

GOODNESS

July 2018

BLISS PLANET



People, Animals, & Earth



PROSPERITY

INSPIRATION
WELLNESS

WISDOM
PEACE
LOVE
HEALTH

POSITIVITY



*“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.

I encourage and 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.

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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
illuminateis beautiful world!**



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Get a new edition of Bliss Planet delivered to your inbox every month for free.

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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love has no race



before anything else, we're all human
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love
has
no
labels

The Invitation *By Oriah Mountain Dreamer*

"It doesn't interest me
what you do for a living.

I want to know what you
ache for and if you dare to
dream of meeting your
heart's longing.

It doesn't interest me how
old you are.

I want to know if you will
risk looking like a fool for
love, for your dream, for
the adventure of being
alive.

It doesn't interest me
what planets are squaring
your moon.

I want to know if you
have touched the center
of your own sorrow, if
you have been
opened by life's
betrayals or have
become shriveled
and closed from fear of further
pain.

I want to know if you can sit with
pain, mine or your own, without
moving to hide it, or fade it, or
fix it.

I want to know if you can be with
joy, mine or your own; if you can

dance with wildness and let the
ecstasy fill you to the tips of your
fingers and toes without
cautioning us to be careful, be
realistic, remember the
limitations of being human.

It doesn't interest me if the story
you are telling me is true.





I want to know if you can
disappoint another to be true to
yourself.

If you can bear the accusation of
betrayal and not betray your own
soul.

If you can be faithless and
therefore trustworthy.

I want to know if you can see
Beauty even when it is not pretty
every day.

And if you can source your own
life from its presence.

I want to know if you can live
with failure, yours and mine, and
still stand at the edge of the lake
and shout to the silver of the full
moon, 'Yes.'

It doesn't interest me to know
where you live or how much
money you have.

I want to know if you can get up after the night of grief and despair, weary and bruised to the bone and do what needs to be done to feed the children.



It doesn't interest me who you know or how you came to be here.

I want to know if you will stand in the center of the fire with me and not shrink back.

It doesn't interest me where or what or with whom you have studied.

I want to know what sustains you from the inside when all else falls away.

I want to know if you can be alone with yourself, and if you truly like the company you keep in the empty moments...."

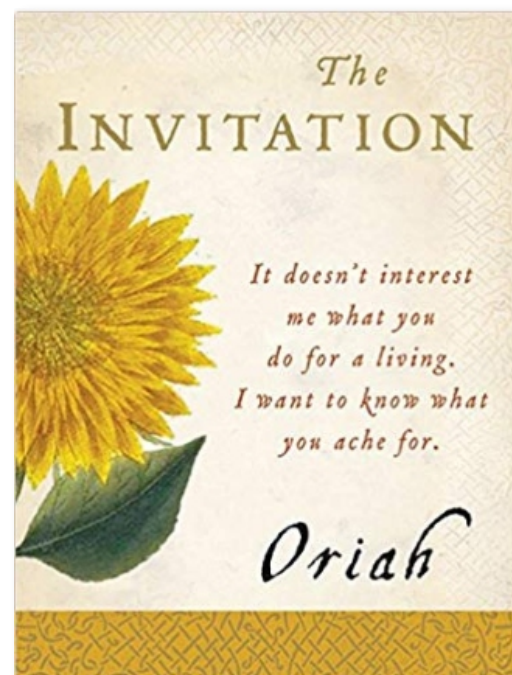
Oriah

And remember,

You don't have to learn how to love yourself. You just have to remember that there is nothing wrong with you to begin with. You just have to come home."

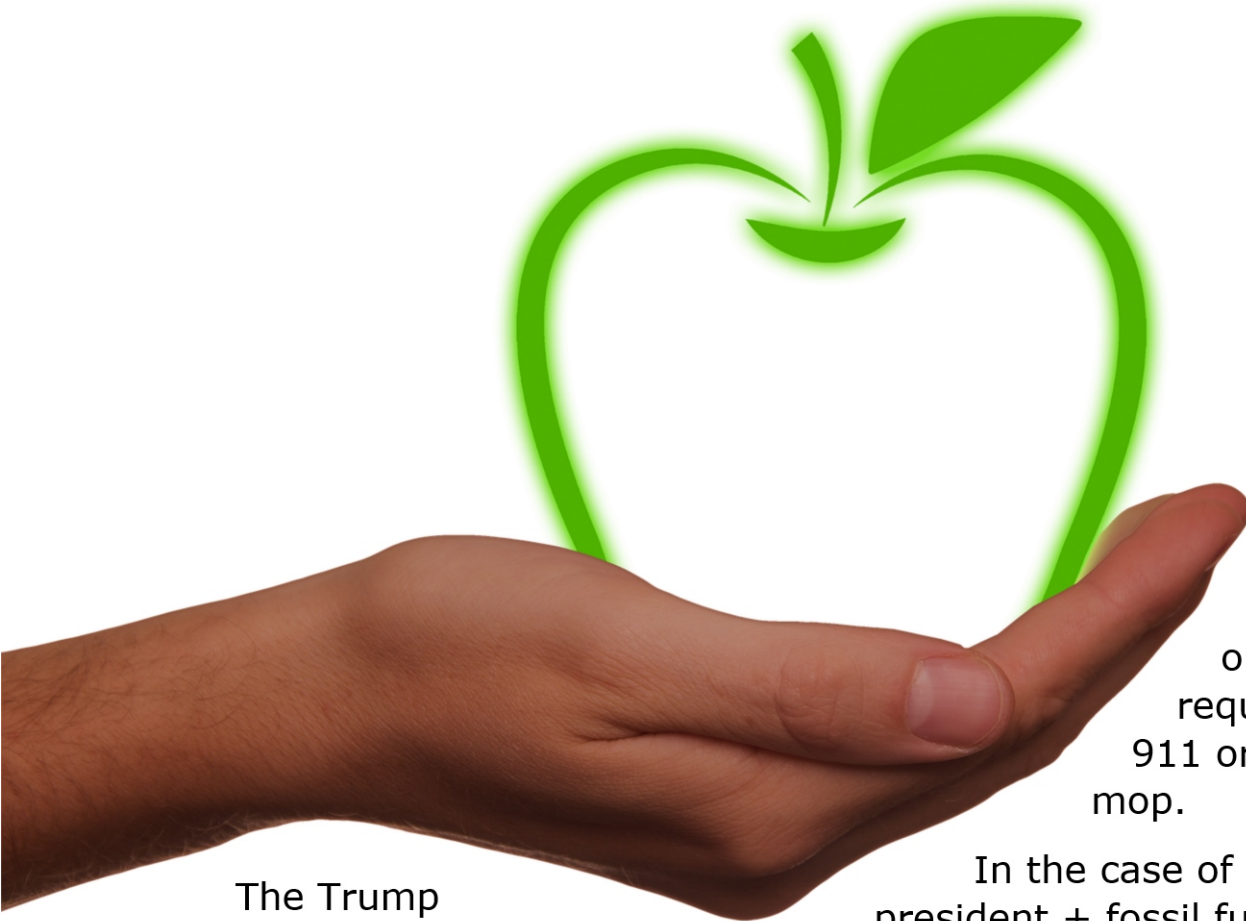
*This is an excerpt from the book **The Invitation** by HarperONE (c) 1999. All rights reserved. Presented with permission of author.*

