

# Making A Difference For A Better World

*Helping People, Animals, And The Planet!*



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*Thrive in Goodness!*

Publication

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***Together We Can Make This World A Better Place!***

*Special thanks to Ferdinand Veridiano aka Bodhi*

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*First Published in 2009*

## **I. Introduction**

The 21<sup>st</sup> century is a time of a momentous convergence of positive human energies in order to transform the world. There is a precipitation of various movements that converge into a single multifaceted and multidimensional force for the good. Environmentalism, health, vegetarianism, human rights and animal rights, social movements, religious movements, indigenous themes, gender, justice, counter cultures, are portents of a major transformation bearing on the planet. This century celebrates our universal humanity. Beyond differences in color, religion, ideology, and culture, it's time that we realize that we are all human beings. We have the same needs and hurts. We have very similar wants and longings. We all dream of the good things. We all can be hurt as we have the same sensitivities. It is time that we all develop the same vision, enjoining all people of the earth to usher in a new world of peace; where there's justice and love for all people, all animals and the whole planet.

Yet today, we find ourselves engaged in a full scale contradiction. We are on the threshold of a profound insight and major realization but we are on the verge of a deep depression and eating emptiness. It is ironic that in this day and age where affluence is at its peak, global poverty is also fast multiplying. In the name of peace and national security, trillions of dollars are spent on armaments each year while 500 million are seriously undernourished. In this modern age of information and high technology, we are consuming all sentient beings, animals, and the planet itself at an alarming rate where destruction might easily become irreversible.

Despite this, a joyful paradox looms. It delivers dawn from the darkest night, highlights truth out of ugliness, wholeness from fragmentation, and brings out beauty in the fertile soil of chaos. This age of conflict and pain, is also an age of change and transformation.

Thus this century is a century of foreboding while at the same time, it elicits our loftiest aspirations. It elicits our deepest fears for all people, all animals and the planet while encouraging our highest hopes to make a difference for a better world. It evokes in us an image of peril and at the same time possibility. We are forced to wrestle with the very question of our existence as a species. Are Homo sapiens a species doomed to self destruction or destined to self transcendence?

Much as we would like to believe that we are for self transcendence, we cannot be sure for certain. The answer lies in the yet unfathomable future.

Yet also, the answer lies in our hands. For within each of us lie the potential for either healing or destruction. In our souls lie passions for either love or hatred. Our hearts can know either greed or selflessness. Our minds can understand selfish ambition as well as altruistic action. In the end, the paradox and its resolution lie within each of us as well as collectively in all of us living in this planet. Which direction shall we choose? What path shall we take? Shall we tread the path of peace or destruction? All of us must in the end come to grip with the answer. All humanity awaits our response. All animals and sentient beings await in hope and foreboding. Mother Earth anticipates her fate either for health or corruption. Now what will our response be?

This work starts with a commitment to make a difference for a better world—to help people,

animals, and the whole planet. It is a trembling beginning into the body of mystery that is life. Life begets life and each new day is life's still greater offering of new life. With this thought, we courageously move into the present with the firm belief in the human potential. Make a commitment for a better world now before it becomes too late. Then and only then shall we all arrive into the new age of peace.

## **II. Making a Difference**

*"Catch them o catch the transient hour,  
Improve each moment as it flies.  
Life's a short summer, man a flower.  
He dies, alas, how soon, he dies."  
Anonymous*

The business motto of one funeral parlor reads "You are all my customers!" Indeed death is our inescapable future. No matter how much we deny it, death will surely come. From the existential perspective of our limited time on earth, we are all marching towards our own death.

*"For all that in this world is great or gay,  
Doth as a vapor, vanish and decay."  
Spenser: Ruins of Time*

Yet the knowledge of our own death, makes living all the more sweeter, more poignant, more beautiful. Those who live life to the fullest are those who have the most conscious and most constant awareness of their own mortality. If one is dead, it won't matter now if you have one million in the bank or you are indebted by a million. In fact, many things that we consider a matter of common sense would not really matter when one is deceased. Indeed it is not in the length of your life that one is measured rightly but in the quality of your life. How much did you really make a difference while you are still on this earth? That is the question. I read in a poem somewhere that life is not measured by the number of breaths we take but by the moments that take our breath away. These unforgettable moments are the memories that will linger in the hearts and minds of the living. In our ignorance to face squarely the reality of our own deaths, many are led to make more and more money and in the end lose our health and then afterwards, we lose our money to restore our health. In our search for security and pleasure, we live as if we will never die. And our lives are spent unwisely in things that will not mean anything after our death. In short, we will eventually die as if we had never lived. Our lives will be spent meaninglessly not making the world a better place. We have never made a difference.

