

GOODNESS

September 2018

BLISS PLANET

People, Animals, & Earth



POSITIVITY

LOVE

PROSPERITY

PEACE

COMPASSION

WELLNESS

UNITY



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WELCOME

Bliss Planet is dedicated to making a difference by spreading positivity and wellness. The more aspects of wellness a person implements the easier it is for them to amplify goodness.

People who feel good are generally kinder and more compassionate to others and have a greater sense of oneness with all life and the planet as well. Healthy energy, words or deeds shared from one individual have the potential to positively influence countless others. When we share goodness with others we help them engage with the world in a positive manner and indirectly help people we will never meet.

I welcome you to join a quest to amplify Goodness for the benefit of people, animals, and the earth!

We are all given our own unique tools, but it is up to us what we decide to build and how magnificent it will be. When we join together in Goodness what we build will be beautiful and brilliant for when we unite we can truly make a difference!

May this message inspire you to explore the possibilities that your Goodness has to offer!

Your ally in
GOODNESS,

Goodness Steve



VIDEO

Each edition of Bliss Planet includes a video of those featured in this issue sharing their messages of Goodness. Click the image below to view the show.



GRATITUDE

Thanks to the support of our generous sponsors we are able to provide a Wellness Certification Course and other free educational materials designed to amplify the health and wellness of this beautiful earth.

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Goodness Mantra

Think GOOD Thoughts

Speak GOOD Words

Do GOOD Deeds

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





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

Amplify Goodness

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

Empowering The World With Wellness

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

www.BlissPlanet.com

A Talk with Jennifer Skiff,

author of
Rescuing Ladybugs

Jennifer Skiff is an award-winning journalist who traveled the globe as a correspondent for CNN for more than a decade. Passionate about animals and their welfare, she serves as a trustee, adviser, and spokesperson for charities around the world while working with lawmakers to create positive change.

www.JenniferSkiff.com

Why is your book called *Rescuing Ladybugs*?

When we were kids, many of our parents taught us that the ladybug – the tiny, red-shelled insect with black spots – brought good luck when she landed on us and that we should gently blow her away so that she could return safely to her family. The story nourished our natural empathy and set us on a path to feel compassion for all animals. At that very young age, the lesson we were being taught was that kindness for others has rewards. This book is about people who have shown extraordinary compassion for other animals. *Rescuing Ladybugs* seemed like the perfect name.

Can you tell us about the experience you had with a bear

that set you on the path to be an advocate for animals?

It was 1998. I was in the country of Laos conducting research for a book, and was visiting a cultural park. I was slowly making my way down a dirt trail at the park, having stopped to read a plaque about Buddha, when my boyfriend yelled, “Jenny, don’t come down this path.” Of course, I did. What I saw weakened my faith in humanity. Black-and-white Asiatic bears, identifiable by the trademark cream-colored collar across their chest, were imprisoned in five cages placed around a statue. Set on concrete slabs, the bell-shaped chambers were constructed of thick iron bars reaching six feet high and four feet wide. They were so small that the bears’ bodies were pushing through the spaces between the bars. There was no protection from the



glaring sun, no trees to offer shade. The bears were confined in metal straitjackets, forced upright with nowhere to turn.

I walked up and stood before one of the bears. He was crying and rocking, with one paw pushed completely into his mouth. Our eyes locked and we connected. In that moment, I felt his suffering. That's when he reached for me, extending his arm beyond his iron prison. He showed me his paws, blistered from cigarette burns.

The sadness grew louder. All around me, the bears were crying. I turned in a circle, my heart racing. They were in hell, all screaming for help. My knees buckled and I grabbed a handrail. That's when my boyfriend said, "Let's go, Jenny. There's nothing to be done here. You can't save every mistreated animal in the world." I understood what he was saying. But something in me irrevocably changed. In fact, I experienced an epiphany, a

profound spiritual realization that, not only could I do something, but that I must. I ended up leading the charge to free that bear and build the first bear sanctuary in that country. Before that moment, I'd always been a dog and cat rescuer. It wasn't until I made that connection with the bear that it became clear to me how important it is to work to help all animals.

Why did you want to write this book?

