced, and conquered.

26. Let anyone tell you, you can't achieve your dream - with the right attitude, you can and you will!

27. Lose your 'fire in the belly'.

There is plenty of time between now and New Year's Day 2018 to take meaningful action. Start dreaming, planning, plotting, and brainstorming about 'doing what you love and loving what you do'. Pull out your journal, review your Lifetime Resolutions, and choose the one that will add joy and reward to your days, then 'go for it'!

Remember: I Resolve To . . . Achieve My New Year Resolutions, One Resolution, One Day At A Time For One Year. It's your choice. Do it today. Turn your resolution into reality in five simple, common sense steps: Dare To Dream, Decide, Define, Develop A Plan, and Do It Daily. Make your resolution a permanent Lifetime Resolution, something that's with you for good! Above all, Be A Resolutionista,

someone who makes resolutions, keeps resolutions, and enjoys the journey! Let's Go For It!



Kim Simpson, a former journalist, provides communications, fundraising services and strategic planning, for Members of Congress, non-profit organizations, corporations, and associations in the Washington, DC Metropolitan Area. A self-employed entrepreneur, with more than 25 years of experience, she launched IResolveTo.Com in 2005 in an effort to help others to achieve their New Year Resolutions, Dreams and Goals. Her motto is: I Resolve To Achieve My New Year Resolutions, One Resolution, One Day At A Time For One Year." Let's 'Go For It'.

Get your daily dose of inspiration at: www.iresolveto.com - As added incentive, why not make and keep your New Year Resolution by wearing it?



HEALING POWER OF ANIMALS



By Tina Shepherd

I have always been attracted to and had love for animals from a very young age. The unconditional love, affection and devotion they share is priceless and they are forgiving of the many "mistakes" I see in myself that simply do not exist for them. People are generally hard on themselves in life, but fur babies do not care about human failures or unrealistic expectations people often hold themselves to. They see and feel through the eyes of excitement, gratitude and love. Every time I come home they are always happy to see me and meet me at the door full of enthusiasm and affection. They don't care how much I weigh, what's in my bank account or what I accomplished that day. Human companions are their world and they long to be close to us and be by our sides no matter what happens. Petting animals can reduce blood pressure and release oxytocin, the feel good hormone, and even reduce anxiety and pain. Scientific studies show that animals help reduce stress and they can help cardiac patients, those who are

feel better and calmer after petting my dogs and I feel loved when they sit on my lap and want me to rub their bellies. Domesticated animals are great teachers. They live in the moment and show us how to love and how to feel truly cherished. They know everything about love and faithfulness.

In addition to the healing power of dogs, cats are equally as healing in our lives. Cats purr at a vibrational frequency of 25 to 150 hertz, a level scientists have shown can improve bone density in humans. I very much enjoy and feel at peace when I am holding my purring cat Jasper. I could listen to and feel his purring vibration against me all day long.

They are always there for us, ready to listen to anything we need to get off our chests or to be our best confidantes. Our fur family is an extension of love in our lives. They can bring us spiritual, emotional and physical healing. My pets mean so much to me that I bring them with me into meditation. I imagine them with me by my side while envisioning miraculous and heavenly realms. I feel their love, comfort, complete acceptance and protection with me and surrounding me from all sides. I believe they can see things we can't see and sense things we may not be aware of. I am deeply touched by stories of pets saving their owners lives or pets who mourn the loss of their human family because of the display of their undying love and devotion. My life would not be as complete or fulfilled without them and I am very blessed and thankful to have them in my life for as long as time will let me.

As an additional note, I understand there are many other animals we share the planet with who also possess the power to heal. I have included dogs and cats in this post because they are the animals that most people have direct experience with and access to.

About Tina Shepherd

I'm a seeker. Love and gratitude are my sword and my shield. I have a true heart of sincerity with good intentions towards all. One soul on a spiritual quest to return to the origin of the source of all life& love where we all meet as one in the seat of consciousness. I am a Usui Reiki Master and Practitioner, a Crystal Collector, Sound Healing Believer, Yogi, Amystic, Meditator,& Spiritual Warrior.



GOING GREEN - HOW TO DO YOUR PART

By Ronald Wagner



Going green is a popular term used, in a general sense, for lessening our detrimental impact upon the earth's environment, both on a personal as well as on a global scale. Ideas on what going green means can vary greatly, spanning the distance between those who are willing to concede, we ought no to litter our way across the spectrum to those who think that human population should be limited and policed.

Wherever you are and regardless of your political affiliations, you are already a part of the green-movement. If you are new to this, then start off with simple recycling and work your way to being "clean green".

Ultimately the survival of humans, as a species, will depend upon each and every one of us going green and then continuing those environmentally sound practices even after the seemingly imminent threat has lessened. The greater your responsibility is to protect and sustain.

National leaders, big businesses and single individuals each need to look around and see what we have already lost and what we might yet lose if we do not bond together to save the planet.

Going green is more than a slogan, or even an ideal. It is an urgent mandate and a vital mission which we have already undertaken, and one at which we must not fail. The price of that failure would be life, as we know it, upon this earth and everything we know.

There has never been a time in recorded history where humanity has experienced a greater need to work together in unity for a common purpose. Whatever part of the globe you reside upon, whatever place you call your home, be it a wealthy, economically privileged nation or the poorest of the so-called third world countries, you are first and foremost a citizen of the Earth, and her natural resources, continue to provide a home to us and all of the wonders of nature for many centuries to come.