*Make your mark. Make a difference for a better world. Don't let the  
adventure of life pass you by.*

*Not in vain the distance beacons,  
Forward, forward let us range.  
Let the great world spin forever  
Down the ringing grooves of change.*

*Tennyson: Locksley Hall*

### **III. The Earth is in Crisis**

The crisis that the whole planet is experiencing now is multifaceted and multidimensional. For one, our consumerist culture is rapidly exhausting the earth's resources to the point of tilting the delicate ecological balance that made life on earth possible in the first place. The earth's greenhouse is imbalanced to the point that scientists all over the world all agree that if we are not to act soon, the ecological time bomb might explode within the 21<sup>st</sup> century. In fact our fast paced and stressful lifestyles compel us to eat unhealthy processed foods to the detriment of our very health and well being. The irony of it all is that we have to make a living to the point of sacrificing our own health and the quality of our lives. Another dimension of the crisis of our planet is the nuclear arms production.

Right now nuclear missiles all over the world have the total capacity of destroying the planet ten times over. With the "Theory of the First Strike" which contends that whatever nation hits another nation first with nuclear weapons immediately wins the battle, all nations with nuclear weapons are on the alert on who gets to strike first. Thus a first strike would trigger many nuclear attacks aiming to hit first. If this happens, the planet would indeed be destroyed ten times over. The world's nuclear capacity has indeed become the greatest threat to our global security. And to think that this was all done in the name of national security. Another dimension of crisis is global poverty. In our age of affluence, 14 million children aged 5 years and below die each year because of poverty. Only 365 billionaires in the world have the combined revenue equivalent to the income of half the world's population. Another dimension of crisis is the increasing emptiness and loneliness of our lives. In this age of global communications, many people can't find any meaning to their lives. There is a gnawing emptiness in the depths of our hearts. We intuit that there is something missing or wrong in our lives and the planet as a whole. There is a threat to the biosphere and indeed there is a threat to our very existence as a human race. Our civilization have valued self assertion over integration, analysis over synthesis, rational knowledge over intuitive wisdom, science over religion, competition over cooperation, expansion over conservation. Now we are paying the price of human pride.

While the world spends \$1,000,000,000 every year in armaments,  
800,000,000 live in abject poverty  
770,000,000 do not have food for an active working life  
100,000,000 are without shelter  
1,300,000,000 do not have safe drinking water  
14,000,000 children die each year because of poverty.

Our human system is gravely imbalanced so much so that those who produce food are those who have nothing to eat (3<sup>rd</sup> World peasants); those who create commodities cannot afford the same commodities they create (3<sup>rd</sup> World workers). Those who make houses have no decent homes; those who are educated tend to oppress; those who have knowledge tend to use it for individual gain; Those who study the earth, cannot speak about meanings (scientists); those who study meanings, cannot speak about earth (religious). Consider the following statistics:

- The rate of human wrought extinction of species is one every 40 minutes.
- Of 70 million tons of fish caught annually, poor countries consume 14 million tons while 25 million tons are made into a meal for domestic animals.
- 2.5 million tons of fruits and vegetables are demolished in Europe's market just to keep the prices high while people are starving in Africa.
- In some countries such as New Zealand, the health of the ozone layer is in the daily news to inform them how much sunlight exposure would be enough for the day.
- The world produces enough grain to provide every human being with 3,600 calories a day yet millions are starving. A lot of grains are being fed to livestock to supply the meat rich diet of the affluent.

When the worker is severed from that which he himself produces with his hands, when production is socialized and ownership individualized, when machinery replaces the human and human life is mechanized, when the mass of unemployed multiplies side by side by the mega profits of the fewer and fewer rich, when creation is ransacked to the benefit of the minority at the cost of the suffering majority, when nuclear bombs are enough to explode ten planets the size of the earth....then change is sure to come. Fritjof Capra, a theoretical physicist, shared the following statement in his book *The Turning Point*:

*"There is a complex multi-dimensional crisis whose facets touch every aspect of our lives. It is a profound world-wide crisis, intellectual, moral, spiritual, structural dimension, a crisis of scale and urgency, a transition of planetary dimensions."*

Yet in all, crisis is not altogether a bad thing. The Chinese character for crisis in a combination of the characters means danger and opportunity. Yes there is a danger that all of humanity must face altogether. Yet there is also an opportunity for total change and transformation for the better. There is an opportunity offered to all of us now to make a difference for a better world. How can we go through this crisis and survive?

1. Know that this is a passing period. Too much negativity and worry is not helpful. It's enough to commit for the better and do your best for the better and keep all unnecessary stress aside. As the philosopher says, "The only thing that is permanent is change."
  2. Do not lose hope. If one loses hope, one is defeated even before the fight begins.
  3. Study the elements most needed to surpass the crisis.
  4. Be prepared for the worst but keep believing in the good.
  5. Crisis is a blessing for those who wish to change and a curse for those who do not.
- To survive, you have to wish to change.

6. Consider this period as a part of the process.
7. Maintain a vision of the good.
8. Harness all possible support mechanisms.
9. Believe in yourself.

*“After a time of decay comes a turning point  
The powerful light that has been banished returns...  
The movement is natural, arising spontaneously.  
The old is discarded and new is introduced.  
Both measures accord with time; therefore no harm results.”*

*I Ching. The Book of Changes.*

#### **IV. Transformations the Earth Needs**

*“The 21<sup>st</sup> century can either be a century of total disaster  
or a century of total recovery of the human spirit. Which will come first?”*

*Mikhail Gorbachev*

If there is crisis, then transformations are inevitable. The following are the transformations that the earth needs.