I wanted to write *Rescuing Ladybugs* for several reasons: to profile the good work being done by people to help other species, to inspire others to act, to document the current state of exploitation of animals in the world, and to illuminate the interconnectedness of all species.

Many people love animals, but few dedicate their lives (or a portion of their lives) to actively helping them.

What makes the people featured in this book unique?

There are countless times throughout our lives when we're presented with a choice to help another soul. Some look away. Others don't. This book tells the stories of people who had an experience with another animal that affected them so profoundly it caused them to act. That action caused a chain of positive reactions throughout the world for all species. The people



profiled in *Rescuing Ladybugs* have each proven how helping animals helps us all.

Some people argue that focusing on animal issues is shameful when humans are suffering around the world. What do you say to this?

We're all animals who are interdependent on each other. When we work to protect wildlife, we are fighting for the protection of the environments in which they live. When we protect those environments,



we're protecting them for the survival of the human (homo sapien) species as well. The way I see it, those people in the world who have been moved to help the species of animals who don't have a voice are actually heroes for those who do.

What's something the average person can do in his/her life to improve the world for animals?

Read *Rescuing Ladybugs*. In it, some of the greatest animal heroes of our time offer their call to action.

It's important to remember that we are keenly conscious of and interested in other species when we're young. If you're a parent, teach your children empathy and compassion for animals. If you're a teacher, practice humane education. That's where it all starts.

When you're out and about, don't participate by financially supporting people or businesses that exploit animals. That includes circuses, dolphinariums, rodeos, or any type of organized "shoots" or "fights." Don't take "selfies" with wild animals who aren't in their natural habitat.

When it comes to eating, know where your food comes from and who may have suffered in the making of it. Factory farming is horrific and most people don't know they're buying into it. When you know the facts, change how you source your food by educating yourself on healthier, humane options and by all means, eat local. When you're a conscious consumer, everyone benefits – especially you.

You'd be surprised by how your one voice can actually create positive change. Please support the work of organized animal welfare charities by signing their petitions and activate when called to action. A whole bunch of voices are better than one and politicians are all about numbers. They hear you when you take the time to contact them.

More than anything though, to improve the world for animals, please

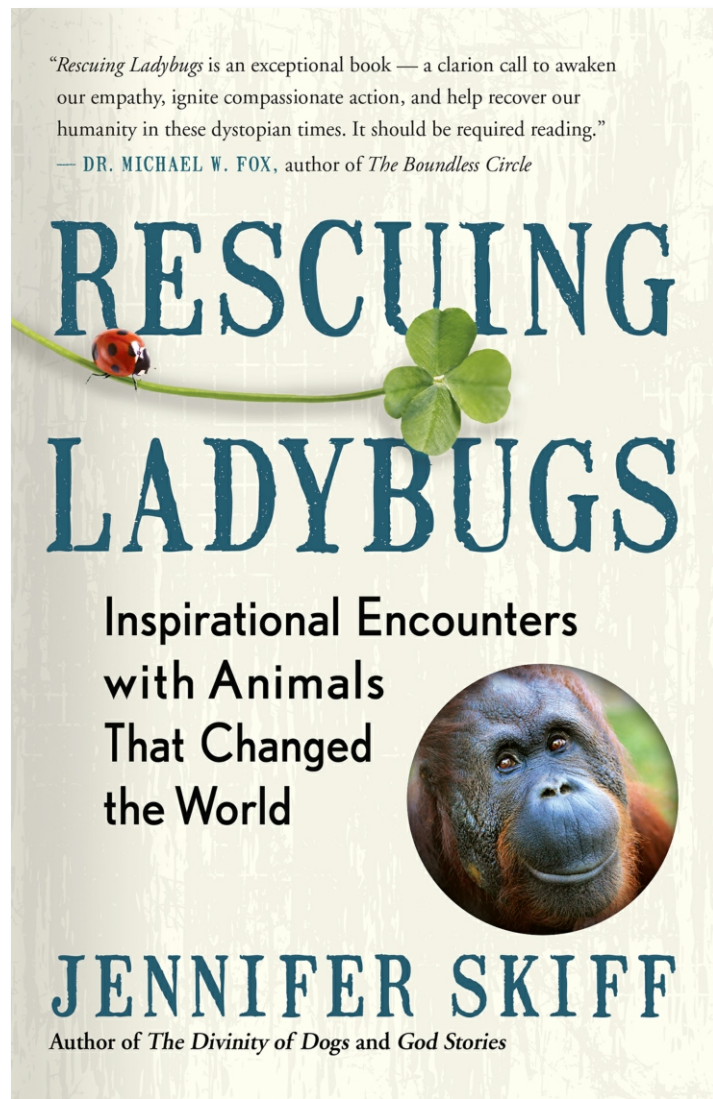
Speak up and act when you see something that you know is wrong. Scream if you have to. Don't let people get away with imprisoning and abusing others. I promise you that when you right a wrong you'll find that you're not alone.