Each of us may not be able to shut down big-time corporate polluters or engage actively in preventing the destruction of wildlife habitats. But every one of us can each do our part, however small it may seem to us, to keep the earth green.

We can start green-movement by with simple recycling and work to being clean clear.

*Ron Wagner is from
Scottsdale, Arizona.*

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

Barbara Ward



KEY #1: YOUR WILD RHYTHM

Excerpt from ***Woman Most Wild: Three Keys to Liberating the Witch Within***
by Danielle Dulsky

The ebbs and flows of the great Earth's natural cycles live within you, Witch. Know the wild feminine as circular, and concerned above all else with the interconnectedness of all things. That logical left brain of yours wants to separate, fragment, and linearize all that you perceive, but your generative, intuitive right brain knows a deeper truth. In your cells you know that this world lives in you as much as you live in it. I call this magickal life for which you are destined your spiritual integrity, but in truth it is your physical, mental, and soulful integrity as well. The rhythms of nature are the rhythms of your energetic womb, the cycles of your emotions and creative work, and the continual, spiraling understanding that divinity exists in it all, forever and always. The recollection of your embodied cycles is the key to the broom closet's first lock; without this, your Witch consciousness remains dormant.

The intentional embodiment of your wild rhythm is integral to your spirituality because it grounds you firmly in this world; it creates opportunity for continual affirmation of your sexuality and creativity as hallmarks of your very nature. There is no great chasm between your enduring spirit and your holy, sensual self. The rhythms of the wild world are proof of your holistic being. Your sex and your spirit were forced into a divorce long ago, but now, now let these two parts of you be reunited under red satin sheets. The first pillar of wild woman spirituality is the marriage between the Witch's whole being — that is, her soul, body, mind, and spirit — and the cycles of the world around her. You are not merely in the world, my love; you are of the world.

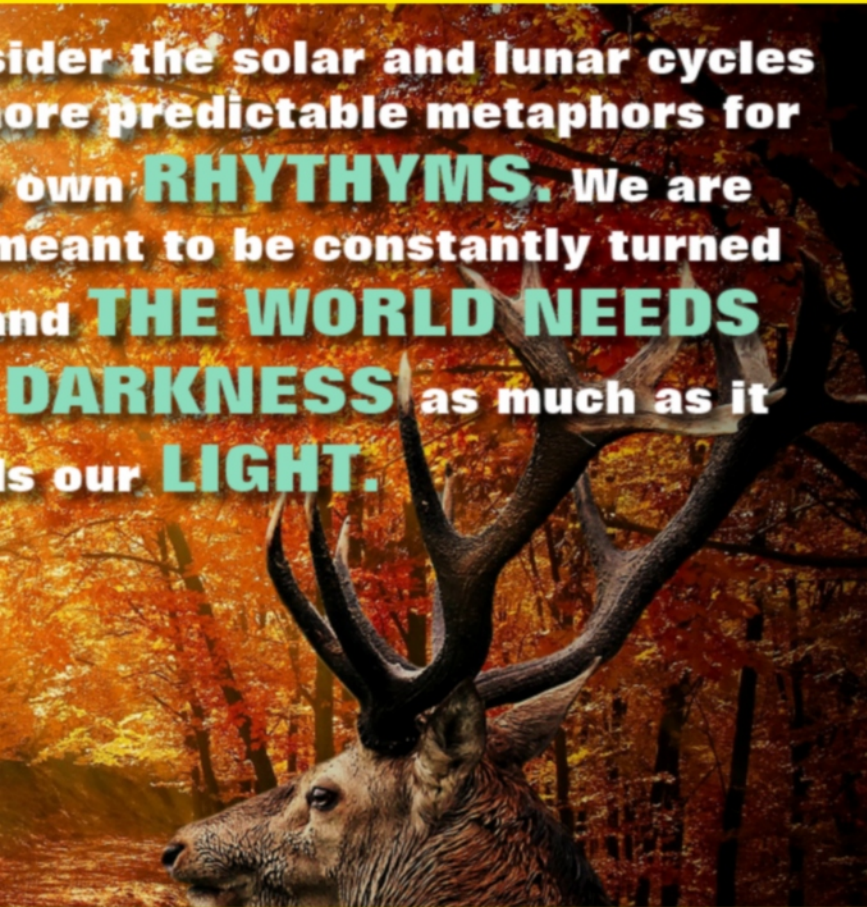


When a woman's life becomes isolated from the cycles of nature's magick, she not only experiences a starvation of soul and spirit; she begins to question her sanity. The psyches and bodies of women are meant to wax and wane, swelling and thinning out with much majestic variability. The feminine is neither even-keeled

nor easily predicted. We are changeable creatures. We women experience spiritual winters during which there is a divinely fallowed time when we care not for prayer or ritual. So, too, a woman experiences these sacred voids in terms of love and relationship, body and health, creative work, and every aspect of her way of being in the world. When compared directly and unknowingly to a high-fire inner summer, when deep, purposeful, and fertile transformation is



Consider the solar and lunar cycles as more predictable metaphors for your own **RHYTHMS**. We are meant to be constantly turned on and **THE WORLD NEEDS DARKNESS** as much as it needs our **LIGHT**.



being birthed over and over again, these inner winters can weigh heavily on a woman. She sinks low into a depression made far worse by a rejection of this time's validity as a dark-moon psychic state during which a woman craves solitude and emptiness.

