

March 2018

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

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

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THE PSYCHOLOGY OF HAPPINESS *By Saberi Roy*

A lot has been written about **happiness** and from psychology to philosophy, different theories of happiness have focused on issues of satisfaction, contentment, and even spiritual liberation. But happiness is one of the most subjective mental states and several factors could be at play when a person is truly **happy**. Whereas anger or fear could be defined with physical reactions and certain behavioral patterns, this is not so for happiness and that is how happiness is extremely subjective. For example, one bar of chocolate could make one child **happy** whereas another child would want two chocolate bars to feel truly **happy**.

So why do we feel **happy**? **Happiness** is usually associated with some kind of gain or attainment. When we achieve or attain something, we feel satisfied and this triggers happiness. The attainment does not have to be material, it could very well be spiritual. It could even be bodily and physical, just as an insomniac person would feel happy after a good night's

sleep. So, in defining **happiness** we have to locate a specific material, spiritual or physical gain or attainment and the contentment arising as a result of this attainment.



The question would arise whether it is possible to be **happy** without any attainment. I would say that it is not possible to happy without attaining something and this attainment does not have to be immediate and could

be related any past achievement. Now, you could say that you do know someone who is always **happy** without any specific reason. It's that you haven't found out the reason for his **happiness**. He may be a simple man with simple needs and happy after a warm bath or a nice meal, so

Psychologists have used several models including bio psychosocial and PERMA models to explain happiness suggesting that happiness is attained when our biological, psychological and sociological needs are met or when there is pleasure (bodily for instance), engagement (in some activity for instance), relationships, meaning (for instance purpose of life) and accomplishments. These models suggest that **happiness** involves something deeper than just our fleeting pleasures. I would differ and suggest that happiness being extremely subjective, some people may just be happy attaining pleasures whereas some others would seek meaning or possibly accomplishments and relationships. So the level or type of attainment that makes one happy would vary from one person to another.



that's still some attainment. So, happiness always involves some attainment or need fulfillment, however small or big that is.

Thus some people would be happy when their basic needs are fulfilled whereas some others would not be happy even after significant professional accomplishments as they may be expecting some other level or kind of achievement. Thus happiness largely depends on our subjective understanding of what it means to be happy. Since **happiness** is so subjective it cannot

be strictly placed within models or frameworks although the underlying common factor that makes people happy is always some kind of attainment, gain or need fulfillment.

The next level of analysis would be whether happiness could be categorized to generalized happiness or a continued happy state of mind and specific happiness for attaining one of the specific pleasures or goals. I would suggest that there cannot be a generalized state of **happiness** without a specific reason. A seemingly happy person may not be genuinely happy or may be genuinely happy as he may have attained an exalted spiritual state or accumulated substantial wealth. So again as we see a continued state of **happiness** could also be explained with attainment.

The need **fulfillment** or **attainment** that triggers **happiness** could be biological such as bodily pleasures as when we quench our thirst, satisfy physical desires etc. The attainment could be social when we form relationships and feel happy or simply talk to strangers at a large



event or remain engaged in social activity, or the attainment could be spiritual when we seek and even find some kind of spiritual liberation. The attainment or need fulfillment could be psychological when our love needs are fulfilled or when we reach our goals or fulfill our ambitions. The biological, psychological, social and spiritual aspects of attainment could provide happiness according to their needs. Thus happiness is intricately tied to our specific needs although these needs could be interrelated as for example, the need for status or power could be both social and psychological.

Thus we distinguish the factors that could lead to happiness

1. Biological (bodily pleasures, basic needs)

2. Social (status, relationships, social activity and engagement)

3. Psychological (emotional, love, friendship, personal accomplishments)

4. Spiritual (finding meaning and purpose, transpersonal needs)

There could be several reactions to happiness and this could range from





smiling to engaging in rigorous physical activity as happiness could mean a sudden surge in energy levels.

People who engage in physical activity are more likely to be happy due to

improved blood circulation and general good

health. However **happiness** being an extremely subjective emotional state, in order to feel genuinely **happy**, some achievement in terms of long-term goals such as **love** or conjugal life, wealth, spiritual liberation, or professional achievement could help a person to attain a continued **happy** state of mind. This is the prolonged

state of happiness that has causes similar to any transient state of **happiness** although the effects could be long-lasting. The people who have a prolonged state of **happiness** are generally lively, sporty, fun loving and **optimistic**. A child may show a prolonged state of happiness when adequate care and love are provided by their parents or careers. However transient states of **happiness** are more common as prolonged states of **happiness** could be interrupted by adverse life events so momentary joys and pleasures provide us with reassurance to accept and embrace life.

From a more psychoanalytic point of view, **happiness** would be related to



when he can sublimate his desires to socially acceptable forms of expression through his creativity. A sportsman is genuinely **happy** when he can channel his aggressive or sexual desires through sport or rigorous activity. So these defense mechanisms in psychoanalysis could actually produce genuine **happiness** in people because of the inherent survival and coping strategies involved in these defenses.

desire, libido, our energy levels and even the defense mechanisms that we unconsciously use to vent out our frustration and thus remain happy or calm. Happiness would naturally raise our libidinal levels and make us more energetic and high levels of energy could, in turn, make us happy, so this process is cyclical. Several scientific studies have shown that **happiness** is directly related to our levels of energy.

Considering defense mechanisms, psychoanalysis could in a way suggest that **happiness** is actually acting out or reaction formation when we show certain reactions that may be completely opposite to what we feel. For example, in reaction formation we may show **happiness**, when in reality we are sad or depressed. Although genuine happiness could be explained with psychoanalysis as well, as for example, an artist is genuinely **happy**

Finally, **happiness** being a state of mind would be entirely subjective and would evoke extreme subjective reactions. For instance, someone laughs on hearing a joke and feel **happy** about it and someone else would be sarcastic or may not feel the same level of excitement. Whereas anger and other emotions could be explained in terms of physical responses, happiness usually does not have defined physical responses although there is a general **positive** feeling of well being and the physical responses could vary considerably. As I have stated on the psychology of emotions, it would be necessary to determine the components of feeling and bodily reaction for every emotion including **happiness** and psychology has an extensive research project to consider for the future.