##### **Transformation of the Human Economy**

Humanity's means of sustaining life here on earth is utterly destructive of nature and creates a system of injustice where only a few are benefited. The current conduct of economic life intensifies the conflict of man against man, man against nature, man against machine, man against himself.

##### **Transformation of the Human Organization**

The human organization is wracked by divisions of rich and poor, powerful and powerless, privileged and underprivileged, strong and weak, oppressor and oppressed, educated and illiterate, developed and underdeveloped and a host of major differences. Human organization is conditioned by distinctions of color, creed, ideology, privilege, cultural background etc. We are species practically at war with ourselves.

##### **Transformation of the Human Defense System**

It is ironic that all nations are protecting the same interests that cause wars. The whole military industrial complex is based on this collective insanity. It springs from the failure of realizing that we are but one species with the same biological needs, basic socio-psychological longing to be loved and accepted; we have the same dreams

and aspirations. When we now have the power to annihilate ten earths, can we not now have the power to realize our common humanity?

All the defense budget of the world should be re-channeled to the promotion of life in all its fullness. If there is equality and contentment for all, would there be a reason to defend something against?

### **Transformation of the Human Consciousness**

Human consciousness is still largely egocentric; thinking of self before others. We are unaware that by giving rather than getting, all needs will be satisfied. Human consciousness is still very much ethnocentric; thinking of our own cultural grouping as superior to others. We are unaware that by respecting cultural backgrounds we can discover a variety of richness, wisdom and color in human diversity. Much more we can prevent human disunity and even war.

Human consciousness is still very much anthropocentric; centered on human satisfaction to the point of utter cruelty to animals and the destruction of Mother Nature. We are unaware that by pillaging nature, we are destroying ourselves. By hurting animals, we cause pain to creatures who feel pain just as we do. We do not own the web of life; we are merely a strand in it.

We should learn to move away from isolation to connectedness, from individualism to cooperativism, from our profound loneliness to cosmic interrelatedness of all life, from group mentality to universal mentality, from competition to sharing. Diseased mindscapes can only produce diseased landscapes. As the saying goes, "We think and it comes to pass, the earth is our looking glass."

### **Transformation of the Human Organization**

What is happening in human history is either war or the preparation for war. War becomes inevitable in a world wracked by divisions. The human organization should not be based on wealth and power but on the principles of equality, justice, service, and the delight in the evolution and expansion of human consciousness, creativity and goodness.

### **Transformation of the Human Religious System**

It is ironic that the sublime practice of religion caused more wars and dissension rather than peace. From the point of view of relationships, it has produced conflict instead of Cooperation. The religious system should do away with triumphalism, sectarianism, messiahism, obscurantism and domination. It should encourage mutual respect, universal kinship, common endeavor to do good, and ecumenical ties to serve humanity. This way we will produce what is good in all religions for the benefit of all by promoting unity in diversity and diversity which is a unity in itself.



## **V. Crisis and Metamorphosis**

*“What the caterpillar calls the end of the world, the Master calls a butterfly!”*

*Richard Bach. Illusions.*

### ***When the yang reaches its peak, it recedes in favor of the yin.***

How can the planetary crisis of our present time turn into a wonderful metamorphosis in the future? The current worldwide ecological crisis is actually nature teaching humanity a hard lesson. Either we die from a massive ecological backlash or we learn a great lesson: Communion with nature and harmony with all creation. Which would come first: The ecological time bomb or our major enlightenment? It depends on what you do now!

The threat of nuclear war not only drains the world’s resources in military spending but may very well annihilate the human race. We could very well channel military resources to eradicate poverty, immunize children from various types of diseases, produce food for everybody, make environment friendly technology instead, and promote free education for all. There are many good options that the whole world can take instead of producing nuclear armaments. You choose.

The rich getting richer and fewer and the poor getting poorer and many is a major global social crisis rooted in corporate greed. We have to make a stand for the poor people of the earth and create a social order where there’s room enough for everyone’s need but not for everyone’s greed.

The moral decay, cultural disintegration, alienation, and collective depression of modern times are but a manifestation of our separateness. Our very isolation and loneliness compels us to an experience of interconnectedness. We are urged to make connections and reach out until we realize our common humanity, our undeniable interconnections with people, animals and the whole of creation.

## **VI. We Begin with Ourselves**

### ***Story Teller’s Creed***

*I believe that imagination is stronger than knowledge.*

*That myth is more potent than history.*

*I believe that dreams are more powerful than facts.*

*That hope always triumphs over experience.*

*That laughter is the only cure for grief.*

*And I believe that love is stronger than death.*

*Robert Fulghum. It Was on Fire When I Laid Down on it.*

Despite seemingly overwhelming odds and problems, an atmosphere of positivity still reverberate among many people of the world. In fact, it becomes a contagion that spreads among all well meaning people of the world. For one thing, we can really begin with ourselves. Here are eight simple reminders:

### **1. Discover enough goodness in others in order to believe in a world of peace**

If we really go back to the root of our basic humanity, we will discover that the human being is basically good. No one really wants to do bad things. Actually people do evil because they misconceive that some good thing will come out of it. No one is really consciously doing bad things for the sake of simply being bad. At the deepest core of our being, we all have the same wants and longings and aspirations. We only need to understand why people do certain things because they want something good to arise out of it. There is basic innate goodness in all of use regardless of race, creed, religion, color, or nationality. We only have to celebrate our being human with one another in order to believe in a world of peace.