The rhythms of the Holy Wild give us permission to have our own cyclical nature; we need only frame these highs and lows as part of our bodily and psychic home. We are the living feminine, Sister, and we have a cosmically sanctioned right to check in and check out in accordance with our inner resources. Our energetic wells can only source so much work, so much play, so much nurturing, and so much devotion before they become

depleted. Consider the solar and lunar cycles as more predictable metaphors for your own rhythms. We are not meant to be constantly turned on, and the world needs our darkness as much as it needs our light.

From the time we are girls we learn to shut down our natural and intermittent inclination to run into the dark void of nothingness. Idle hands, after all, are the devil's playthings. Who knows what the wild child might do if her imagination were left unbridled? The technologies of woman taming are as old as dirt, my love, and the most sinister of these has been the strategic condemnation of the

Still Woman. Remember that when I say “wild,” I do not mean out of control; rather, I refer to the freedom of both stillness and doing, a sacred liberation that was slowly taken from us when we were young. The wild is your human way of relating to the life-force that is beyond human but wholly natural.

Little girls are kept wild when their caregivers affirm their right, and affirm it often, to be of the world. A good deal of preparation for the battle of adolescence is necessary in order for children of all genders to psychologically survive the woundings that will inevitably occur. Particularly for those who do not neatly match our culture’s presented image of normalcy, the survival skills required are immense, with the suppression of the wild a common response to the threat of abandonment. During adolescence, we fear looking or acting out of alignment with what our peers have deemed acceptable. We conform in order to belong, in order to keep from being left behind, with every act of perceived rejection driving the wild self deeper into the shadows of our psyche.

It is beyond terrifying, I know, to crack wide open the shell that has been layered so thickly around us by so many years of snickers, eye rolls, turned backs, insults, and punishments. Hear me when I tell you that you are not who they say you are, and the greatest gift you can give to the global community is to be fiercely authentic. Unlearn the mechanisms of control that keep you believing that you must keep going no matter how loud your heart-voice is screaming for rest. Reclaim your wild rhythm, and awaken your Witch consciousness; she is sleeping, small body curled with the petrification that comes of allowing ourselves only small movements these past years. Wake her now. Wake her up, and let her show you the way home.

I see you now, my Sister-Witch, ear pressed against the door, hearing the call of your wild nature like a gut-born drumbeat. The ping-pat of raindrops, the mother wolf’s howl, the songs of birds you cannot name: All these things have been nested in your soul since you were a young girl. Remember now. Remember the nourishment of nature-aligned rhythm, and insert that ancient, rusted key into the lock. Remember the electric buzz you felt in your heart when gazing upward at the maternal full moon. Turn the key, letting it groan like the ancient iron it is. Hear the sound of your inner Witch waking up with a soft, sultry yawn bellowed from beneath your ribs. Embodying the rhythms of this strong Earth is your first act of liberation, and it is the most fundamental, central pillar of wild woman spirituality. Once you have acknowledged the organic power of the world around you as kith and kin to that which lies within you, once that is done, there will be no turning back.

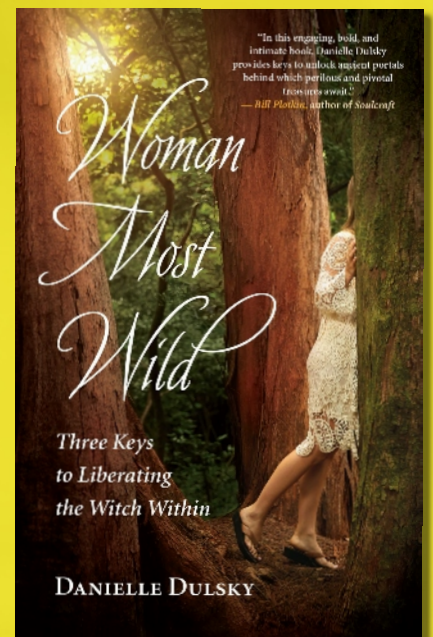
Excerpted from the book Woman Most Wild: Three Keys to Liberating the Witch Within. Copyright ©2017 by Danielle Dulsky. Printed with permission from New World Library — www.newworldlibrary.com.

**The holy healers,
the Priestesses,
the Witches, and
the wild souls
living and
breathing RIGHT
NOW in our
wounded world
have been tasked
with a great
TAKING-BACK of all
that has been
stolen from
the feminine.**



Danielle is a long-time activist for wild woman spirituality and the divine feminine's return. She is the author of *Woman Most Wild: Liberating the Witch Within* (New World Library) and is on a mission to inspire women to be fearless creators of their sacred work. She holds the highest designation from Yoga Alliance as an E-RYT500, is the founder of the Living Mandala Yoga teacher training programs, and believes in holistic healing for the sensual, creative, and spiritual self. Her work is grounded in holding space for women to harvest their inner Priestess through personally relevant movement alchemy, intuitive artistic practice, and divine feminine spirituality. Danielle leads women circles, Witchcraft workshops, energy healing trainings, and basic (200-hour) and advanced (300-hour) yoga teacher trainings in Phoenixville, Pennsylvania. She believes that all women alive today are meant to be instrumental in supporting positive social transformation through wild woman spirituality, reclamation of the name Witch, and the magick of sisterhood.

Find her online at LivingMandalaYoga.com.