The Invitation is available [Here](#)



How to Foil Big Oil's Planet-Wrecking Scheme

A Seven-Step Plan for Parents By Mary DeMocker, author of *The Parents' Guide to Climate Revolution*



The Trump administration plans to export 50 trillion dollars' worth of fossil fuels from our lands and oceans. That means North America's unprecedented dirty energy boom is headed to your backyard, favorite beach—and kitchen faucet. Here's how to stop it.

1. Assess the scene. This is the first step in any calamity. Early on, every parent becomes adept at quickly scanning situations to discern, for example, whether a crying toddler + dog + Thanksgiving turkey in pieces

on the floor requires a call to 911 or simply a mop.

In the case of our kids + president + fossil fuels, it's the 911 call. Earth is under siege by a rogue industry in command of our White House, Congress, and environmental agencies. As these madmen override the public will in order to wring fossil fuel profits from our lands and oceans, their message to kids is loud and clear: You can go to hell, for all we care. Scientists insist that if we don't keep coal, oil, and gas in the ground, our kids' futures will, in fact, be pretty hellish. Anyone unsure on this point can ask

Californians to describe life during the 2017 wildfires.

2. Review your options. We can't expect sane energy policy from our current federal government, so we shouldn't waste precious time pleading with the president, EPA, or oil-soaked Congress. This leaves us with two choices: 1) Surrender to the above-mentioned madmen or 2) Defeat them. Since parents are responsible for children's well-being, surrender's no option, but if we're going to battle, let's make sure to win. That means finding our opponent's great weakness. Every tyrant has one, and dirty energy's is this: North America is very wide! Coal, oil and gas exports require long, awkward routes through its heartland and out to its coastlines. Those routes are dependent on permits and exemptions granted by local public servants—*your* elected county commissioners, governors, mayors, and utility board members—who all desperately need your vote.

3. Find the project near you. New dirty energy infrastructure is proposed in every North American region now, and they all face some local resistance. Find your proposed fossil fuel project. Is it Trump's offshore drilling plans? If you're near a coast, the answer's yes. Do volatile oil trains sneak through your town at night? Get online and find out!

4. Support groups defeating big oil. Now that you've found the dirty

energy project near you, find the countless other families saying "Hell no!" to it. They're often coordinating efforts with groups like Sierra Club, 350.org, Greenpeace, Earth Guardians, or one of hundreds of local groups out front litigating, tree-planting, educating, marching, flash-mobbing, sitting-in, and re-imaging and re-claiming our children's futures. And they need you. To find them, search 350.org or key words like "climate justice" or "fossil free." If you can't give time, give money. If you can't give either, publicly praise local resistance efforts so that others might donate time, money, or expertise.

5. Hound your public servants. Remember, we're entitled to storm our representatives' offices five days a week! If you're too busy for office-storming, put their numbers on speed dial—under "P" for Public Servant—and phone-storm them. Hound them while pushing the stroller. Hound them on voicemail in three-part harmony with your kids. Hound them as you wait in line at the gas station (while, of course, relishing the irony). Hound them during a bathroom break, if you must, but hound away, because that's one of the easiest and most effective ways busy parents can foil dirty energy schemes: by making it political suicide for our public servants to approve them.

6. Change the local conversation. Many proposed projects violate the human rights and treaties of indigenous communities, which is why those decisions often end up in court.