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

love
has
no
race

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Learning How to Live With Animals Can Teach You How to Live Better With Humans

By Alex M Stevens



While caring for your fellow human beings can be a very rewarding career choice, choosing an animal care course in order to learn how to take care of animals can also have its own merits and rewards. Animals have their own rights and we as humans have the responsibility to see to it that they are respected in society. Overseeing animal rights entails understanding how they behave, and if we are able to do that then we can rest assured that their rights are respected. Animals have their own abilities that they learn through

training and those that they have been born with. Lately, there have been studies that show some animals are capable of logical thinking. This revelation can be valuable in enabling us to understand them in a deeper level, and by extension, it can also help us understand human behavior. A course in animal behavior provides learners with valuable information that will help them understand animals and the causes of their particular behavior. Armed with a solid foundation in animal behavior, students can expect to handle and

deal with animals in different situations where their behavior can cause problems to their owners and to the animals themselves.

An animal care course can help introduce you to a veterinary industry career as it will qualify you to work in pet shops, kennels, animal shelters, grooming salons and farms. You can also find work in veterinary clinics and hospitals as animal care specialist. Be aware however, that in some work environments, you might be responsible for euthanizing unwanted animals such as cats and dogs that were abandoned by their owners. Working as an animal control professional on the other hand, you have the responsibility to protect abused, injured, stray and unwanted animals. You respond to distress calls involving lost or neglected animals, and as the first person to arrive at the scene, you are expected to show and give compassion and comfort to the animals you find there needing your attention.

Animal caretakers perform all the necessary duties to make sure that the animals under their care remain healthy. This job can be very demanding but it has its rewards. Your most important duty as an animal caretaker is to feed the animals and provide them with the right kind of nourishment. You also need to provide them enough time to exercise so just like humans they remain in good physical condition. Grooming is important as well, and this includes giving the animal a bath, clipping nails, cutting and brushing hair, and other services to keep the

animal clean and groomed. As an animal caretaker, you are generally responsible for maintaining and monitoring their overall health. You need to report to the owners or facility manager any changes that you have observed in them.

With further studies in animal care, you can work as a marine or zoo worker, and animal welfare officer. As a basic course, if nothing else, it can provide you at least with knowledge and skills to become a more responsible pet owner. You will study, among others, common animal health problems, signs of sickness, animal behavior, safety and first aid for animals, routine health treatments, preventative care, rehabilitation care, and administration of animal health programs.

One interesting job that you can do after taking an animal care course is to become a pet sitter. Being one is not just about sitting pets whose owners have gone on vacations, leaving you with their beloved pets that you have to feed, walk, change and clean litter boxes, or do everything to make sure that they are in the same good health when their owners left them to your care. Their owners take care of their pets and as a pet sitter, it is your responsibility to extend that same care and concern to them. Young people can do this in their spare time and earn while doing something worthwhile.



You can earn and learn more about animals this way. Just be sure that you and the animal are comfortable with each other and that their owners have informed you about any behavioral problem their pet has. Knowing that the dog for example, is afraid of people with bags will help you avoid unwanted situations.



You can also take animal care course on specific animals such as horses or cats. If you choose dogs, you must be sure that you love dogs and you are willing to learn everything about this animal.

Animal lovers will love the animal care course offered by Lifestyle Learning Direct. If you have pets, you will appreciate the lessons that teach you how to take care of different domestic animals as pets such as horses, rabbits, cats, dogs, birds, fish, reptiles, and amphibians. You can learn new things about them and who knows, you might be inspired to do further studies and go on to become a full-pledged animal caretaker. you are willing to learn everything about this animal.

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Winter to Spring.... In Love

By Michelle LongC

As winter comes to an end, life returns to what appeared to be dead weeks earlier. I am finding this to be true in me also as I come into my own self-awareness. Walking this journey of healing & self-discovery has truly been amazing. There has been laughter, fear, sadness, gallons of tears, oceans of **LOVE** and so much more. It is the scariest thing to stand naked with your eyes wide open in front of a mirror looking at yourself honestly. Yet, after awhile if you have the right tools and support you start to love what you see and work on what you don't. It's because YOU have to stop hiding, come out and be seen to get everything in good working order. It is through this you will increase your A-Ha moments in your life.

I was sitting alone thinking I want to get dressed up and go out, to be seen and admired! Let me back up and explain, through my decision to intentionally live in **LOVE**.

I am now always honest with myself about what and why I am thinking or doing something. I wanted to be admired, yes given attention. It was after all Friday night. I have those in my life that do regularly give me some form of attention, that's not what I was wanting. The thing is, while I wanted to experience the rush, a huge

cloud of shame came over me. Ladies maybe some of you can relate, I realized that the shame I was feeling was uncalled for. It was from early beliefs put into my mind about how I



should see me and how others see me. Good and respectable girls don't act like that. I have spent my life healing and allowing Spirit, body, soul, and mind to grow. But come to find out I

have been suppressing a major part of me that will no longer be silent! My Sensuality /Sexuality have been locked up because of shame and fear. It is a deep human desire to want the affection, attention, and connection from the opposite. Truth is when I think of a beautiful man I get weak inside. So just imagine what happens

do with this? How do I free myself of the false good girl image and live on the path that is healthy for me?

Here is what I realized, I am a woman. I need to be Loved, desired, held, caressed, listen to, flattered and that just cover the bare basics. My best friend asked me about my blueprint. I had never heard that before, but it makes perfect sense. The connection between a man and a woman should not be filled with traps. We should know what we do and don't like. We should also share so our partner/Lover can use their time wisely and add it to our blueprint. I do believe that we should be settling down with one and creating a strong stable foundation. Let me be clear I am not looking to free us from our healthy and loving core values and suggest we go live in the red light district. I am stopping the self-persecution when a healthy normal desire arises to experience pleasure of any kind. It is excellent to want and experience the passion that is felt between two when they enter into that place where time stop and they are the only two that exist. I'm not the only one that enjoys the excitement of new eye candy and being eye candy for that delicious Spirit across the way. I admit allowing the fantasy of what could be can, can make my legs Jell-O. Yes, I know this is feeding me at a primal level. But that is the point it exists in all of us whether we acknowledge it or not. It does not mean YOU run out and acting on it or you are becoming an unenlightened



if he shows interest that is a boost for sure. It is human nature designed to keep the planet populated. Yet here I find myself again with a hang-up over what should be natural. So what do I

slut. YES, I KNOW I WILL BE JUDGED FOR THIS..... WHO CARE! I AM CHOOSING TO LIVE FREE OF SHAME & FEAR! Yes, this is the honesty that must be and stay present for you to live authentically.