### **2. If you want to make peace, you must be peaceful**

If we want peace, then we ourselves must display what it means to be peaceful. Some people would promote peace only through the barrel of the gun. This is a forced and artificial peace based on fear and power and is not peace at all. It is the peace of the dead. Others who do not agree will simply be silenced and killed. Powerful nations misconstrue peace by making powerful nuclear armaments to force other nations into submission and call it peace because no one is in a position to fight back. This is an artificial peace which actually promotes injustice. Genuine peace must spring from within. It must not be based on fear but on a real sense of security, contentment and Justice.

### **3. Give what you could instead of getting what you could**

There is a story of a heaven and hell being the same. It is a place full of delicious food but people can only eat with spoons 10 feet long. In hell, everybody tries to feed himself to no avail. The spoons are too long to put in the mouth. In heaven, everybody tries to feed each other. Actually our life here on earth is exactly like this hell. While there's plenty of food more than enough for all, everybody tries to get what they can leaving many people hungry and a few people having more than enough. If we give what we can instead of getting what we can, then life here on earth would be a Heaven!

### **4. Do not do unto others what you do not want others to do unto you**

The golden rule is a very simple lesson but one which is hard to really learn. The crisis of our times now actually compel us and force us to really learn this simple yet difficult lesson. Imagine what it could be like if all the people of the world really lived out this golden rule. Wow! There's going to be a metamorphosis! It's going to be a new world.

## **5. To isolate another is to isolate ourselves**

History is teaching us this hard lesson. For centuries, wars have been launched in the name of religion, ideology, culture, nationality, color etc. Now, it's time to have a planetary consciousness. The world now is a global village. As the saying goes, "In an age where we learned to split the atom, we must learn to unite humanity. It's a get on together or a blow up together."

## **6. Overcome evil with good, falsehood with truth, and hatred with love**

Evil begets evil. Lies beget lies. Hatred begets hatred. And the problem viciously intensifies on and on. No matter how hard it is to do, evil melts in the face of pure and unconditional goodness. The darkness of falsehood is always dispelled by the light of truth. And hatred cannot withstand true love that is willing to sacrifice for the sake of another. Goodness, Truth and Love. These three are the indomitable weapons to make the world a better place.

## **7. Everybody wants happiness; everybody has the right to be happy**

When we realize that we all want to be happy and everybody has the right to be happy we can all live in happiness and mutual concern for each other. The root of evil is people wanting to be happy while depriving others of their right to do so. We can all be happy while also being socially responsible for everyone's happiness. Nature lavishes us with gifts that are enough for all. Much more, our technology has the capacity to increase the satisfaction of our needs in a healthy wholesome manner.

## **8. Remember that the welfare of each is bound up in the welfare of all**

In this age of global connectivity, we can no longer live as isolated entities apathetic to each other. Our level of civilization has reached the point where we are compelled to think global. The resources of our planet are not going to be there forever if we continue with our present lifestyles. One man's over consumption means another man's hunger. Yet the earth can no longer tolerate such wasteful lifestyles without issuing warnings in the form of ecological hazards such as climate change and global warming. Unless we realize this truism that the welfare of each is bound up in the welfare of all, the whole planet will take a turn for the worst. Like an expecting mother, mixed feelings of fear, peril, and uncertainty in her, faith prevails. A new life is awaiting birth.

The good news is, we have everything we need now to respond to the challenge of global warming. We have all the technologies we need, more are being developed . . . . But we should not wait, we cannot wait, we must not wait.

# Unity



## A Call For A New World

Like birth, the emergence of a new world invokes a painful process where we have to journey through the depths with no illusion of an end to difficulties. This will strengthen us for the difficult years ahead. We will have to be better than we have ever been. **Yet life calls us ever forward to take on a greater responsibility—to actively participate in making the world a better place.**

Like birth – a new life. The unfolding of a dream. The fulfillment of a reality...The reality of a new creation. The myth of creation bespeaks of the creative responsibility endowed to Adam and Eve. And of course, to us.

**Hence, as always, the creation of a new world of justice, peace, and love now upon us, is within us.**

This work is committed to make a difference for a better world—to help people, animals, and our beautiful planet. It is a trembling beginning into the body of mystery that is life. Life begets life and each new day is life's still greater offering of new life. With this thought, we courageously move into the present with the firm belief in the human

potential. Make a commitment for a better world now before it becomes too late. Then and only then shall we all arrive into the new age of peace.

## **VII. Engage in the Vision for a Better World**

There is a universal convergence of the GOOD now arising in this New Millennium. We are all enjoined to put our hands in and make a gesture of deep longing and welcoming in the hope that the New Millennium will bring forth a New World of Justice and Peace; where plants, animals, human beings and the whole Earth Gaia live in perfect harmony. Let us usher in the coming of the New in fervent struggle and soulful celebration.