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A FOOD JOURNAL with James A. Ferrel MD, CNC



Question: What is a food journal and how can it be used to benefit health?

Answer: A food journal is a chronological record of eating associated events and conditions with observed responses and other associated results.

The journal construction depends on the situation and intention. If one suspects a cause and affect relationship between how someone they are journaling feels or behaves in relationship to their diet, the journal helps to clarify this by analysis. For example, in an asthmatic or atopic child (has tendency for asthma, atopic dermatitis, or hay fever symptoms), it's a must to perform a food journal based analysis. Food allergy testing, by blood or skin tests, is far from accurate, either in specificity or sensitivity. Observations by an educated parent or journalist using a food journal can more easily, safely, inexpensively, and accurately uncover food allergies in this child. There are over 170 foods that have been documented to cause allergic reactions. These reactions can manifest in anything from innocuous skin hives to recurring ear infections, to difficulty thinking and behaving (encephalopathy) to difficulty breathing (asthma), to difficulty maintaining blood pressure etc. (potentially deadly anaphylaxis).

Once determined, those foods, which the child's immune system recognizes as foreign, can be eliminated from the child's diet, and the child's symptoms and health improved. In emergent cases, those foods that most commonly cause allergic responses can be eliminated before journaling is initiated. These foods include the "big eight" cow milk, soy, peanuts, egg (protein only-not the yolk), wheat, shellfish, tree nuts, and fruits. The vast majority of food allergies are caused by these "big eight" foods. The "second eight"--sesame seeds, sunflower seeds, cottonseed (meal not oil) poppy seeds, mollusks, beans (except green beans), peas, and lentils may also warrant elimination, depending on the severity of the situation.

Next, using a food journal, new foods can be rotated in with assessment of each new food introduced. After analysis one can create menus of healthy, complementary foods for optimal nutrition for the journaled patient. An appropriate journal in the case of such an atopic child case would record events such as Dr. Doris Rapp's Big Five, in relationship to timing of foods individually introduced. Such a journal would contain Doctor Rapp's columns for food introduction:

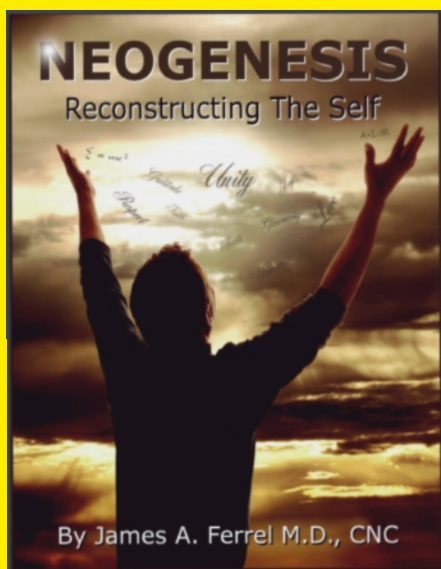
1. How does my child feel, behave, and remember before and after introduction?
2. How does my child look before and after introduction?
3. Is there any handwriting or drawing changes before and after introduction?
4. Is there asthma or breathing problem before and after and how is it changed?
5. Is there a change in the pulse rate or rhythm before and after?

A journal to evaluate food used for prevention or intervention for depression or fatigue would be different. It would contain more patient subjective information that correlates temporally with specific food or other chemical introduction or exposure.

A food journal constructed for prevention of obesity might include a all inclusive account of each item put into the mouth, all information leading to the identification of eating triggers, and other obesity related issues. Motivation, peer pressure, mood all may be relevant. Their inclusion may allow for analysis that permits more effective intervention strategies.

A food journal intended to improve nutrition for a coma patient would be quite different. It would include monitoring of serum and urine objective findings as well as other observations to help develop proper feedings.

Food journals can be used both for prevention and intervention in the Prescription for Nutritional Healing.



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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WORLD PEACE



What does world peace look like?

Take the time to actually visualize the scene. See interactions of the people. See the cooperation in making sure everyone has the essentials. See the friendly sharing of ideas, cuisine, and style. See the athletes compete to inspire others and challenge themselves. See the freedom to explore any part of Earth without fear. See the people with religion and without religion getting along just fine because they have respect and are not so concerned about being right. See how one human is no more or less important than another. See the gardens of food everywhere and the intelligent management of the Earth. If most humans regularly take the time to visualize the world we want, the Law of Attraction shall provide.