1. Don't participate in cruelty.
2. Support charities that are creating change.
3. Act by speaking up, making calls, and signing petitions.

Sometimes problems seem so big that it's difficult to see where to start. What advice do you have for someone who wants to get involved in animal welfare and the compassion movement but isn't sure where or how?

Make a plan that suits your personality and then follow through. If you prefer to be alone and spend a good deal of time on the computer, take a portion of that time to sign petitions and write emails to your local, state, and federal representatives asking them to support laws that protect animals. If you're looking for like-minded friends, volunteer at your local animal shelter or wildlife rehabilitation center. Donate your time, fundraise, walk dogs, clean cages, sign petitions. If you love wild animals and want to help save elephants or orangutans, travel to Africa or Indonesia to volunteer. I can guarantee the experience will fuel your passion. No matter how you choose to donate your time, I promise that your efforts

will be rewarded. When we allow ourselves to connect with other species, we raise our own consciousness, **ignite our purpose, and become a force for good.** The result is the awakening of our soul and the gift of an enlightened happiness that cannot be broken by the cruelty of a few.



Special Thanks to [New World Library](#).



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 a floral pattern. The girl on the right has dark hair and is wearing a light blue long-sleeved shirt with a yellow star pattern and blue jeans. Both girls are smiling and waving their right hands. The text 'love has no race' is overlaid in large white letters on the left side of the image.

love
has
no
race



before anything else, we're all human
rethink your bias at lovehasnolabels.com

love
has
no
labels

The Science Of Good Sleep: There's A Reason You're Always So Tired

Sleep is a natural process, just like breathing. But as we breathe shallow, we also sleep shallow -- if we do manage to get some sleep.

Insomnia is a very frequent issue nowadays when job tasks and family needs keep us awake.

An adult should get at least eight hours of sleep each night in order to feel rested and be in a good mood. However, a third of all adults don't get the recommended amount of sleep, and women are **more prone to insomnia** than men.

If science can tell us that much about sleep, it can also help us improve our sleeping patterns, so here are some useful tips, backed by sleep science.

1. DE-CLUTTER YOUR HOUSE.

Clutter makes you feel anxious, even if you don't realize it. According to science, it also promotes insomnia.

All the things that lie around your house, particularly in your bedroom, make you feel like you still have plenty of things to do. This need for work is quick to chase away your sleep, so make sure you clean your room and remove all the clutter.

2. BLOCK THE SUN AND THE NOISE.



If you want to have a good night's sleep, do block the light and the noise, especially if you are a woman. chemical flame retardants such as **Chlorinated Tris**.

want to sleep well, solve your love problems.

4. EMBRACE NAPS.

Before the industrial age people were sleeping during the day.

But the rise of new work schedules made these naps impossible and is now making us all sleep-deprived zombies. Because most people are



chronically sleep deprived, a nap during the day might be the only way to get enough rest.

In fact, a 30-minute nap is more effective than a cup of coffee and has the added benefit of not messing with your nightly sleep pattern.

5. EAT MORE FIBER.

What you eat has a great influence on how you sleep. To make sure you will be sleeping for eight hours each night, get more fiber.

A study published in the Journal of Clinical Sleep Medicine showed individuals who eat more fiber-heavy foods, such as leafy greens, **sleep better and deeper**. At the same time, saturated fats and carbs promote insomnia, so avoid them if you already have trouble sleeping.

6. TRY THERAPY.

If you have severe sleeping issues, it may be time to call a professional. **Cognitive behavioral therapy** was shown to have a positive effect on patients who suffer from insomnia.