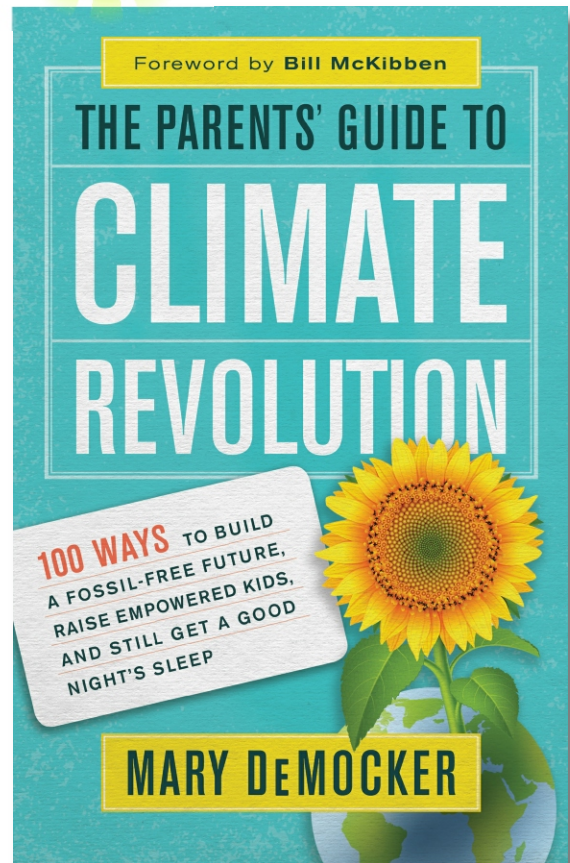
We can't storm judges' offices, but we can storm courthouses on hearing days to let judges know we demand justice for indigenous communities and for every living thing dependent on Earth's life-support systems. We can also impact the conversation by joining protests (there are plenty these days), writing editorials, decrying these deadly projects over coffee in the break room, and generally doing the don't-mess-with-my-kid advocacy our generation

executes with such aplomb. Judges notice the direction society's moral compass is pointing, and often make decisions—such as the groundbreaking votes for marriage equality— that reflect and reinforce it. (continued)

7. Take heart from our many victories. Most North Americans don't know one stunning fact: The Pacific Northwest has been targeted in recent years as a massive fossil fuel export



dirty schemes. We'll do it by fighting right now, with clear goals and shrewd strategy. And by doing it together, we'll make sure it's a lot of fun.



corridor to Asia, yet not one project has been built. That's why it's been dubbed the "thin green line—where energy projects go to die." Citizens, often led by indigenous communities, are fighting fiercely, threatening to oust decisionmakers who risk our health and safety. Even just delaying projects, through lawsuits and regulatory snags, can cost companies enough that they decide to bail on their own. So take heart. We're going to keep our kids safe from big oil's

Special Thanks to [New World Library](#)

About Mary DeMocker:

Mary DeMocker is cofounder and creative director of 350.org's Eugene, Oregon, chapter. She has written about conscious parenting and climate activism for the Sun, EcoWatch, Mothering.com, Spirituality & Health, Oregon Quarterly, and the Oregonian. She lives with her family in Eugene, Oregon. Her website is www.MaryDeMocker.com

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



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Turn Stress Into Bliss

By Kay Hutchinson



Stress is a response to experience that creates mental, spiritual or physical tension.

Bliss is the opposite. It is a response that creates relaxation, acceptance and peace.

Some stress is a natural part of life. For example, the loss of a loved one or job, or appearance of serious disease can create stress.

These life events often create sadness, grief, anxiety and fear, emotions that are associated with higher levels of tension.

While we cannot control life events that create tragedy or disappointments, we can control how we choose to respond and process them.

Have you ever had a tragedy occur and discovered that despite the pain or loss, somewhere deep inside there was a calm or centeredness? Did you experience a sense of faith in a higher power and the knowledge that things will be okay?

This is bliss. It is accessible even in moments of tragedy. It allows us to

experience the glorious spectrum of human emotions fully without losing our peace.

Yet, we often convince ourselves, that bliss can only appear after we have healed from grief or after a challenge is over.

Other times, stress is self-created, the result of our own thought patterns rather than external circumstances.

For instance, ruminating on the "what ifs" can take us away from the present moment, and create anxieties about events that have not even occurred yet.

As you go through your week, ask yourself, how many times do your thoughts and beliefs take you away from that centered feeling? How often are you choosing stress instead of bliss?

You can actively nourish bliss with these strategies.

Keep it simple. Be in the present moment.

Bliss does not dwell in the past or the future but in the current moment. Each time we over analyze events or interactions, we distance ourselves from the present moment.

Example

Sarah and Richard were dating for two years. Sarah turned to Richard



and said, "I really love you and can see such beautiful things for us when I close my eyes."

Richard wondered, "What if she is really saying that she wants to get married. I am not ready for marriage but if I do not ask her soon, maybe she will find someone else because that is what my last girlfriend did."

Richard says, "Uh huh" and changes the subject.

Thus, he misses the gift of bliss that Sarah expressed so positively and openly. Sarah feels unseen and



unheard so hesitates next time to share so openly with Richard. Thus, tension arises in the relationship.

Imagine the difference if Richard had stayed in the present moment, connected with the bliss in Sarah's comment, and responded with, "Wow, I am so glad you feel so wonderful about us! I do too."

Let go of emotional baggage.

Many of us subconsciously expect others to treat us in the negative ways that people in our past have treated us. So, we project an

expectation of those behaviors and motives onto new people we meet.

Each time we anticipate that others will respond in negative ways, our bodies go into a subtle flight or fight response—we experience stress and set the stage for disharmony.

The ancient Taoists describe negative projection as an energetic transgression, the projection of negative energy onto someone who is in a positive state.

When we project negative thoughts, it not only harms our own psyches and bodies by creating stress, but also harms the person to whom we are projecting.

Thus, bliss is a gift of seeing and accepting others and of being seen and accepted. Think about that. Who does not light up when they feel fully seen and validated? Thus, we always have the choice to give the gift of bliss to others or to subdue it by failing to fully acknowledge and validate others.

Meditate on and visualize bliss.

Create a vision of what bliss represents to you. What does it look like in your relationships? What does it look like in your career? What does it look like in terms of your spiritual and physical health practices?

Play!