Peace and Love,

Jason Cline



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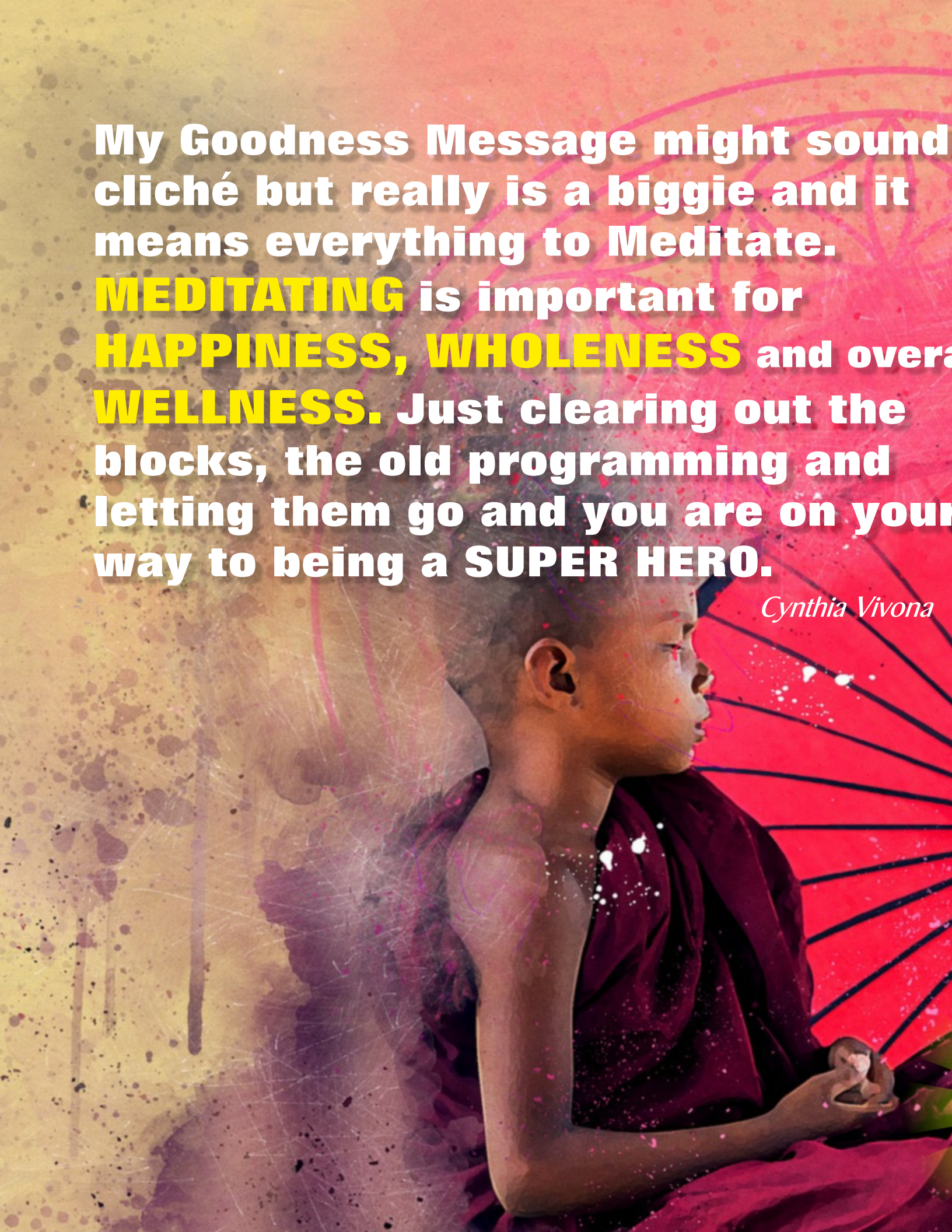
Crystal Toltec





My Goodness Message might sound cliché but really is a biggie and it means everything to Meditate. **MEDITATING is important for **HAPPINESS, WHOLENESS** and overall **WELLNESS**. Just clearing out the blocks, the old programming and letting them go and you are on your way to being a **SUPER HERO**.**

Cynthia Vivona



all



My message of wellness is to practice everything in moderation. So don't overdue anything too much. Don't take anything too seriously, have a little fun and keep a **BALANCE in your life.** *Danielle Larimer*



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**I send my love and creation
out to the world knowing that you
can do anything. Spread your
love and light. Don't try, wish, or
want rather Do, Will and Choose
to Have! That's what you are
here to do and you are here
to do it!**

Daniel F Velasquez



Happiness.



My message of wellness is really to do things that make you happy. And in fact, people say, “Oh Healthy foods, green foods, salads, but frankly I love them and the way the way they make me feel...so my message of wellness is to eat foods that make you feel good and do things that make you feel good. So stand on the earth, get some sunshine, drink some fresh water, drink some green juice, hugs, laughter, music all of those little things that make up an entire day that make up an entire day that make you feel really good. Do that!