One single session might be enough to help you sleep better. Another thing you can try is relaxation training, which helps you relax completely and can bring along a better sleep.

7. GET A NEW MATTRESS.

sleep, our bodies naturally shuts off systems and allow other systems to work harder. If you are sleeping on a toxic mattress, your lungs breath in chemicals. These chemicals could be dust from old degrading foam, from



Chlorinated Tris is a known carcinogen, hormone disruptor, and neurotoxins. Tris has been banned in children's sleepwear for over 35 years, but yet the number 1 flame retardant on the market today and they are putting it in your mattress along with many other chemicals such as formaldehyde and pesticides to make it antimicrobial. Most mattresses today have a toxic soup of 35% chemicals added.

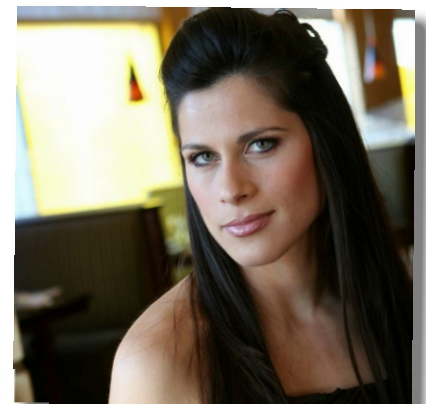
I LOVE **Mountain Air Organic Beds**, 4 layer mattress call **Heavenly Dreams** from "The Mother of All Beds". It's the ultimate in luxury and comfort.
8. GET NEW PILLOWS.

Pillows are VERY important ... you are breathing in close contact to the fill material. They MUST be made totally of natural materials. An organic

cotton cover over polyester is not going to block toxins. Ditch those pillows & go organic with **Mountain Air Organic Beds**.
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.

www.Nafsika.ca





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Why Not Make It One!



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Health Starts In Your Gut

by Nikki Golly

Gut health is the key to one's overall health. Often we neglect the importance of the stomach and its function. Stomach health helps brain function better, improves the immune system, and brings the glow on the skin as well. Know the impacts of a healthy stomach on your body.

GUT HEALTH IS KEY TO OVERALL HEALTH!

Commonly known as the gut, digestive system, gastrointestinal (GI) tract, or intestines to name a few. You would think with so many names that there would be more people paying attention to it. Especially since it does so much for us without us even knowing or paying attention to its function.

GUT HEALTH IMPACT

BRAIN

Where does the brain get its energy? From nutrients absorbed in the gut. Think about that brain fog you get in the middle of the day or around 3 o'clock. If you trace back about 1-3 hours from that feeling, I bet you either skipped breakfast or ate a heavy processed lunch, didn't you?

Not to mention feeling sluggish or unmotivated most of the day. Yep,



that starts in the gut too. Serotonin, the happy hormone, is produced and stored primarily in the gut. It is responsible for regulating intestinal movement, heart function, bladder control, sleep, and name it Mood.

IMMUNE SYSTEM

Have you ever heard anyone say 'Your immune system starts in your gut!?' Well if not, hear it from me. If you are not digesting or moving your food through your digestive system then it is just sitting there. Let's just

paint a little picture here... what happens if water sits in a stagnant pool for a while? What does it look like? Gross right...

It's going to work the same in your digestive system. If you are not pooping regularly and cleaning everything out, then your immune system is kept busy trying to attack the food particles that have gotten into the bloodstream. This happens because the gut is inflamed and the immune system is unable to pay attention to the cold, flu, or cancer cells growing out of control. We will talk more about this inflammation in a later post.

On the flip side, if your gut is healthy, not inflamed and moving normally then your immune system is primed and ready to catch that bacteria before it starts to make you sick. It will also be able to pay attention when a cell gets damaged and starts to grow out of control i.e. Cancer.

SKIN

Typically if you're healthy on the inside you are healthy on the outside. What that means is that if your digesting, absorbing and eliminating



properly then you will have fewer skin problems, that can show up as eczema, acne, psoriasis, skin lesions, and even wrinkles.

So in summary, the gut helps you feel better mentally and physically. It helps to keep you healthy by catching bacteria and viruses when they first appear. When everything is working properly you can also tell a difference in the way your skin looks.