Bliss resides in play. Children intuitively know this. Yet as adults, we convince ourselves that our responsibilities, our mental

processing, our busy schedules are more important than play.

Yet, scheduling a break from serious thoughts and activities, and nourishing the inner child is just as important and as productive as "working" and "being an adult."

If you have not played for awhile, try:

Walking in nature and seeing nature through your inner child-see God's angels and sprites under every tree leaf. Feel the breezes as gifts from God.

Put on music with a contagious beat and dance yourself silly.

Listen to a favorite comedic routine-Bill Cosby's old albums about growing up with his brother Russell are a hilariously wonderful journey into the world of childhood mindsets.

If you are in a romantic relationship, take a break from serious conversation, and play. Get some flavored body paint and finger paint each other or go visit an amusement park and cuddle in the ferris wheel. The key is to consciously evoke the bliss of play and consciously table serious discussions or the "work" of relationships.

De-clutter your life.

Take time to re-evaluate the relationships in your life. Do they inspire play and simplicity as well as profound thoughts and growth? Are they filled with positive

communication, active listening and interactions that make you feel seen, heard and cherished? Or are you struggling to be seen and heard for who you are?

actively choose to welcome bliss by stepping away from those things that are not inspiring bliss.

Evaluate your relationships to explore how much emotional clutter comes with them-sometimes we can engage new friends who appear simple and clutter-free, but when examined more closely, they may have chaotic relationships in other areas of their lives which makes it hard for them to let go and embrace bliss for a part of them is always engaged in the thought patterns and spirit movement associated with stress.

People of higher vibration are often surrounded by others who also are clutter-free. So give yourself the gift of aligning with such individuals to access greater states of bliss.

Contact Kay Hutchinson, CAMQ, CAMT for more strategies on how to evoke bliss in your life: www.aikihealing.com.

Kay Hutchinson is a practitioner of Chinese medicine, energetic life coach and teacher of qi gong movement. She is the founder of Aiki Healing, a private practice in Austin, Texas, and the publisher of "Health Prosperity" a blog dedicated to empowering people to manifest optimum health and wellness.

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Plant-based

by *Nafsika*

Does Violence on TV Affect You?

For years, researchers have been debating whether or not violence on television actually influences your mind and actions. And there has been (somewhat) good arguments on both sides. Well, I say, yes, it does. Of course, it does! I'm not going to break

out the statistics; this is my personal theory on the matter.

I'm not saying that if you watch violent movies that you will automatically become a violent person. I'm saying that it will definitely affect your mood and in some cases, affect your actions. For example, my husband decided to watch "Breaking Bad" the other night for the first time... and only because of the great ratings and it had in the past. I glanced at it for just a couple of minutes to also see what the big fuss was about. I happened to fall onto one of the many violent scenes and I immediately became agitated, nervous and restless. It had affected my mood. It was late so I decided to



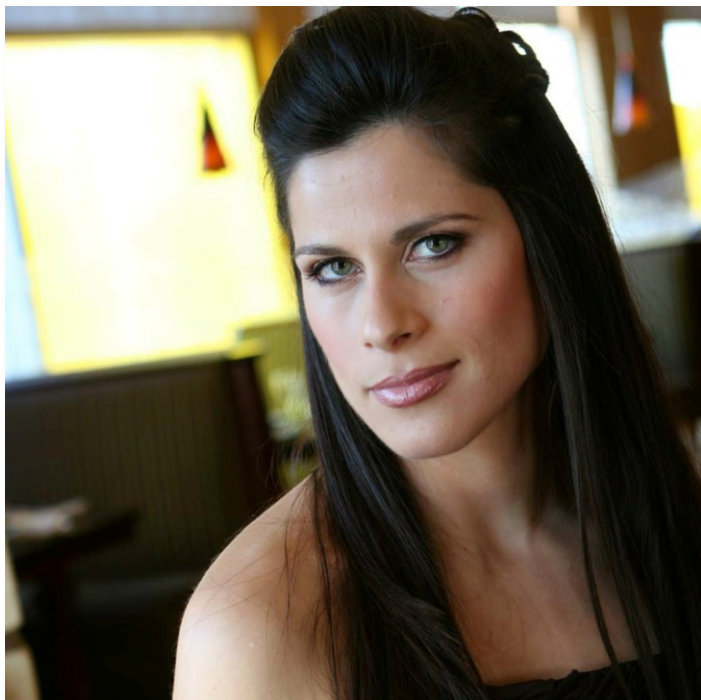


go to sleep but the images from that violent scene and the background sounds playing from the TV made it hard for me to fall asleep, I also had a weird, unhappy dream. Now, imagine someone who has been watching a show with a lot of violence on a regular basis. Do you think they would be affected? I believe yes, they would.

They say laughter is the best medicine but did you know that it actually reduces stress hormones in the body? It also promotes creativity while boosting your immune system. Most importantly, laughter produces a general sense of well-being. And people who have a positive outlook on life tend to fight diseases off better than people who are more negative (and grouchy).