Lisa Wilson

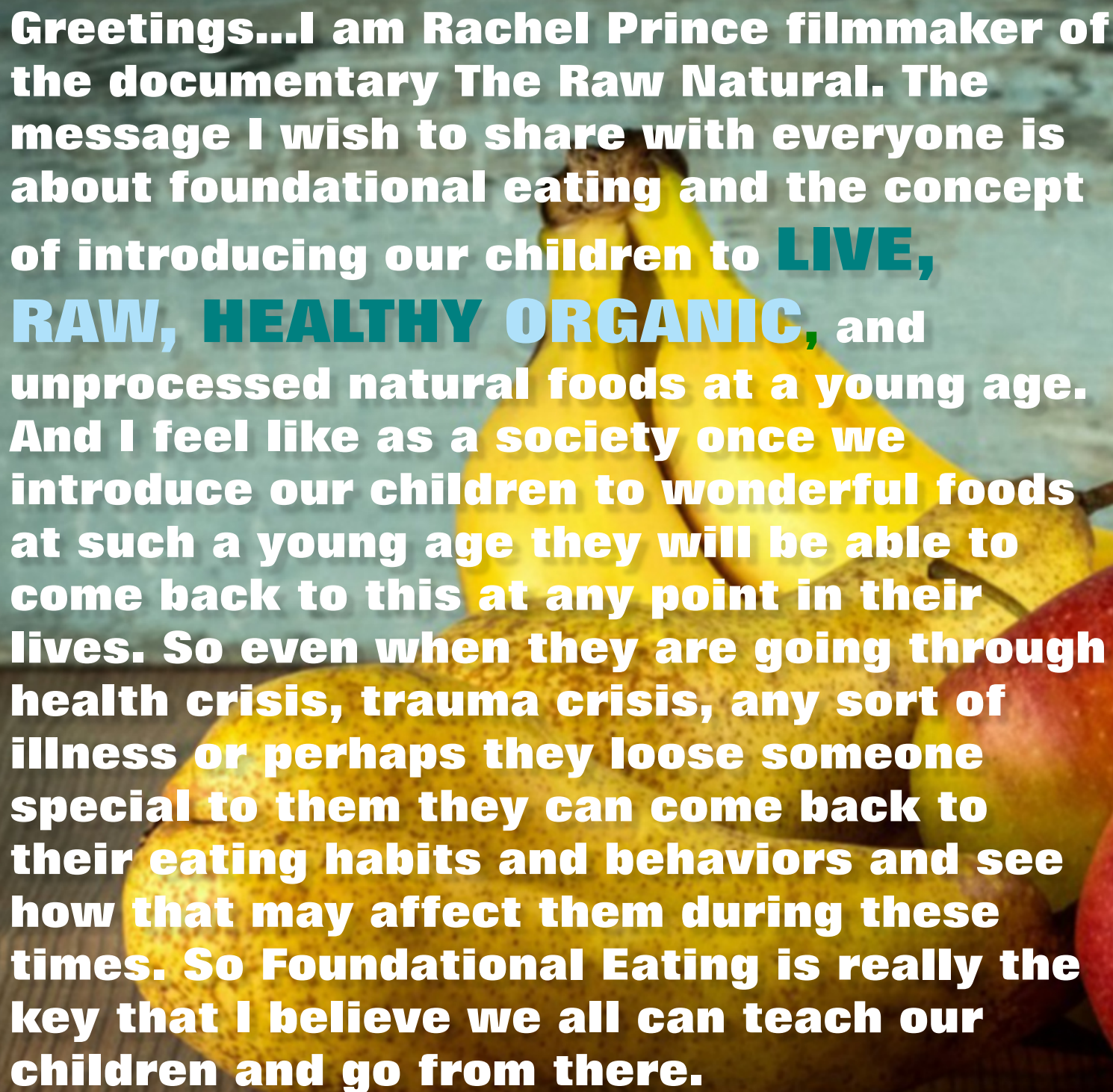




All those internal conversations that you have they cost you a lot of ENERGY so speak your mind, don't ever hold anything in that you want to say and be TRUTHFUL to yourself.

Matt Cocinero



A still life photograph of fresh fruit including a banana, a pear, and a red apple on a wooden surface. The background is a textured, light blue-grey wall. The text is overlaid on the image, with the words 'LIVE, RAW, HEALTHY ORGANIC' in a larger, bold, teal font.

Greetings...I am Rachel Prince filmmaker of the documentary The Raw Natural. The message I wish to share with everyone is about foundational eating and the concept of introducing our children to **LIVE, RAW, HEALTHY ORGANIC, and unprocessed natural foods at a young age. And I feel like as a society once we introduce our children to wonderful foods at such a young age they will be able to come back to this at any point in their lives. So even when they are going through health crisis, trauma crisis, any sort of illness or perhaps they loose someone special to them they can come back to their eating habits and behaviors and see how that may affect them during these times. So Foundational Eating is really the key that I believe we all can teach our children and go from there.**