Until Next Time,

Stay Happy and Healthy,

Nikki

Nikki Golly is a micro-nutrient coach on a



mission to help people experience the healthiest and happiest version of themselves. Fuel Your Body is a coaching program, as well as, a series of products to help you reach your health goals. Everything you eat makes a difference in how you feel. Your immune system starts in your gut and the foods you eat affect your whole body, from the bottoms of your feet to the top of your head. Through her simple tips, recipes,

and videos, she is here to empower you. To learn more, or to purchase one of my products, visit 2fuelyourbody.com.



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We ALL have Wisdom that can Help others. If you

you learned on this Amazing Adventure C

Aloha beautiful spirits,

I hope that you find yourself right now immersed in **LOVE, BLISS** and all sorts of **GOODNESS**. One of the things I have found is that when you really breathe life into the fact that the **GREATEST GIFT** that God ever gave you...was **YOU**, then you will be able to get out of your own self-hate and self -worth and really step into owning your worth and owning your light. And when you do that you really allow us to enjoy the pleasure and **BLISS** of **ILLUMINATION** of your soul and you can help others illuminate as well!

I just want you to play a game of ..."If I loved myself so much how would I be?"

So much love to you



Lilly Lucia

Lilly is CEO of Unstoppable Goddess, a sacred sexuality and female empowerment company. Her mission is to teach women that they can have or do whatever they desire. www.unstoppablegoddess.com



You had only a few minutes left to share the Wisdom
called LIFE... What Would You Say?...





We Are Energy

The most profound thing that I can think about to contemplate on is that at the end of the day we are all energy. We are all vibration...we are all mathematics. So we are actually not this body that we occupy we are temporarily in this vessel on this space on earth...our minds are infinite and go on. We've lived multiple experiences believe it or not through this vessel. And that mind is trying to guide and teach you certain things and optimize. At the end of the day, we are all trying to optimize...we are all trying to make this world a better place.

So I would say to dial into that voice and instinct in your mind and follow it with all your heart and

passion because that is what's going to get you through all the things that you need to do.

Sometimes there are people and vessels that are good vessels and sometimes there are people who aren't necessarily the greatest vessels but realize those who aren't doing the best aren't doing it intentionally it just happens to be the current state that they're in.

So as a vessel of LIGHT or a vessel of our higher optimization or a higher consciousness I believe it's our responsibility to step up and lead and guide those people. So do the BEST you CAN, optimize, BE AWESOME and kick ass every day.

Cheers guys,

Danny Ho

BE REAL.

Life is super RAW and you've got to be **REAL!**

Anna Clare

My Goodness Message today is Back yourself! Believe you can **Make Things Happen...**stick to that and don't forget that!

Laura Sullivan

Be **GOOD** to others and **GOOD** things will come to you!

Thomas Macokatic



I'm so happy to be here today in Venice Beach spreading this Goodness Message for you today. I would like to say if you could just think about others and how they are living and breathing and feeling emotions through their eyes and their life experiences...that you could treat them as you would want to be treated. I encourage everyone to take a look at the world through those eyes and to Spread that Goodness Message!



Instagram profile card for **ryannelsonfitness**. The profile picture shows a man with a "VEGAN" tattoo. The bio lists: **RYAN MUSCLE WHISPERER NELSON**, Public Figure, OG VEGAN MUSCLE SAVAGE, FORMER RANCHER/HUNTER, FITNESS NUTRITION GURU, CHAMPION PROGRAMS, REIKI ENERGY HEALER, PUBLIC SPEAKER, TRU-RN15, and RyanNelsonFitness.com/.

99 posts	18.3K followers	1,347 following
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Message



Ryan Nelson
Vegan Bodybuilder



Spreading **COMPASSION** that's what we are all about... spreading the **GOOD, COMPASSIONATE** vegan bodybuilding message. That's what matters 1,440 minutes in a day.

What are you doing with your time?

How could you do the most good?

How could you be of service to others?