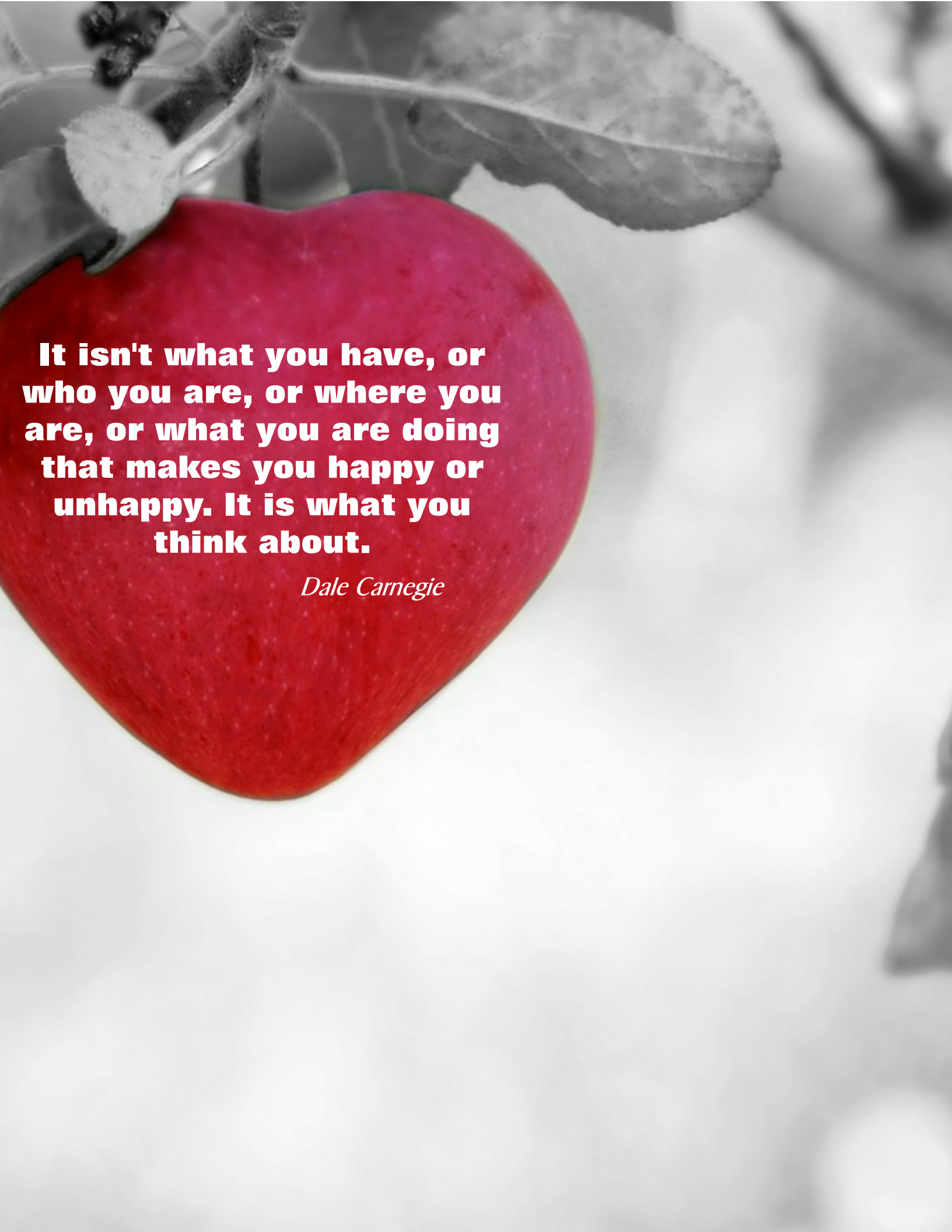
If you're the kind of person who likes to enjoys a movie before bed (like I do), then I suggest you cozy up to one that is more light and upbeat. And watch more comedies! If you agree or disagree, please feel free to share your thoughts with me.



*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.***

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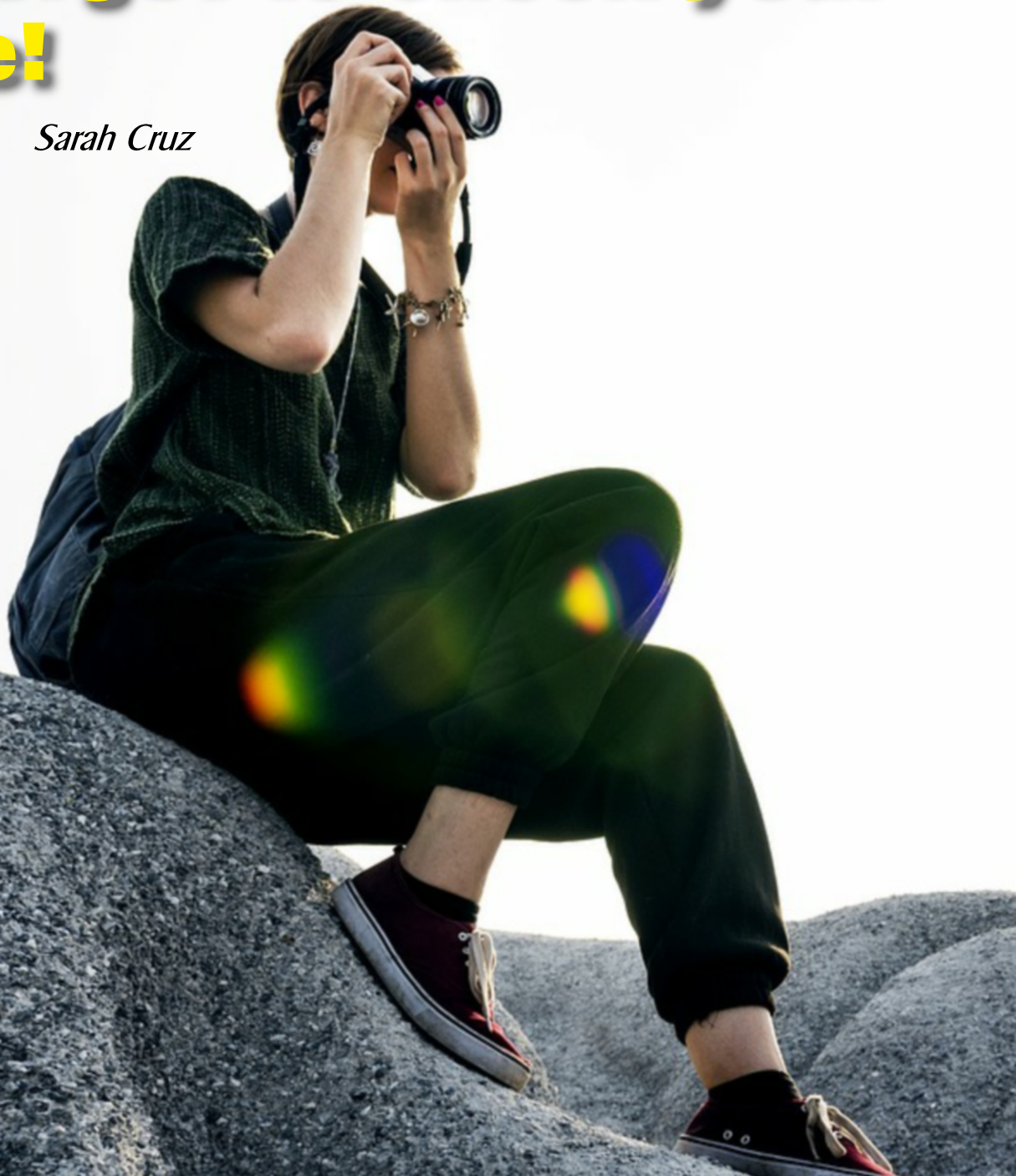
**It isn't what you have, or
who you are, or where you
are, or what you are doing
that makes you happy or
unhappy. It is what you
think about.**