The times we have now ironically engage us with deep foreboding and profound enthusiasm. The turn of the century finds us deeply enmeshed in a maze of contradictions challenging every nook and corner of our being. It is as if the world has turned upside down. In an age of supposed affluence, 40,000 children 5 years old and under die daily of hunger and poverty. An emptiness springs from our very depths. Peace and progress became easy excuses for war and impoverishment. Success is measured by the degree of one's insatiability, ambition, and emptiness. The farmers who produce the food have themselves nothing to eat. The workers who make all the goods cannot afford to buy.

Yet as the Old World trembles and wracks in the explosion of its contradictions, a new reality struggles and thrills to a coming change. A shadowy vision now leaps as the moment of its birthing draws near. And the half-ignored whispers and intuitions of good are now proclaimed in the mountaintops. Where the once impossible dream now replaces the immovable tower of oppression, the tiny flicker of our vision will turn into a raging fire of transformation!

Humanity is now on the verge of a profound and critical question. Are we going into the death trap of our own folly? Can we summon the totality of ourselves to resolve the multidimensional crisis of our age? Are we going to fall face flat into the abyss or shall we open our wings to the joy and freedom of flight? In this endeavor, we have to rely on what it means to be a human being in the finest tradition of fearlessness, beauty, and Goodness.

We have to engage in the vision for a better world. Let this vision captivate our hearts, souls, and imagination to build a better world. Let us go forth true and courageous in the struggle to reinvent the world. Then and only then shall we realize the full flowering of the human being in a New Age of Peace for all animals, plants, and the human race.

## **VIII. The Challenge of a New Perspective**

The evolution of consciousness is basically the expansion and deepening of perspectives. The old mode of doing and thinking cannot solve the problems of our age. We must evolve new and higher forms of living and looking at things.

Consider for a moment the following results of our old mode of living:

- Our belief in unlimited material progress has led to a dead end where majority wallow in abject poverty while nature, the source of all life is utterly ravaged.
- Our search for security and survival has led to more insecurity due to a competitive struggle for existence in a dog eat dog world.
- Our preoccupation with Defense (Nuclear Power) has become the greatest threat to national and global security.
- The advance of technology has not improved the quality of life of the majority but instead threatened the life of the planet and disrupted the natural harmony of the Biosphere.
- The massive production of goods inevitably led to the reproduction of poverty.
- Advances in the field of sciences have increased knowledge to use the world but not the wisdom to solve the most pressing problems of our age such as poverty, ecology, and war.
- We have learned to manipulated nature to the point of actually murdering her.
- We have already conquered space, the moon, and the planets but still do not know how to manage the affairs of our own home planet.
- We know so much about everything except our very selves.

All these might sound depressing, but these are actually the fertile soil where we have to come to grips with our old perspectives in order to discard them and replace them with new and effective ones. We may well be at the end of the modern age but we are certainly at the beginning of a New World!

A new and engaging perspective that is in the offing is **Holism**. The term holism comes from the root word holon which means a whole which is a part of a greater whole. A holon is a whole-part. It is also the root word of holy and holograph. To illustrate holism, look at yourself in the mirror. Then break the mirror into tiny fragments. You can see yourself in the smallest fragment as well as in the largest piece. Holism means all is in all - from the infinitely small to the infinitely large. This signifies a cosmic interwovenness of all life. Holism also offers a lasting spiritual power that can only be intuited as in William Blake's poem:

*"To see the heaven in a wildflower and the universe in a grain of sand,  
Hold infinity in the palm of your hand and eternity in an hour."*

The all of us, human beings, plants, and animals are all interconnected. That there is a great chain of being that makes us all one. This realization alone, if put into actual practice, will stop war, poverty, and cruelty to animals and fellow human beings at a

planetary level. On the contrary, if our perspective is to look at things as isolated from each other, then we can be destructive. It's like eating lavishly beside a hungry person. You can split the tiniest atom, and what do you have? A nuclear explosion with the power to destroy the whole planet.

Another new and complementary perspective to holism is the organic view. Let me tell you a story to illustrate the organic view. This is a parable of health, holism, and the organic view.

In the Kingdom of the Body, there was a great commotion. The parts were arguing with each other as to who is the greatest part of them all. The greatest part of the body is the one who should rule the kingdom.

The eyes declared, "I am the greatest one of you! Without me, the whole kingdom will wallow in darkness and you will all die. I provide light for the whole kingdom and this is why you are still alive. I should be the king! Kneel before me and I will bless you!"

The hands vehemently waved in protestation. "Boooo, it is I who should be king. Look around you. All that you see, the palace, the city, the houses, are they all possible without the hand that made them? There is no activity without the hand. Without me, there is no work. Nothing will be done in the kingdom. So you must all proclaim me King! The Head coldly countered, "Stop this all of you. You are all stupid without me. How can you even think? Remember that without me, none of you can do anything. Hands would be helpless to create. Eyes would not know what it sees. I control the whole body and I am the rightful King!"