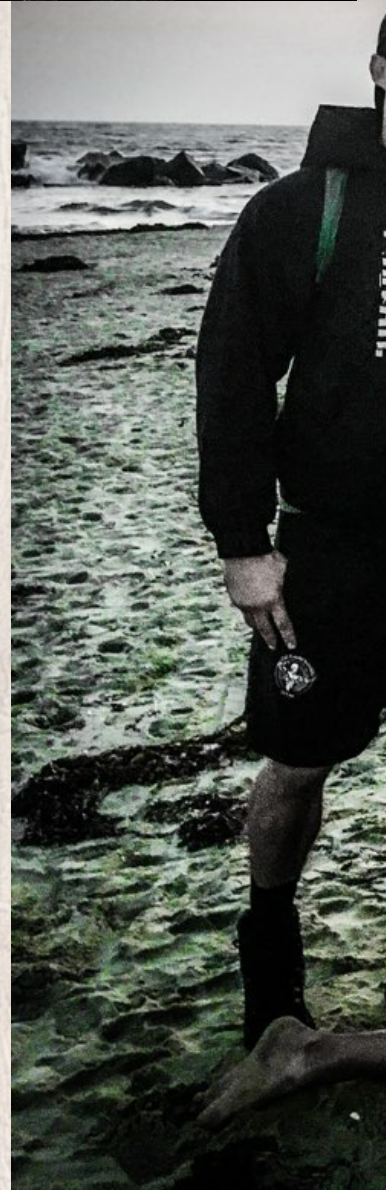
How can you **MAKE A POSITIVE DIFFERENCE** in the world?

One of the things you can do is eat plant-based foods and be encouraging and reach down and lift others up.

Robert Cheeke

Robert is a natural bodybuilding champion and the best-selling author of the books, Vegan Bodybuilding & Fitness, Shred It!, and the new release, Plant-Based Muscle.

He is the founder of
www.veganbodybuilding.com



Robert Poses With The Vegan Bodybuilding Crew Below in Venice Beach.



Hey, guys I just want to let you know...anytime you want to do something really big that it's going to make you feel a little anxious but you can let that Anxiety be your compass. Follow that anxiety because anytime you want to do something that is going to Change The World it's going to be a little uncomfortable...

Feel the fear...

Do it anyway...

You will be glad you did!



veganproteins

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dani taylor
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Dani Taylor

I'm a vegan bodybuilder out here with the Vegan Bodybuilding Crew. We are headed to the Fit Expo tomorrow and we will be speaking all weekend long on how to build muscle on a plant-based diet with Compassion and LOVE meaning that you don't have to consume animal products to build muscle. The other thing you need to remember when you get into Fitness more often than not is your looking to change yourself and we end up being too hard on ourselves and I feel it's important to be kind to ourselves also and that it's ok to treat yourself kindly when you are trying to improve your health, fitness, and your life.



musclesbybrussels

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Giacomo Marchese



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Wanted you to know to keep a positive mind. And if you see someone at the gym give them an uplifting speech, get them motivated for working out. Stay healthy guys and visit LA Fitness!

Kris Wilson

POSITIVITY



Instagram profile for **krs1wilson**. The profile shows 633 posts, 1,402 followers, and 1,094 following. The bio includes: **Kris Wilson**, Live Love Lift 🙏 Financial Advisor 💎, music producer 🎵 Fitness Enthusiast 🏋️, DMV ✈️ CALI 🇺🇸, and a SoundCloud link: soundcloud.com/kris-wilson-196972750.



Messages From The Fit Expo in Anaheim



**Treat everyone
how you want to
be treated.**

Ava

**My message is
that everyone
deserves a hug!**

Crystalin

**Make the most of every
opportunity, every moment you
have. Just take in the moment,
be grateful for where you are
and what you get to do and have
FUN with it.**