Dale Carnegie

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

**Do more things that make
you forget to check your
phone!**

Sarah Cruz



had only a few minutes left to share the Wisdom

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



What's up guys my name is Sean. I've been living in my van for about three months now. I took a big trip from the east coast to the west coast not knowing anyone.

Living life and doing things I really want to do. Living the van life is a great opportunity to get out there and always be outside and doing the things I love like skating and surfing. At the end of the day it doesn't matter all these other things going on in the world...as long as I do what's making me happy...I'm happy.

Everyone including myself sometimes get into the trap of just thinking too much instead of **FEELING** and **DOING**.

That's a big thing for me and why I love the van life because it keeps things simple.

Just remind yourself on a daily basis to be doing the things that you love. Not letting society's terms hold you back on the things you love. There is a lot of people who will tell you that you cannot do this or that. Everyone's different and everyone's their own person, everyone's situation is different and you need to do what makes you happy.

We can help each other out in so many different ways that we can all have an Amazing Journey called Life.

Unity is the best thing ever. I love Reggae because the unity and avoids how society can sometimes try to keep us all different. We are all in this together and if we come together we can't be stopped!

Just give each other love every day no matter who you are...share smiles because smiles are contagious. Keep **LOVE** going and Life will be Amazing and you will **IMPACT** someone's day more than you can Imagine.

Keep on sharing **LOVE** and **LIVING the LIFE you LOVE!**

I'm Sean...much Love...keep things Irie and keep things **SIMPLE!**

Keep **LOVE** going and Life will be Amazing
and you will **IMPACT** someone's day more
than you can **IMAGINE**.

Sean Robertson





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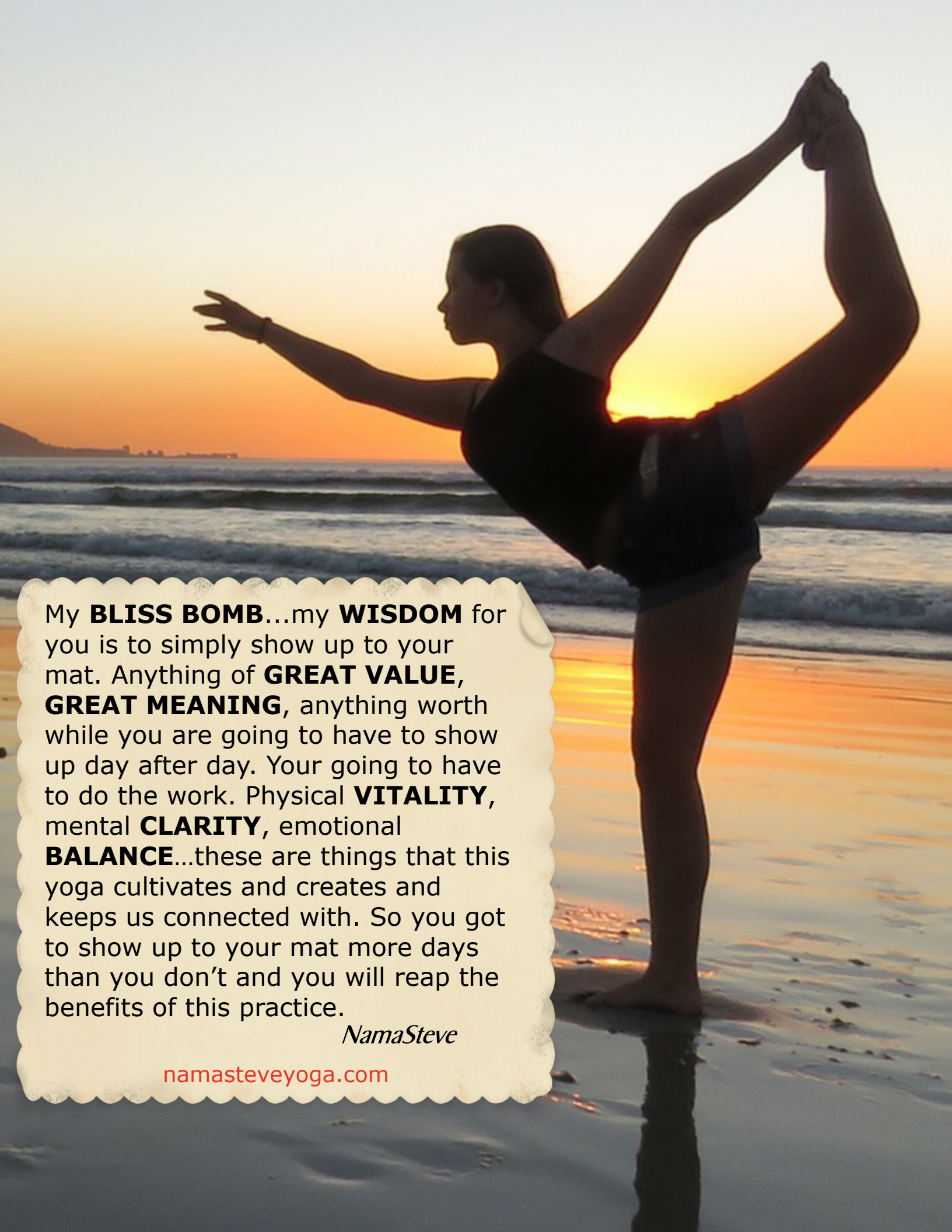
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**Hi I'm Jameela and my
Goodness Message is
to get out in NATURE
more.**