They continued on and on with their endless pride and tirades against each other and as they bragged about their accomplishments, buttocks came passing along. Then the parts of the body teased and him and laughed, "Hey you smelly. You don't belong here. We don't want your company." They kicked the ass away. Hurt and crying, buttocks left the Kingdom of the body.

Before long, the proud members of the body can no longer go on with their bragging. Three days went by and the whole body went weak. After five days, the eyes are getting blurred. The head can no longer think. The hands are too weak to raise. The parts of the body regretted having teased buttocks and realized that they have to band together to search for missing buttocks.

They searched and searched if only to bring back buttocks so that peace and harmony will go back to the kingdom. They found him crying by the riverside and tearfully embraced him despite his smell. They asked for his apology and pleaded for him to return to the kingdom. When buttocks came back to the kingdom, a golden age of peace, justice, health and harmony returned and they lived happily ever after. Nevermore did anyone boast about his accomplishments anymore without thanking the others for their share. They all worked as one and satisfied each other's need. For indeed, the parts of the body can only work as one.

## **A Three-in-One Solution: Help the Planet, Help Animals, Help Yourself....Become a Vegetarian!**

*"Nothing will benefit human health or increase the chances for survival of life on earth as the evolution to a vegetarian diet. It is my view that the vegetarian manner of living, by its purely physical effect on the human temperament, would most beneficially influence the lot of mankind."*

*Albert Einstein*

*"In a Harvard Study conducted in 1998. There were four groups of rats tested based on diet. It was immediately apparent that the different diets had different effects on behavior in the four groups. The rats receiving natural food and clean water remained attentive and alert. The rats receiving natural food and hot dogs became violent and fought aggressively. The third group of rats subsisting on products containing sugarcoated cereal and fruit punch was nervous, hyperactive and behaved aimlessly. The fourth group subsisting on doughnuts and cola were unable to function as a social unit. They were fearful and had trouble sleeping. When you look at this study it is no surprise that we can solve at least 75% of our behavior by simply going to a vegetarian diet."*

([celestialhealing.net./Mentalveg2.htm](http://celestialhealing.net./Mentalveg2.htm))

For many people, this solution might seem far off but its actually a very simple move that can really make a difference for a better world. Vegetarianism addresses a host of intertwined issues: ethics, ecology, animal rights, individual mentality, spiritual and emotional as well as physical health. Just look at the simple facts:

### **Helping the Planet....**

Do you know that Sahara was once a large forest? It became a desert because of pasturing. Indeed the livestock industry has become a major ecological problem worldwide. It has not only created deserts out of magnificent forests, but massive animal grazing has led to air and water pollution, not to mention the extinction of species and even the greenhouse effect. Much more, modern livestock industry has led to the monoculturing of corn, soy, and other crops to make feeds, erasing sustainable agricultural practices.

Animals raised for food in the U.S. consume 90% of the soy crop, 80% of the corn crop, and 70% of its grain. Thus the world produces more than enough grain to feed more than its population but a lot of grains are made into feeds for animals. So in effect, we are not only killing animals for food, we are starving human beings to death just to eat meat. According to the Worldwatch Institute, "massive reductions in meat consumption in industrial nations will ease the health care burden while improving public health; declining livestock herds will take pressure off of rangelands and grainlands, allowing the agricultural resource base to rejuvenate. As populations grow, lowering meat consumption worldwide will allow more efficient use of declining per capita land and water



resources, while at the same time making grain more affordable to the world's chronically hungry." Do you know that the US can feed 800 million people with the grain that it feeds to its livestock?

*Marlow Vesterby, Kenneth Krupa (August 2001). "Major Uses of Land in the United States, 1997. (PDF). Statistical Bulletin (973). 1800 M Street, NW, Washington, DC 20036-5831: Resource Economics Division, Economic Research Service, United States Department of Agriculture. Retrieved on 11-26-2007*

So it is clear that the appetite for meat is destructive not only to the earth because of the destruction of the forests, climate change, loss of biodiversity; it is destructive to our fellow human beings; it is violent to animals. When one victimizes an animal with violence, pain and anxiety in order to eat it, how can one practice true connectedness and compassion to all life?

### **Helping Yourself.....**

Do you know that 6 to 8% of the population 60 years old and above already has Alzheimer's disease. And do you know that this is likely caused by eating the amino acid methionine? Animal protein has three times more methionine as does plant protein. Eating methionine causes the liver to produce another amino acid called homocysteine. High levels of homocysteine in the blood is a central risk factor in Alzheimer's disease. (Preventive Medicine). A study performed by the Harvard Medical School showed that in just one week of vegetarian diet, homocysteine levels in the blood drop by 13-20%.

A 1993 study found that subjects, who ate meat, including poultry and fish, were more than twice as likely to become demented as their vegetarian counterparts. (*Neuroepidemiology, 12:28-36, 1993*)

High levels of serotonin in the brain lessens hyperactivity, depression, anxiety and insomnia. To do this, we have to eat a low protein carbohydrate rich food. A high protein meal means that many amino acids will have to compete with tryptophan to enter the brain. Tryptophan is the amino acid that assist in the synthesis of serotonin in the brain.