The rush that comes when we do get that attention again is normal. Unless we are blind to the world around us we can't help but notice it and delight in it. The desire to go outside for attention decreases or can altogether disappear when we have it in our life, in our relationship, with our mate. This is why the types of relationships we invest in and build are crucial. Oh, believe me I have seen... well let me stop there, think of your ideal Oh my **GOODNESS**. You are out together for the evening; while there is a lustful spark you really have nothing in common. We then fight to build a house together on the sand all along feeling things are missing especially once the excitement of construction is over. Instead of being authentic & honest about who we are, we perform a dance that leads to emptiness. If they see the real me or when we become the real us, everyone becomes shocked and dismayed. Here is the key! If we are HONEST with ourselves about us, we can then be honest with the world outside of us. Building our home on a solid foundation means we have our best friend side of us. To feel passion for the person who loves you the most in the world is one of the most amazing Gift Spirit has to offer. As people, we compromise so much for so little. Getting the BIG house, expensive car, the trophy spouse, and the perfect looking kids is the main objective. Instead, the focus should be finding our Best friend,

building our dream together from the floor up and staying grounded. If we truly followed Spirit, the Gifts would blow us away. So I now am ready to be LOVED because I LOVE me. Ask yourself the why's, what's and how's, take the time to understand where it all starts and why you do what you do. Then move intentionally in LOVE starting with the LOVE you have for you. Again you will be blown away by the abundant blessings awaiting you. I know I have been! SENDING LOVE!



Michelle LLC, Founder of The Divine Vision Center for Healing and Self Discovery & Certified Transformational Life Coach. Specializing in Thought & Feeling Training with a new focus on Sexual Energy.

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How **VEGAN** Is Going Mainstream

By Tirup Patel

Getting the Basics Right: Vegan is Different from Vegetarianism

Vegans and vegetarians both do not eat meat. However, vegetarians have the freedom to devour eggs and dairy products but vegans avoid consuming animal products, including eggs and dairy and animal-based products such as leather, wool, and silk. For Vegans, bathing essentials and other products made with animal fats are unacceptable. Vegetarianism is customarily a diet, whereas Veganism is a lifestyle. Vegetarians frequently pick their diet based on its recounted fitness benefits or maybe for spiritual and political motives. Vegans might boast about having much stronger principles but their niche is not driven by laws or regulations.

Your Perception Matters: Veganism is tough! Still, why follow it?

Going Vegan is not easy. Many people choose the vegan way of life because of ecological concerns and protecting animals. Others opt for veganism for fitness and overall well-being. According to research studies, vegans have a greater tendency to have lower cholesterol levels, lower blood pressure and better overall health when compared to meat feeders from the same demographic and case study conditions. With veganism spreading across the globe more data collation and analysis indicates that vegans have reduced the risk of developing diabetes and certain types of cancers.

Your Reality Check: The True Definition of "Veganism"

Veganism is defined as a lifestyle that pursues to eliminate all forms of mistreating or being unkind to animals. Contemporary interpretation also suggests an equal emphasis on lifestyle choices being eco-friendly, reducing your carbon footprints and converging these practices in everyday schedules. The appeal and prospects for vegan products is now at an all-time high, escalating gradually. However, consumers need to realize that everything terms natural or organic is not Vegan and every Vegan item might not disclose its preparation in terms of having harmed animals.

Currently Trending: Changing Image of Veganism

The rapid growth of vegan trends indicates that veganism is on the upswing. It is being adopted across age-groups and geographies where meat consumption was once the norm. One of the world's wealthiest men, Bill Gates, considers veganism as the "the future of food". Veganism has been hemming into the mainstream for years, cajoled along by international personalities and celebrities including Bill Clinton, Ellen De Generes, and Beyoncé. But currently, it is flourishing as followers are pursuing veganism more aggressively, demanding that they get produce that does not harm the environment and animals in any way.

What does trend data indicate?

According to a study, 13% of consumers related vegan products with cleaner food supplies, 12% with more sustainable weight loss, 11% with environmental concern and 8% with communal responsibility.

Vegan Options Spread in Mainstream Venues

With the recent upswing in adopting Veganism, even premium brands with a typical commercial set-up are relooking at their menus. For instance, Starbucks has also included vegan drinks in its menu. Now, you can get yourself a hot or an iced coffee with soy or coconut milk. A brand like Starbucks has unveiled non-dairy milk options as the demand can be no longer neglected Starbucks is not the only global brand bending to the increasing demand for vegan selections. Its fellow competitor, Dunkin Donuts, has also included almond milk as a substitute for dairy-sourced milk. More fast-food chains are jumping aboard the vegan trend. The emerging market is increasingly getting pro-Vega because there is a steady and rising demand-simple market dynamics!



Final Thoughts

Although some vegans might argue that merchandizing veganism weakens the principles that drive this lifestyle choice, becoming mainstream is more beneficial overall-the larger picture clearly depicts lesser stress on the environment if veganism continues to be a preference across local communities. From bistros and dining joints to local bakeries, providing a vegan spread is becoming easier. The growing awareness about animal-free food choices also means demanding purer, chemical-free everyday living essentials. Every indicator clearly suggests that vegan lifestyle is acceptable and practicable.

Veganism is the definite big thing in fine eating. People are lining up for Veganism. It is sensational and fun. We need more local eateries and retail outlets to offer more vegan choices and provide our support to the ones that already do.





You may know me from my national TV series, Plant-based By Nafsika but did you know that I'm also a certified Health and Lifestyle Coach?

Since becoming a coach, I have been using my skills to change lives and make a difference in the world. My program not only completely transforms your body and health but also enlightens your consciousness while saving the world all at the same time.

How? Well, one of the things I aim to do in my program is help you discover an ultimate love and compassion for yourself and for the world.

If you desire to live a life of love and compassion, you must love and be compassionate. And then, you can spread that same love and compassion to the rest of the world. And it will continue to go around and around.

There is no need for pain, no need for hatred or violence. In fact, any of these things will stop you from thriving. Love and compassion is the only way we can all thrive. And it all starts with YOU.