My **BLISS BOMB**...my **WISDOM** for you is to simply show up to your mat. Anything of **GREAT VALUE**, **GREAT MEANING**, anything worth while you are going to have to show up day after day. Your going to have to do the work. Physical **VITALITY**, mental **CLARITY**, emotional **BALANCE**...these are things that this yoga cultivates and creates and keeps us connected with. So you got to show up to your mat more days than you don't and you will reap the benefits of this practice.

NamaSteve

namasteveyoga.com



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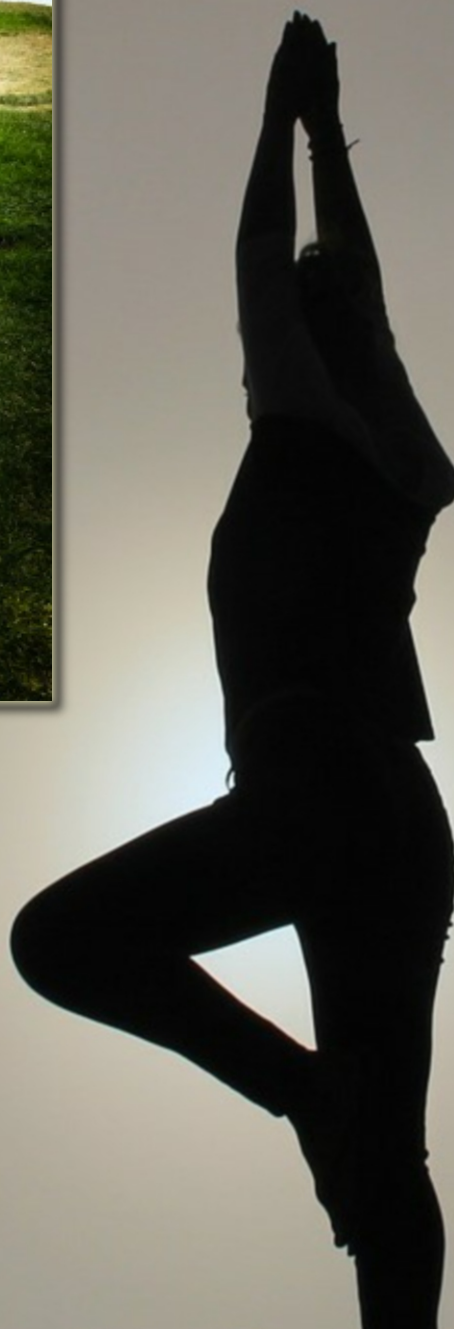
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Hi my name is Danielle and my Goodness Message is to come to yoga and get out and Seize Opportunities.



My Goodness Message is to be present in the here and now.

Matt Kaplan





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**My name is Jenna and all I know is
a hammock and a sunset are always
a good idea.**

**This is Haley and Britt and what we
know is LOVE strong, LOVE hard
and all you gotta do is LOVE.**





I have two things I'd like to share. One of my best friends taught me Never to be sorry just be **GRATEFUL. And my message is to Stay Wiggly.**

Aquamarine



**Man is first a child and then
the child becomes a man. An
egg exists first and then
becomes a chicken.**

**God creates man before the
child and the chicken before
the egg.**

John Kitchin AKA SloMo



**You are for in
for a Treat for
the SOUL!**

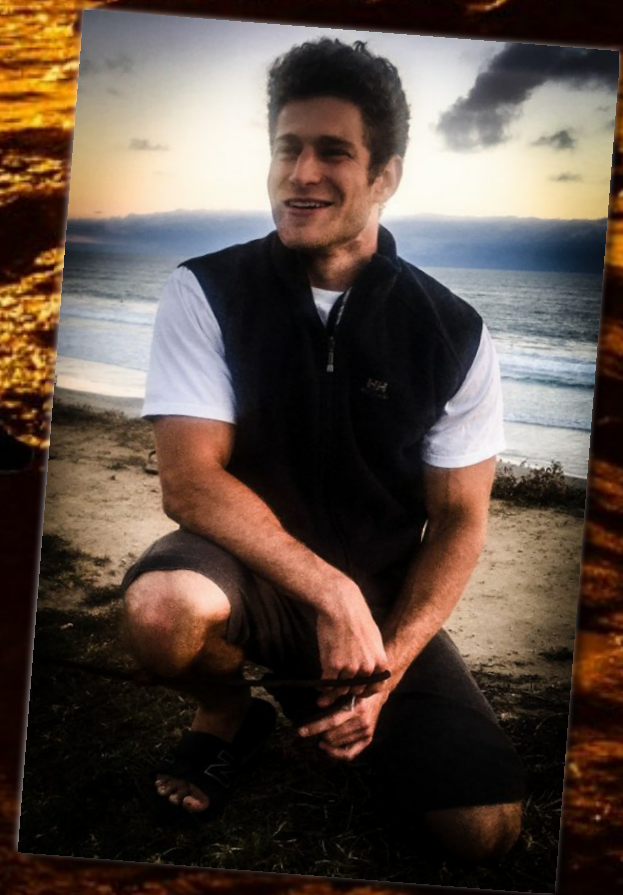
*Watch the
Inspirational
Documentary on
John called SLOMO.*