Aasha Marler

**Be yourself, break
stereotypes and LOVE
YOU!**

Noah James

www.iamnewd.com

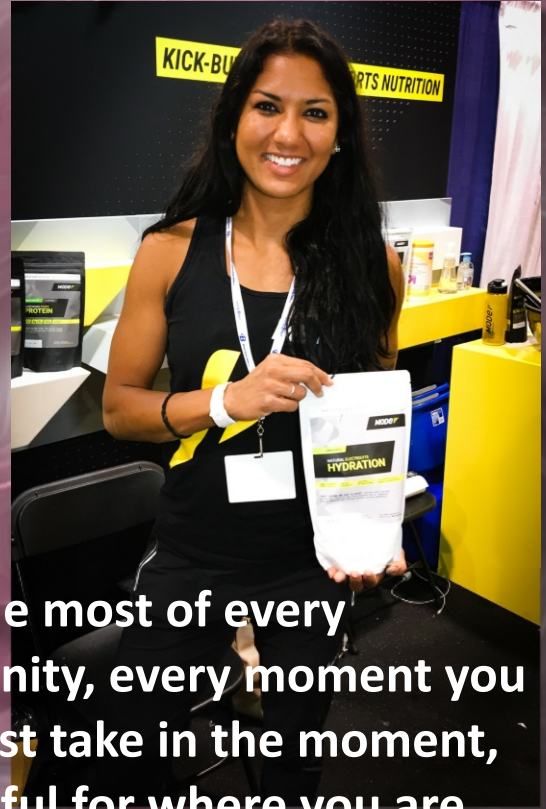


**Keep working out, stay fit, get vitamins
and minerals in your body and help fight
cancer!**

Sal Vance

**If you
believe in
yourself,
anything is
possible.**

*Morganna
Freeman*



Hi guys I'm Nicole welcome to the Fit Expo...I hope everyone's having a great time.

I'm here to tell everyone to be your best, enjoy life, enjoy your friends and family and make the BEST of everything...have a great day!