All coaches will teach you how to learn to love and accept yourself for who you are, and that in turn, empowers you. Love is a beautiful thing, isn't it? And support is crucial. But there is one thing that most coaches are not zeroing in on, and that is, to how to truly be compassionate. For when you are compassionate, the universe gives back. And you want the universe on your side, right?

Can we all agree that true love and compassion does not stem from pain, suffering, and violence? So, with that logic in mind, do you think it's safe to say that we shouldn't be causing pain and suffering to others in order to survive? But what about the foods we eat, our leather shoes and sofas? Because before they became leather, or fur, or beef or pork, they actually belonged to very loving, compassionate, and sentient beings. But we took that away. Why? Can we not live healthy lives without killing these wonderful beings? Of course, we can! And even better, we can thrive.

How are we supposed to be loving and compassionate when we harm others? It doesn't make sense. That's why a big part of my program consists of helping you transition to a plant-based/vegan diet and lifestyle. Not only will you reach ultimate love and compassion simply by stopping the tradition of contributing to violence to others, but you will lose a heck of a lot of weight faster, if you need to, you

may even reverse any existing condition or disease your body is struggling to fight, because removing all the hormones, antibiotics and chemicals hidden in the foods you eat, will give your body a chance to heal itself...naturally. Your body is a lot wiser than you give it credit for. And, you will feel both healthier inside and out.

I can teach you which foods give you energy, which foods take it away. Because while your system is miraculous, it is also unique. So we'll discover what your body needs or doesn't really do well with. I will also teach you how to discover ways to gain energy, manage your blood sugar, I will give you tons of recipes, tips, and customized meal plans....and you'll learn how to cut out all the hidden sugars found in so many foods.

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and to my site www.Nafsika.ca and let's start a Total Transformation.

With Compassion,
Nafsika



*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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Turbo Metabolism

An Interview with Author Pankaj Vij, MD.

As the modern Western lifestyle spreads around the globe, so too does metabolic syndrome — a cluster of symptoms that increases the risk of developing heart disease, stroke, diabetes, and other conditions. The good news: metabolic syndrome can be tamed by a sensible program of exercise, natural foods, stress management, and quality sleep. In his new book *Turbo Metabolism*, Dr. Vij distills a mass of medical research into a simple, effective program for vibrant health. Avoiding fads and gimmicks, he provides practical advice, case studies of ordinary people, and brief sections that debunk common medical myths. We hope you'll enjoy this Q and A with Dr. Vij about the book.



Tell us about the title of your book *Turbo Metabolism*.

Life is about energy and metabolism is energy flow. *Turbo Metabolism* empowers readers to have optimal energy flow so that they can make the best of our time here. It is all about having optimal energy flow throughout the body so there is no reason for toxic accumulation.

You say that chronic diseases like heart disease and diabetes are reversible. What are the essential lifestyle ingredients for making that happen?

These metabolic diseases are caused by man-made conditions. They are a byproduct of our unhealthy, modern lifestyle. They can be reversed by creating the conditions in which humans have been thriving for thousands of years — eating a nutrient dense plant rich diet of unprocessed food, staying physically active, having emotional resilience and meaningful social connections, and making quiet time to de-stress and sleep a priority.

Your book offers a holistic approach to healing from diabetes, heart disease, and other metabolic disease. Tell us more about the connection between mind, body, soul, and spirit.

Turbo Metabolism is about lifestyle choices and lifestyle choices are made at the level of the mind, the soul and the spirit. Healing must start on a level that is much higher upstream than the physical level. Lifestyle choices are all about emotional resilience, mental well-being, meaningful social connections and support. One cannot heal the body without first healing the mind, the soul and the spirit. Behavior follows cognition. The mind and body are intimately connected.

In *Turbo Metabolism*, you say that the typical American diet might be the modern-day equivalent of the Trojan Horse. Please explain what you mean by that.

The standard western diet could have been designed by a terrorist organization motivated to wipe out modern civilization. We are being poisoned with an excess of refined sugar, unhealthy fat, and animal protein, along with thousands of synthetic chemicals that are being added to our diet to enhance taste, texture, or shelf life without any attention to the health effects that this may have.

Here's a quote from your book, "When you change your mind-set, you can develop the motivation and ability to change your destiny." What advice would you offer to those who are having a hard time finding the willpower to start a new habit and/or break an old one.

Everything starts with mindset. We cannot accomplish any change without having a strong reason to change. That's the **why**. I like to meet people where they are by suggesting they start with small bite-size pieces of change. Once they start to see some results and how those results can help them get to their destination (which is their own unique **why**), the what, where, who, and when fall into place to align with the **why**.

You say that *Turbo Metabolism* is about story, state, and strategy. Tell us more.

To paraphrase Tony Robbins, story is the internal dialogue/narrative we tell about our lives. State is about our physical, mental, emotional condition.



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Strategy is our action plan. Our story and state need to be in the right place before we can execute on strategy. This goes back to the idea of mobilizing emotional and spiritual resources before taking physical action.

You say that lean muscle mass is the single-most-important of metabolism that is within our control. Why is weight resistance training such an important thing for us to be doing?



Resistance training is the most critical and neglected component of exercise and lean muscle mass is the single most important component of metabolism that we can influence. People with more lean muscle mass have better posture, are less likely to fall, live longer, look better, and most importantly, for the purposes of *Turbo Metabolism*, they burn **more** fat even at rest because muscles burn fat. People with more lean mass can give in to the temptation to eat off plan occasionally and still burn it off!

What is your best advice regarding meal timing and frequency?

A lot research is happening with regards to meal timing and frequency. The body is designed to have periods of fasting cycling with periods of feeding. Thus, if we can time our meals to create sufficient fasting periods in between feedings, the body has a chance to go into fat burning mode. One way to do this would be to restrict our eating to an 8-hour window between 9 AM and 5 PM. thus fasting for the remaining 16 hours from 5 PM until 9 AM the next day.

What role does water play in *Turbo Metabolism* and how much water should we drink in a day?

We often mistake thirst for hunger. Therefore, drinking half your body weight in ounces of water every day is a good rule of thumb. So if you weigh 200 pounds, you would drink 100 ounces of water a day. Also, having a tall glass

of water before grabbing a snack is an effective way to mindfully gauge hunger.

What are some of the biggest exercise errors that people make?