Anxiety, fatigue and depression can also be linked to allergic reaction to foods such as dairy products and eggs. Did you know that some schizophrenia patients have actually been cured by shifting to a vegetarian diet? A healthy vegetarian diet will also help keep our minds and emotions peaceful. Fresh food enables a fresh mind and a fresh heart. "Vegetarians were shown in one university study to score higher on examinations than meat eaters. Vegetarians also showed less frustration and lower levels of irascibility than meat eaters." (*Bulletin of the Psychosomatic Society 10:35-36, July 1977*)

*United States Leads World Meat Stampede. Worldwatch Institute  
Cornell Science News: Livestock Production*

Moreover, a low fat high fiber vegetarian diet lessens the risks for heart problems, hypertension, diabetes, and obesity.



Hormones put in animal feeds can also trigger breast cancer and early puberty in girls. Lung and colorectal cancer, renal disease, coronary heart problems can also be prevented with the high consumption of fiber, vegetables and fruits. Do you know that any vegetable source of food has no cholesterol, even peanuts and coconuts?

Meat causes internal pollution including waste products inside animal tissue. While being slaughtered, animals secrete hormones such as epinephrine, norepinephrine and steroids which are toxins for the body. Boric acid is used to preserve fish and prawns which attacks both the liver and the brain. Beef and pork are not only highly acid forming they are known to release microbial toxins.

The following web address provides the helpful complimentary e-book:

**How To Be A Healthy Vegetarian**

<https://www.blissplanet.com/books/HealthyVegetarian.pdf>

## **Helping Animals**

Imagine the butchery that we do everyday as we kill billions of animals daily for food. Imagine the collective suffering, fear, and tension being experienced on a global scale. Come and consider this very deeply, if one does violence to an animal in order to eat it, does this not make one a cold blooded killer with less tendency for kindness, compassion and discernment?

The widespread practice of meat eating is ingrained not only in the market but in our bodies and in our social system. No wonder, everything is going berserk. There is the violence of the butcher, the violence and greed of the meat eater, the violence against the environment, the violence of starving the poor, and the violence against the animals. The slaughtered creature's horror, pain and dread, also gets absorbed by the us and translates this horror on a planetary scale leaving devastation to Mother Nature and fellow men. It perpetuates a vicious cycle of violence, cruelty, and pain on a planetary scale.

Even examining our very physical construction, humans are not really meant to eat animals.

**Meat-eaters:** have claws

**Herbivores:** no claws

**Humans:** no claws

**Meat-eaters:** have no skin pores and perspire through the tongue

**Herbivores:** perspire through skin pores

**Humans:** perspire through skin pores

**Meat-eaters:** have sharp front teeth for tearing, with no flat molar teeth for grinding

**Herbivores:** no sharp front teeth, but flat rear molars for grinding

**Humans:** no sharp front teeth, but flat rear molars for grinding

**Meat-eaters:** have intestinal tract that is only 3 times their body length so that rapidly decaying meat can pass through quickly.

**Herbivores:** have intestinal tract 10-12 times their body length.

**Humans:** have intestinal tract 10-12 times their body length.

**Meat-eaters:** have strong hydrochloric acid in stomach to digest meat

**Herbivores:** have stomach acid that is 20 times weaker than that of a meat-eater

**Humans:** have stomach acid that is 20 times weaker than that of a meat-eater

**Meat-eaters:** salivary glands in mouth not needed to pre-digest grains and fruits.

**Herbivores:** well-developed salivary glands which are necessary to pre-digest grains and fruits

**Humans:** well-developed salivary glands, which are necessary to pre-digest, grains and fruits

**Meat-eaters:** have acid saliva with no enzyme ptyalin to pre-digest grains

**Herbivores:** have alkaline saliva with ptyalin to pre-digest grains

**Humans:** have alkaline saliva with ptyalin to pre-digest grains

*Based on a chart by A.D. Andrews, Fit Food for Men, (Chicago: American Hygiene Society, 1970)*

## **X. Make A Difference To Save The Planet**

Like the Kingdom of the Body, the Earth, all animals, human being, and plants, including air, sun, water, and land, we must all work together as one. For in reality, none of us can exist without the other. As the plants and animals are going extinct because of our doing, as the climate and all the elements are acting wild because of our pride, as even the earth's human beings are experiencing hunger, confusion, and war, it is high time that we bring harmony back into the whole of Earth's sacred realm. First we have to understand that all of us are connected. We are so inextricably intertwined that we are in fact One. This major realization alone will find significant and long lasting impact on our lives, our lifestyles, our social system, and our planet as a whole. In fact we are so connected that every simple act of the human being, if done together, on a collective scale will change the Earth on a global scale. Consider the following very simple things that we can do everyday. If done by all human beings on the level of the species, then the world will change.

1. Becoming Vegetarian. If we all do this, not only will we stop the untold suffering of

billions of animals, but we will actually solve the world's hunger. United Nations data reveals that the world produces enough grain to provide each and every human being with 3,600 calories a day. We can actually feed less than of the world's population but instead of feeding people, we feed livestock instead to satisfy the meat rich diet of the rich. Let us begin with ourselves. Vegetarianism is not only ingrained in our very physical construction, it is our sacred legacy as a species. It is the wave of the future. It is our evolutionary direction. Each individual that starts to go vegetarian is like a tiny flicker of light. If we share this light to all the world, then this whole wide world would be bright indeed. Vegetarianism can also be compared to a drop of rain that would eventually create lakes and rivers and seas.