Rachel Prince

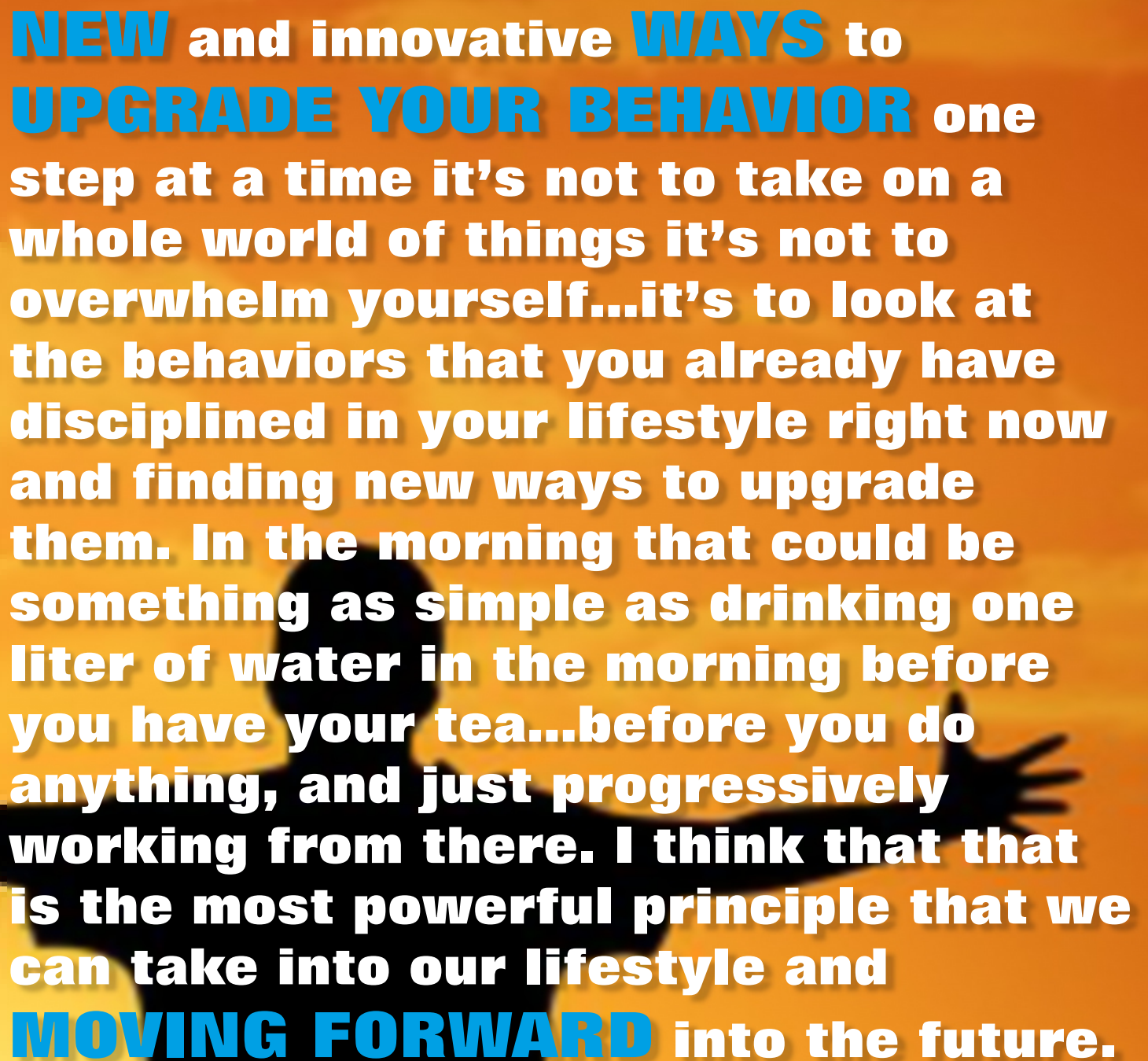


Aloha

My message of wellness is very simple. It is basically looking at



your life as it stands right now and identifying the disciplines or daily rituals that you are participating in every single day and finding

A silhouette of a person with their arms raised in a 'V' shape, set against a vibrant orange and yellow sunset background. The person's head is at the top of the 'V', and their arms extend outwards and upwards. The background features a gradient from deep orange at the top to bright yellow at the bottom, with some darker, silhouetted shapes that could be trees or distant structures.

NEW and innovative **WAYS** to
UPGRADE YOUR BEHAVIOR one
step at a time it's not to take on a
whole world of things it's not to
overwhelm yourself...it's to look at
the behaviors that you already have
disciplined in your lifestyle right now
and finding new ways to upgrade
them. In the morning that could be
something as simple as drinking one
liter of water in the morning before
you have your tea...before you do
anything, and just progressively
working from there. I think that that
is the most powerful principle that we
can take into our lifestyle and
MOVING FORWARD into the future.

Ronnie Landis

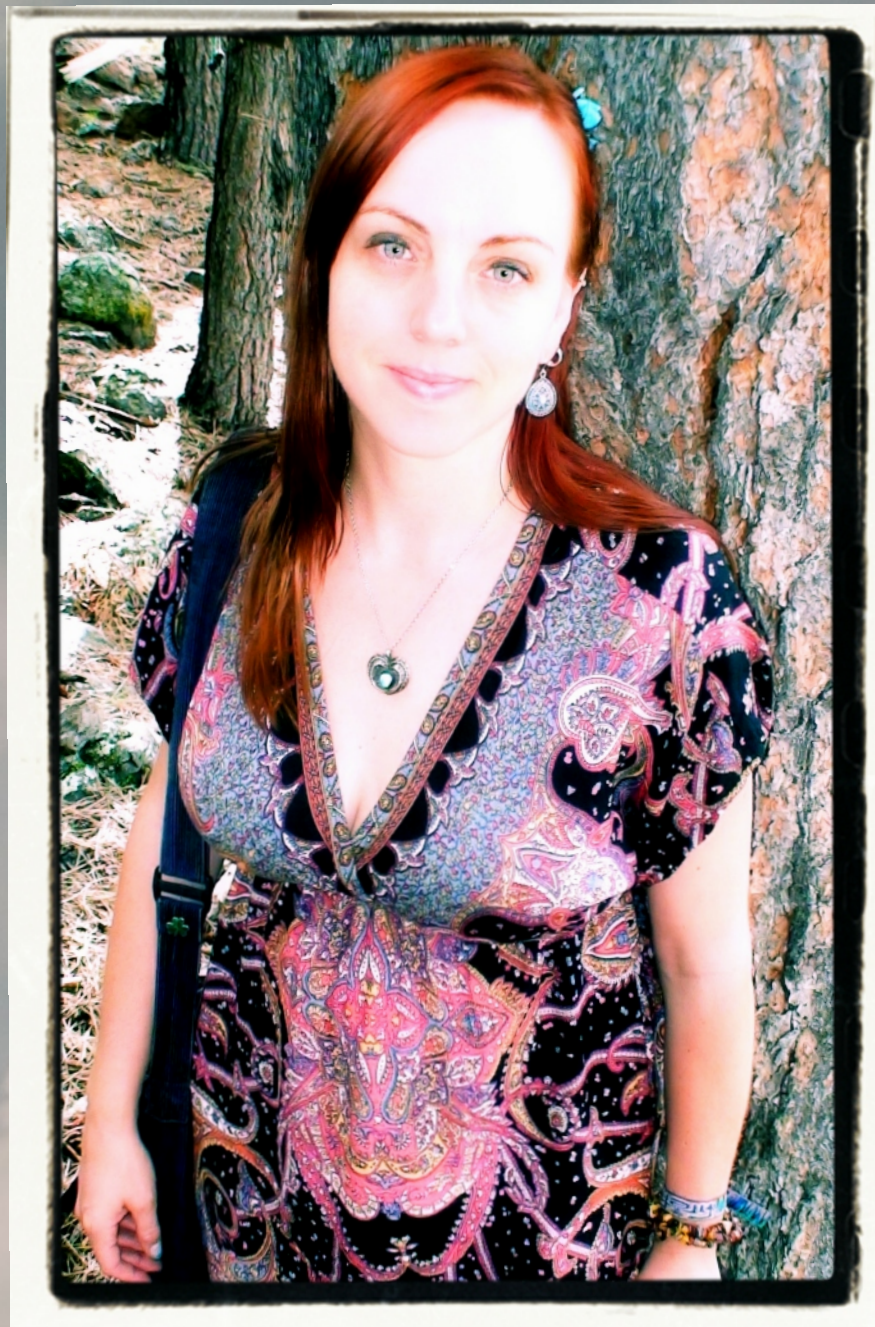
My Goodness Message is to get
out and **PLAY**. Celebrate life
to the fullest of its potential
and enjoy every moment!