Here are the three most common exercises errors:

- #1 – Missing out on resistance exercise by doing cardio only.
- #2 -- Not adjusting the frequency and intensity of workouts to stay progressively challenged
- #3 – Not committing to a time and place to make sure exercise happens every day.

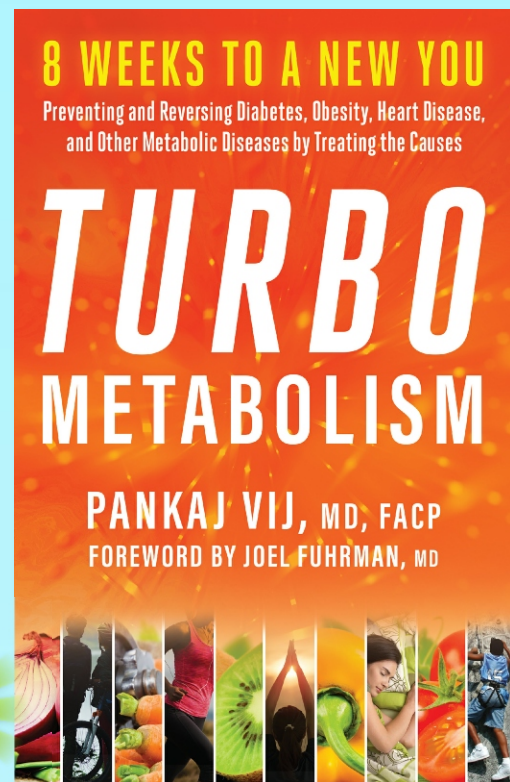
How long does it take to create a new habit and what advice would you offer to someone who is having a hard time starting one?

I have often heard the number twenty-one days given, but in actuality it takes at least two months or sixty days to ingrain a new habit. My advice would be to start with small bite-size changes that you can piggyback onto existing habits. Set yourself up for success in your environment by doing things like keeping healthy foods in your kitchen, getting your workout clothes ready the night before, and/or keeping your floss on the bathroom counter. It's also important to harness the resources of your social support network. Emotional buy in and environmental support can make or break the process.

What is your Goodness Message?

Taking care of yourself is the most profound way in which you can make a positive impact on the world around you!

Pankaj Vij, MD, FACP, is the author of ***Turbo Metabolism***. As a doctor of internal medicine, he has helped thousands of patients lose weight, manage chronic health conditions, and improve their physical fitness. Board certified in internal medicine and obesity medicine, Dr. Vij has been practicing medicine since 1997. He lives in the San Francisco Bay Area. Visit him online at www.doctorvij.com





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Friday March 16th 6pm to 1am



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The ENCHANTED FOREST appreciates donations to support their beautiful community space ♥

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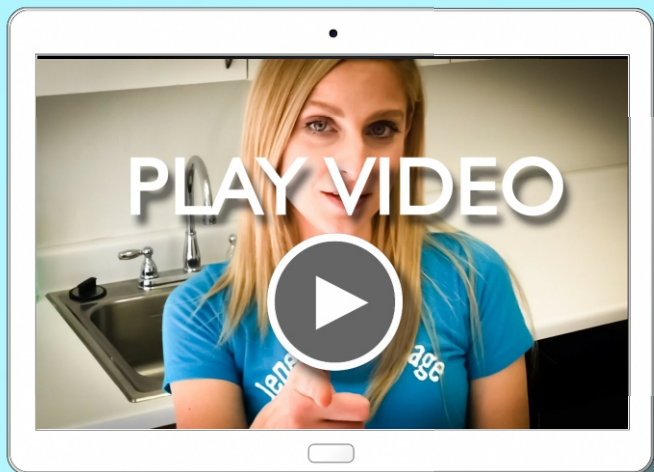
Venue - The Enchanted Forest

3218 North 27th Street, Phoenix, Az 85016

YOU'VE GOT THIS! With JEN

Sometimes you just have to smile because you create your own day. You have your own special blend of magic. We are all part of the same whole. It's all inside of yourself. We really are way more powerful than we are led to believe. The only persons opinion that matters the most is YOUR OWN. In order to do GOOD in Life you must already think it in your mind...it's already there. You already have everything. You are very powerful. You are very magical. You got everything already inside of yourself...it's ALL YOU!

Sometimes the strength within you is not a fiery flame that all can see, it is just a tiny spark that whispers softly, **"YOU GOT THIS"**, "keep going".



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

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

GOODNESS MESSAGES



u had only a few minutes left to share the Wisdom

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

I feel so blessed to be able to sit here on this earth and to be with **GOOD people sharing **GOOD** food. Taking each breath and hold it and feel it in your whole and just appreciate each breath, no matter what's going on around you. Just acknowledging that you're alive and that we can take in all this **GOODNESS!****

Amy Ouzoonian

BE A LIGHT INSIDE THE WORLD

My GOODNESS message I would have to say is to Learn to Love others no matter what they do or say to you. If they say hurtful things ...if they make you feel uncomfortable. If You feel uncomfortable it is the best time that you need to come out and express who you are. People will try to bring you down, some will try and tear you apart. People will get angry at you for no reason and sometimes you will get angry. But always be the better person, always take the step and learn to love somebody. Make sure you love, make sure show who you are...make sure that you express that the world is not always going to be a good place, but you can be a **LIGHT inside the World!**

Donovan Krager



My name is Stephanie Farrah Ammar and I reside the Fabulous Las Vegas. One of my many passions is health and wellness. On February 27th, 2013 I had emergency surgery to save my life from a rare infection that was misdiagnosed by seven doctors. This was the changing point for my **JOURNEY in **LIFE**. The question was asked of me, "if I only had a few minutes left to share something that I learned on this amazing adventure called life that could help another person get the most from it, what would I say?"**

I would say that **LIFE is too **PRECIOUS** and fragile to wait for the right time to start living. We must honor ourselves, love ourselves and respect ourselves in order to be brave enough to choose to open ourselves up to the joys and experiences all around us each and every day. Life is **BEAUTIFUL** and raw and each of us has the power to choose and create our own reality! I would say **EMBRACE** who you are at this very moment and **SHINE** as a **BRIGHT** night star. You are exactly where you are meant to be at this moment. There is nothing embarrassing about it. Don't let the mental expectations of where other people are in life be the standard to compare to your own life.**

I would say to them, be humble. Learn to ask the question why, so you may be blessed to view life through another's eyes. Learning that we can only rise by **LIFTING others **ENRICHES** our **LIFE** and creates personal success in this world. My journey has shown me when my life became about being selfless and helping my loved ones and community did I see**

how much LOVE people have. We are ALL together in this process in life. We must choose kindness and passion as our guides to hold us in a moral center.