2. Live simply so that others may simply live. Global social inequality is such that others throw garbage while others live on garbage. Do you know that recycled aluminum would cost \$600 million in a year; disposable cameras a year can circle the earth from end to end; styrofoam cups used every year could circle the earth 436 times; newspaper thrown every week in the US only is already equivalent to 500,000 trees, and the list goes on and on. Like cancer cells on the body, some people consume more than what they really need to live while others starve. Lifestyle changes would necessitate that we reuse and recycle the things that we usually throw away. It means bringing back to the earth what necessarily belongs to the earth such as organic waste and refusing to use what cannot be processed by earth such as plastics and rejecting what is poisoning to the earth such as styrofoam and other pollutants.
3. Join the movement to save the Earth's greenhouse. Climate change is one of the most pressing issues of our time. It is not only lessening the Earth's food supply but it is actually endangering the planet as a whole. Governments and corporations alone will not do it by themselves for they are afraid of losing profits but if there is a strong social pressure from citizens, then the people can bend the will of the giants. We can reshape the world by shifting our source of energy from oil to alternative sources which are not damaging to the earth's greenhouse. It is high time that all the people's of the world come together to reshape our future. We can always rely on solar energy which is cheap, free, and non polluting. Other cheap source of energy is wind power like wind mills. Water power can be used using only the waves of the sea and the flow of the river. This questions are deep questions that must be answered well if we are to assure the survival of the people in this planet.
4. Cultivate your personality. Some people may not see how cultivating one's personality can help save the planet. It is because the personality that the mass media and pop culture cultivates is a personality of high consumption, commercialized, competitive and individualistic type of personality. For the new world, we need to cultivate a personality that is compassionate and non-violent to animals, plants and people. A personality that would give rather than take. We must evolve new

models of behavior such as nurturing loving kindness among all persons so that all peoples of the world would be concerned for the well being of all persons, animals and plants. We should develop a sense of responsibility that includes not only individual responsibility but collective responsibility to preserve the harmony and integrity of humanity and all creation. We should encourage life and health in all its fullness attuned to higher sensitivities not only of physical health, diet and exercise but also emotional health with serenity, equanimity and peace surrounding our emotional landscape; mental health that has contentment, simplicity, and compassion; spiritual health that leads us to higher spiritual goals for the betterment of the planet and all living things. We should cherish a personality that is always willing to relieve others of their suffering including plants and animals yet courageous to the very end. We should develop a new personality that incorporates mindful living as a virtue crucial not only for self transformation but the transformation of the planet as a whole. Let me quote from Morris West, in his book, *The Shoes of the Fisherman*:

*"It costs so much to be a full human being,  
That there are very few who have the enlightenment  
Or courage to pay the price...  
One has to abandon altogether the search for security  
And reach out to the risk of living with both arms.  
One has to embrace the world like a lover  
And yet demand no easy return of love.  
One has to accept pain as a condition of existence.  
One has to court doubt and darkness  
As a cost of knowing.  
One needs a will, stubborn in conflict,  
But apt always to the total acceptance  
Of every consequence of living and dying."*

## **XI. Be A Stubborn Dreamer**

To become citizens of a new world, we all need to be stubborn dreamers. Let me share with you a piece of poetry that I created:

## **The Stubborn Dreamer's Creed**

There is a dream of the earth that was hatched from the beginning of time. And this dream is hidden inside all living creatures ready to awake when the time comes. The moment has arrived. The time is at hand. The chaos of our world is not reason enough to forget the dream for this dream cannot be turned aside. The seeming failure of the human is not bitter enough for the dream to be erased and let futility reign. And the discovery of corruption in our hearts can never be humiliating enough that we should desecrate ourselves and stop believing in good.

Amidst the chaos and darkness of our world, the dream is alive and pulsating to build a bright New World:

- Where everything belongs to all sentient beings and yet none belong exclusively only to one.
- Where humans beings, animals, and all creation are free from cruelty, violence and fear.
- Where all people are equal in ability, labor, and the satisfaction of needs for the full flowering of the human.
- Where the development of each is a condition for the development of all.
- Where one offers all talents and resources yet takes only what is needed for personal growth, unfolding, and greater evolution.
- Where industry, agriculture, nature, human and animals operate in perfect harmony.
- Where love and justice govern society and order is based on unified effort and free offering of individual creativity.
- Where working hours are less to give more hours for inventiveness, personal development and play.
- Where education and health spring freely from the reservoir of our collective effort.
- Where the whole humanity thrills to its own advancement as we reach toward the stars and beyond bringing only our integrity, freedom of spirit, purity of heart, and love that fulfills all things unto its last and fullest.

The dream of the Earth is alive inside our hearts. We dare to believe because we are stubborn dreamers because we struggle...because we love.



**Making A Difference For A Better World** was created through



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