Tamra Blankenship



I'm here to help community come together and be part of community caring, consciousness and raise the vibration here on planet earth. Let's share together and **LET GO of everything that is not working anymore and create a better place for everyone to share.**

Tara Brietta Coons







CONNECTIVITY

My message is one of Connectivity. I realize how important it is to **CONNECT with yourself, **CONNECT** with nature, connect with the people around you, the art around you whether it is music, fine art, dance or movement...just finding something or someone to connect to and allowing that energy to **NOURISH** you and allowing yourself to nourish those around you.**

Taran Emmert

Events



2017 RAINBOW GATHERING

The 2017 Rainbow Gathering was July 1st through the 7th in the Malheur National Forest in Oregon. The attendance was approximately 3,000 people from all over the United States.

The annual Rainbow Gathering is where campers congregate in the forest with an intention of promoting peace, harmony, freedom, and respect.

For those who haven't experienced Rainbow's annual



This sign Welcomes attendees to the gathering.

event, imagine playing in nature with thousands of people camping, sharing food, music, drum circles, dancing, yoga, and meditation.



A couple weds at Rainbow





Click here for a VIDEO of Goodness Messages shared at the 2017 Rainbow Gathering.

Play Video



Final Thought

By Apollo Poetry

Hello. My name is Apollo Poetry. Some words of wisdom is to live life as if it's a song. As if it's **ART**...to be able to see art everywhere. I have this thing where one of my favorite words is **HEART** and if you spell it out **H - E - A - R - T**, there are actually multiple words in there. Music is my **ART**. Do you **HEAR ART** with your **EAR** or your **HEART**? If you **HEAR** the **Art** with your **EAR** instead of your **HEART** you might be in the physical with just sensations. But if you actually experience the **ART** in your **HEART**...I think that's how the way that we live our lives echoes throughout time and the people we impact.

And more words of advice are to be easy on yourself and forgive yourself.

It's interesting because on one end we want to take growth seriously, so it's great that we are willing to do this work while we are on the planet; but in the bigger scheme of things...there is really no rush! You have an infinite amount of time and space to get to wherever you are getting to and then when you get there...what do you do next?

So the ultimate goal for me is to constantly realize that we are on an eternal journey. A lot of times when we are fighting for things, regardless if it's the environment, politics, beliefs, and different ways of thinking.... I feel the more important than what we are fighting for is the energy we're approaching it with, because ultimately all this stuff is going to fade away. But the energy that we cultivate in this physical realm is an eternal thing that lives beyond us.

Now I've been guilty of this when I get fired up about social causes and the emotions come up. We are fighting so hard for it that we sometimes lose track of the bigger picture, and what this earth school is for, and that is to harness that energy in this physical world.



Last thought right here.....

You are alive right now! That's amazing! The simple fact that you're alive in this moment.

Think about every thing that is alive in this exact moment. Every single living thing that you are sharing this moment of being alive with in the Universe. Think about the billions of human beings that are alive, every insect on this earth and every animal. And then think about all the other planets, stars, suns, and all the other living things in the Universe. Right now in this exact moment...the trillions and trillions of things that are currently alive at this exact moment all share something sacred. And that is that they are alive together, right now in this space and time. And they all have one common destiny. And that is that all of them will someday not exist. Not only will they not exist, but there eventually will be zero evidence that they ever actually existed to begin with. And that is eternally true! And because we know that...I want to give you that reminder that what we do in this physical realm is important, but don't loose sight of your eternal nature. What we take with us outside of this physical realm is our eternal nature.

Now don't get me wrong. Enjoy that. Enjoy this. Enjoy it all!

The...in...out....up...down...left...right! Have fun! Because you are alive and someday you're not going to be! But right now, you are! So seize the moment. Now go outside...

look at the sky in awe, and take a deep breath!

Your existence is a miracle.

I love you.

Visit Apollo's website at:

apollopoetry.com





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