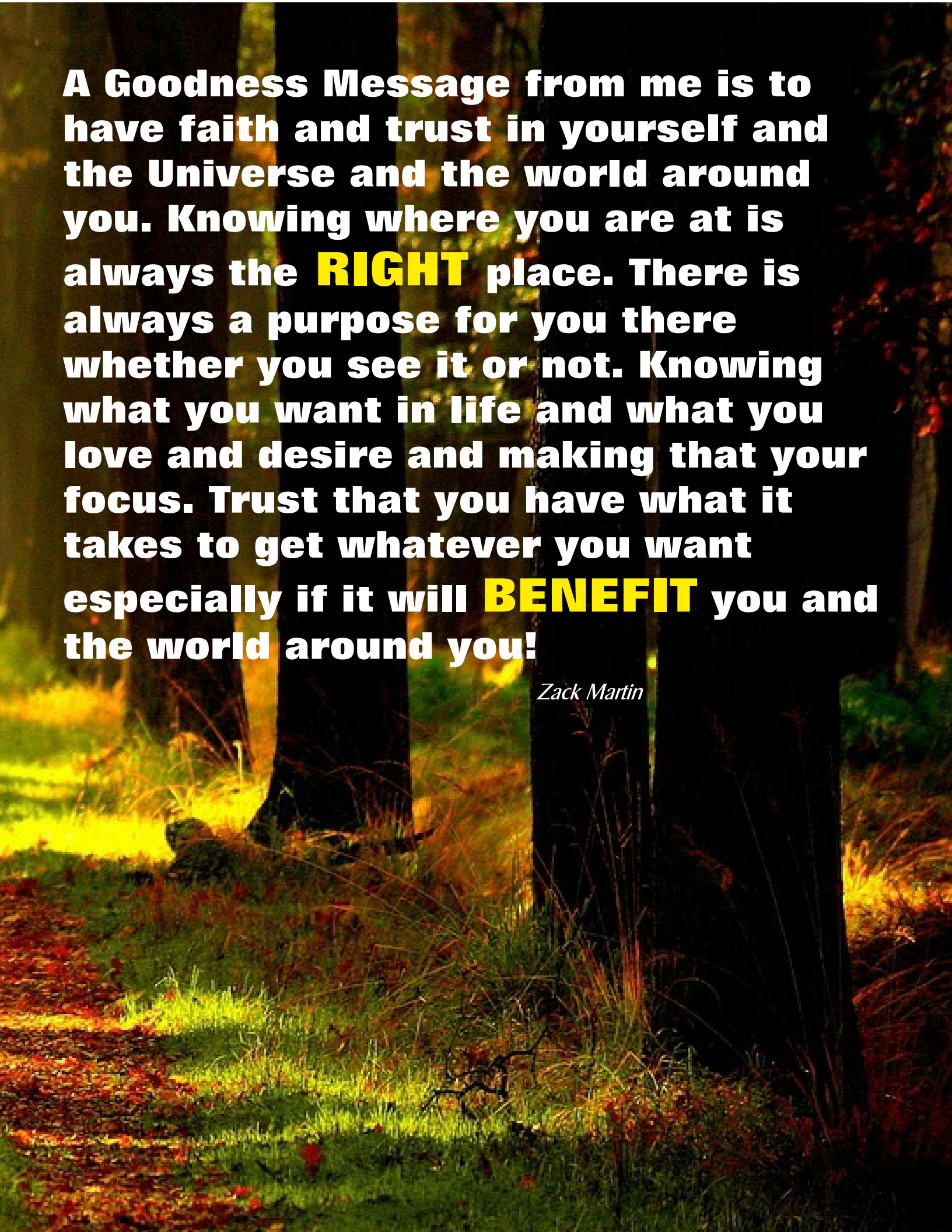
I hope my words have KISSED your SOULS, have SPARKED a LIGHT within your hearts and moved you to be GENTLE with yourself and others. LIFE is so complex and dynamic and engaging and challenging. We must learn to move through it with faith and my wish is that we can be BETTER versions of ourselves each and every day!

Stephanie Ammar



Photo Greg Hall



A photograph of a forest path during autumn. The path is covered in fallen leaves and leads through tall grass and trees. Sunlight filters through the trees, creating a warm, golden glow. The text is overlaid on the left side of the image.

A Goodness Message from me is to have faith and trust in yourself and the Universe and the world around you. Knowing where you are at is always the **RIGHT place. There is always a purpose for you there whether you see it or not. Knowing what you want in life and what you love and desire and making that your focus. Trust that you have what it takes to get whatever you want especially if it will **BENEFIT** you and the world around you!**

Zack Martin





The doorway to Goodness is letting
Fear go. Once fear is gone and

GOODNESS comes in and
Magic comes in and **LIFE**
and **LOVE** Dominate. The
fear is there for you to
surpass it. It is simply the
door. You surpass the Fear
that is the door and
everything is there...all
BLISS, all **LOVE**...it's all
there. Just drop the **FEAR**.
When you say **NO** it's from
fear. When you say I can't it
is because you are fearing.
So say Yes...say you Can and
allow yourself to be in
BLISS!