PLAY VIDEO

**Enjoy the little things like a sunset,
family, friends...this is stuff that
Matters.**

Evan Kaplan



A Message of Activism For Animals

My name is Dim Kailaris, I'm an animal rights activist from Melbourne, Australia. I am an investigator for Aussie Farms, the animal rights organization that produced the film **DOMINION**. I 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.

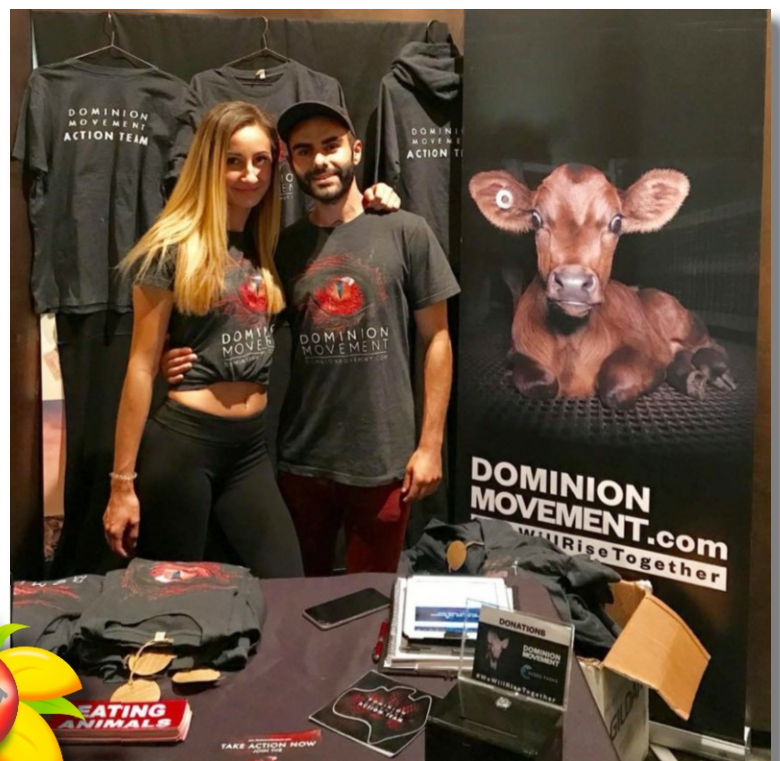
Each month Sacred Scribble gives out 200 FREE vegan stencils which can be used for street art, clothing and to make banners/ posters. Next month (July), Sacred Scribble will increase this number to 1000 FREE stencils.



Animal Liberation Photography



SACRED SCRIBBLE

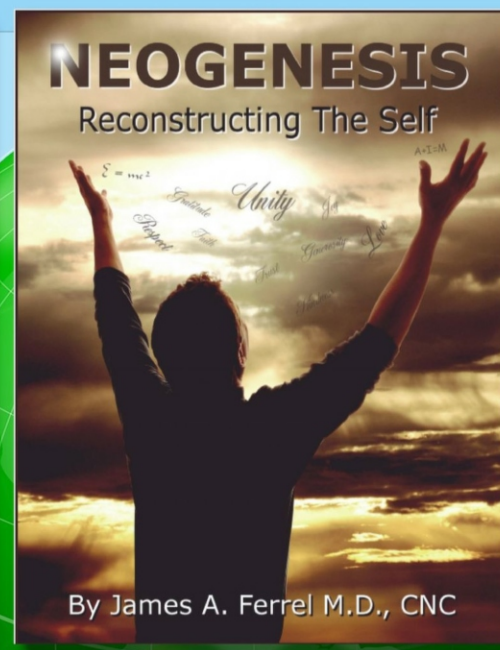
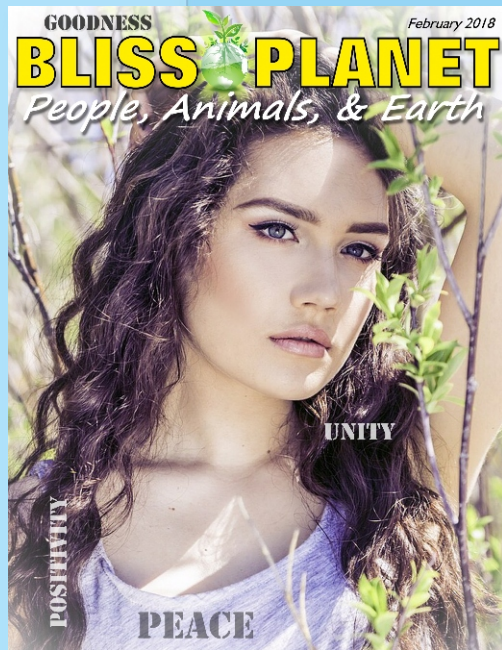


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