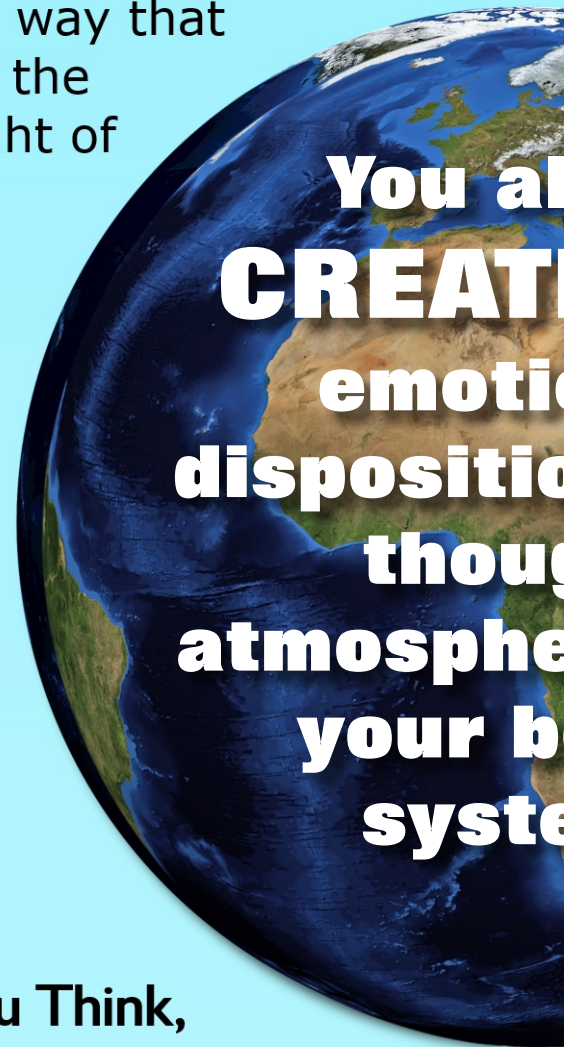
Earth

Be Specifically Appreciative

In life often times we blanket coat things with, "I am so GRATEFUL...I am so BLESSED." But when you specifically recognize..."I am so appreciative of the way that you open your eyes in the morning and the first thing that you do is to catch the light of the sun."

"I am so appreciative of the way that you walk, how you take your time and you don't rush allowing yourself to walk. I am so appreciative of that."

When we get down to the specifics and we really think about what we are saying I feel that life's dimensions open up. You start to really feel in your body what it is that you are grateful, appreciative and blessed for.



You Alone Are Responsible For How You Think, Feel & Act

The second thing I would like to say is realizing that you alone are fundamentally responsible for what you think, how you feel, and how you act. No one else is responsible for how you feel. No condition in the world is responsible for how you feel. No one else is responsible for how you think. No one else in the world is responsible for how you act. Your emotions are your territory and your responsibility. Absolutely no conditions and absolutely no one else is



responsible for your emotions. If you can realize that..you can realize that other people are also fundamentally responsible for how they feel, what they think, and how they act. And once that you realize these two distinctions between yourself and other people, you can set yourself free from expectations as you realize that you alone are the **CREATOR** of Your **LIFE!** You alone create your emotional disposition, your thought atmosphere, and your belief system. You alone are the actor of your body. No one else is responsible for that and no one else is influencing that unless you let them. And in that case, it is not you letting them influencing it's your perception influencing you. It's your perception of them, of circumstances of people influencing how you feel, what you think, and what you do.

It's not even them or the circumstance objectively. It's your perception subjective of that. You alone are fundamentally responsible for what you think, how you feel, and how you act.

Ben Bush



Honesty For A Beautiful Life By Renee Hyde

I feel honored to contribute to **Bliss Planet** and to share my message that I have learned on this amazing adventure called life. I will admit I'm not always the most positive person you could ever encounter, not that I can't find positive things even out of bad circumstances or events, etc., but life has this way of weighing one down at times and I often can get stuck in those times. I've thought about it long and hard. A few things popped into my head. I decided to look around to see what others had to say in an effort to say something that hasn't already been said, maybe even something poignant. Rahul Kapoor spoke of "Don't look outside yourself, look inside" and "What you give is what you get and what you get is what you deserve". She spoke of passions, commitments, and efforts, etc, and being at a level 10 during these endeavors, and I couldn't agree more. Darla Logan said "Don't worry what people think of you" and then went on to say "stop caring what other people think of you". Again, I couldn't agree more. What both said really resonated with me and is sound advise. I see people doing these things all the time. Even these days I still find myself giving less of an effort than I should with some things and sometimes I even catch myself worrying about what people will think, and people that don't even matter in my life - often strangers. It's easy to do and we all usually do it on some level. So what can I bring to the table? My message ties in with theirs. My advise would be for people to be more **HONEST** and **BE YOURSELF**. When lies are present everyone **LOSES**, no one **WINS**. The old saying, "Honesty is the best policy" exists for a reason, and is true. If you can't be honest with yourself, then you won't be able to be honest with others, and when this happens you **HURT** people. The truth always comes out. Even the truth can hurt, but "Truth is like a surgery. It hurts, but it heals. A lie is like a pain killer. It gives instant relief, but has side effects forever". You can heal from the truth and learn from it. It's much harder to heal and understand a lie. Some say honesty is the highest form of intimacy. Being yourself ties in with honesty as well. It's never good when someone tries to pretend or be something that they are not. The pretender will never find what they seek because they are not being their true self and the recipient of this will never be happy with the pretender because it was all false. The recipient will only like the illusion and because it is not from the heart and only an illusion, the illusion can only hold for so long before the true colors bleed through. When a person can be themselves and have the people around them enjoy them for how they are, then they might actually experience some happiness, but that will never come to be if someone is denying who and what they are. So again, it ties back into lies. If you lie or mislead people because you can't be your authentic self, no one is going to be happy. The anxiety and effort that must go into making yourself keep up what you are not, and then the person that later discovers the lie is disappointed and shattered. Lies = **DESTRUCTION**. **NO ONE WINS**. To lie is to live a lie. To live a lie is destructive



**Honesty is
the HIGHEST
form of
intimacy.**

for all parties involved. Granted that is to the extreme, but so many people lie, some big... some small. The bookkeeping on the truth is much simpler and easier to keep track of, because it's the truth, it's what really happened. I'm probably guilty of being perhaps too honest (and yes, I have lied before), and know there are things I probably should keep to myself (such as TMI aka too much information) and I don't, but that's just my way and don't expect everyone to be like that, and I'm not LIKED by everyone because of this (but I'm ok with it, and the people that really matter in my life and accept me for who I am don't mind), and besides that would make things boring if someone was my cookie cutter. There are happy mediums though. I think the world would truly be a better place if everyone tried to put their best foot forward and be more honest. I just don't know why so many people waste time on lies. There are also nicer ways of telling the truth too. If someone has a horrible outfit on, the nicer way of telling the truth is, "that's not really that flattering on you" and it's the truth. The harsher way would be to say "that looks like crap on you". With honesty and truly being yourself comes integrity. Integrity is doing the right thing even when no one is watching. Integrity is a priceless human quality to have. Your words actually mean something. You mean something. People trust you. You make a difference. A lot of people are lucky to make it out of this life with at least one true blue friend. Some few may even find a handful. Of the people that I know that have at least one of these people in their lives- they are never liars, they are never fakes, or frauds. It's really not that difficult, and when one does catch themselves not being honest, the biggest thing you could do is try to be a better person and try to make amends. You'd be surprised how much a sincere apology, a kind truthful word, and an honest effort could make in someones life. We're all imperfect. We all make mistakes. But there's no reason or excuse not to try to be better. I saw this some where, "Use objects, not people. Love people, not objects". To crush or to create? Which do you choose? The choice is yours. You reap what you sow.



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My Goodness Message is to listen to the **RHYTHM of **LIFE** and the rhythm of the drum. Dig your feet into the planet and feel her rhythm move through you in that expression of life.**

Lance Cole



Expect the unexpected...everything happens for a reason and trust in the process. Nobody said it was going to be easy, they just said it would be worth it. No one knows your body **BETTER then you, listen for the messages.**

Stacey Bowman



Photo KGB Digital Media

**My Goodness
Message is to give
more hugs because
hugs are **HEALING**
for the **SOUL!****

Michelle Mitchell





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GOODNESS MESSAGES From The

PHIX VEGAN

FOOD FESTIVAL



The Phoenix Vegan Food Festival was held Saturday, February 24th, 2018. Over 100 vendors, 20 live musicians, presenters, and cooking demos were part of the fun.





Click here for a VIDEO of Goodness Messages shared at the 2018 Phoenix Vegan Food Festival

Play Video



Final Thought

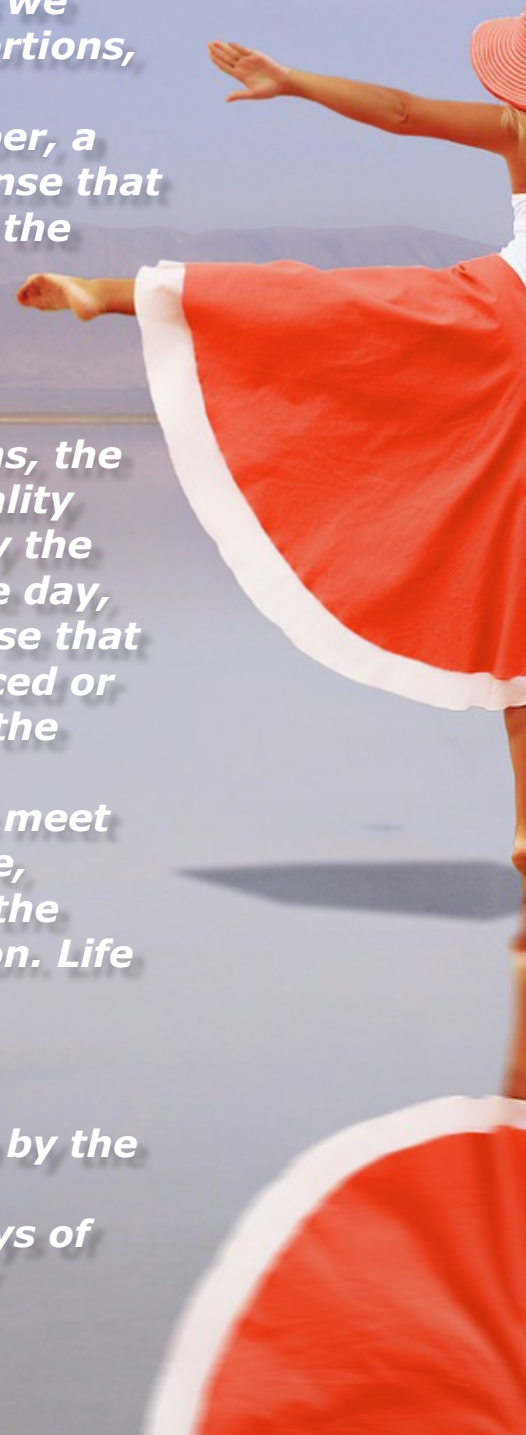
The Dance

By Friday MacArthur

How does one know when they are learning a thing for the very first time versus remembering a thing they've forgotten? Why is it such that life seems so unfair when we look at those who "have" and those who "have not?". Is there rhyme to the rhythm or reason to the riddle of this anxious existence?

Life is an ocean and its waves the opportunities we paddle out to meet. Life is a dance of epic proportions, a romance of infinite depth strung out over a multiverse of quantum collisions. Life is a whisper, a wink and a node across the immeasurable expanse that exists in a moment unique solely to perception; the only permanence. Our purpose is found not in the crescendo of the beginning note or the decrescendo of its thinning decay, but in the melody connecting the two between: the ebb and flow, the rise and fall, the crests and troughs, the peaks and valleys that make an ungraspable reality everything about a moment, a journey. It is why the poor and the rich among us all must wake to the day, to our part in delivering compassion to a Universe that is a jealous lover, a reality that cannot be divorced or turned away. We are here to dance, to embody the moment that is void of permanence and physical measure: the space in which fingertips meet in touch, the point at which two souls fall in love, the moment in which the spark of life quickens the human heart into the rhythm of perpetual motion. Life is a call to join the dance.

And so nothing will be known that is not known by the knower, the perfection of life is in the fortunate mishaps brandished in brilliant displays of acceptance of the self and the righteous acts of



unobserved selflessness, humanity's eye. We are the fourth dimension, the observance of each other is the manifestation of space-time and it is ours alone to command. For the greatest gift is not the promise of victory, but the opportunity of failure and the salvation of forgiveness. In a Universe so perfectly struck as immense in its placement in the heavens above we have been given its most perfect gift; imperfection.

So rejoice in your shortcomings, skip into your follies with childish glee and smile through the tears of joy at your infinite grace. Pull no punches when asking this Universe for your hearts desires; get your back up off the wall and step into the techno neon Jacuzzi called life! For more than anything, we cannot demand that the mountain move at our command, rather we woo the Earth into a two-step in our direction. Because true love bends not by force, but by the will of choosing to give freely of self with all knowledge and without expectation before the other.

From dust WE are everything! Be blessed, be watchful and be kind.

Friday



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