Nicole Butcher

Miss Natural Olympia 2017

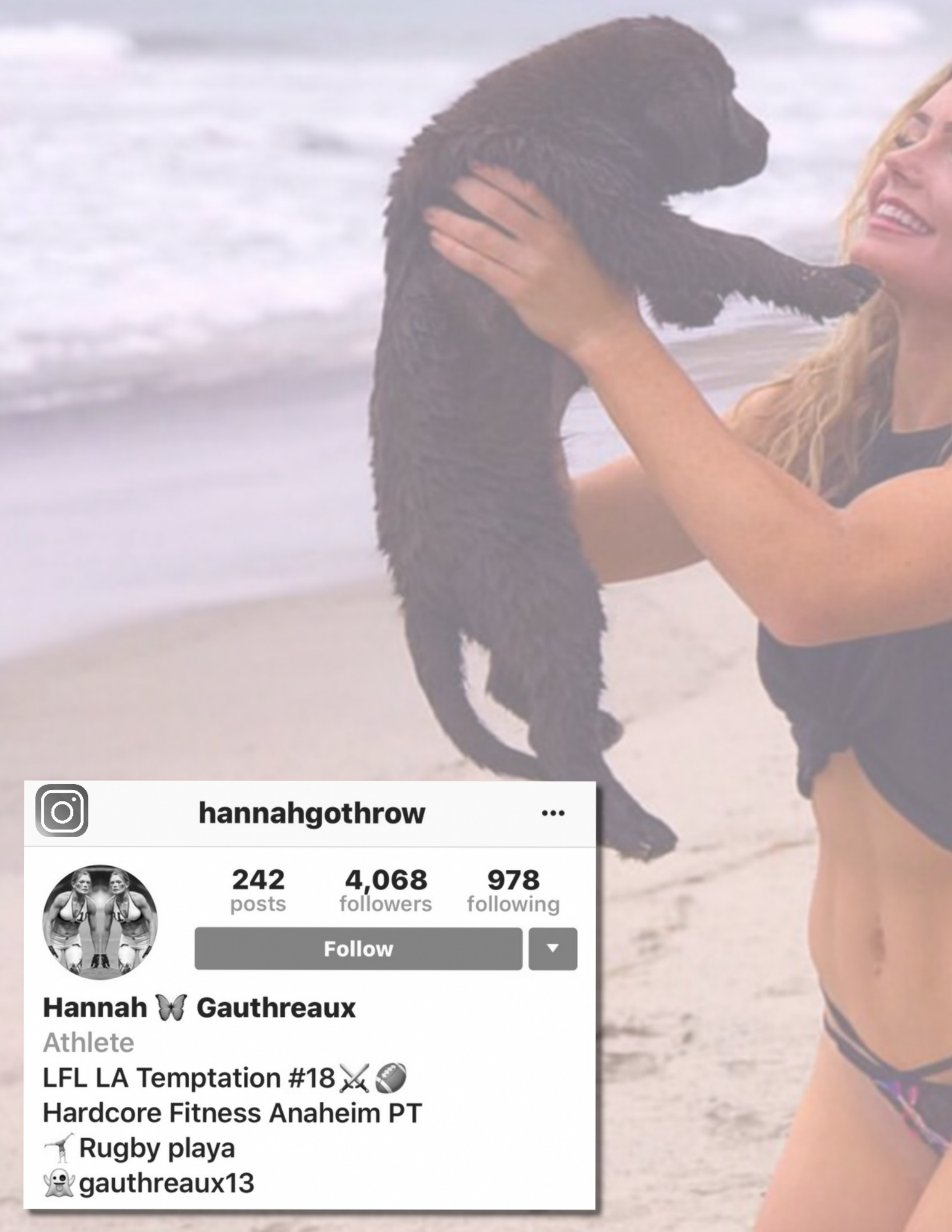


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2,184 posts 7,336 followers 1,666 following

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Personal life fitness blog ❤️



hannahgothrow



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Hannah 🦋 Gauthreaux

Athlete

LFL LA Temptation #18 🗡️🏈

Hardcore Fitness Anaheim PT

🏉 Rugby playa

👾 gauthreaux13

**No setback is ever permanent.
Whatever you do in life, do it
100%, do it with heart, give it all
you've got and know that your
always going to bounce back.**

Hannah Gauthreaux



Hey everybody how are you doing?

I'm going to give you a little nutrition class right now. If you take nothing home, but only this...

Avoid the 3 White Horses

Sugar

Flour

Salt

Close your eyes and imagine the 3 White Horses pulling you into the grave. Not a good imagination. The 3 White Horses...

Don't have them!

Roland Kickinger

*Roland is a former IFBB Pro Athlete, Mr. Universe and co-starred in Terminator Salvation among other film and TV projects. He is an entrepreneur with **Sexy Nutrition** and his **Fit Charters**.*



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August Edition



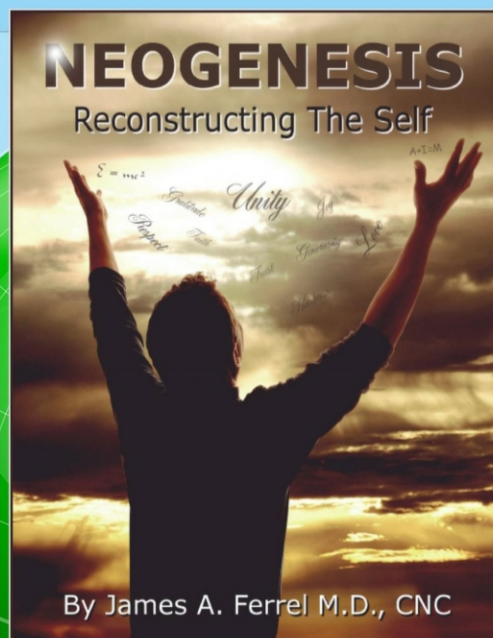
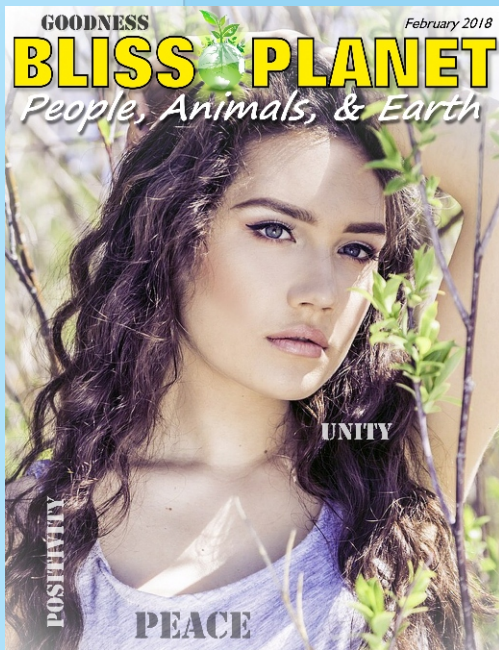
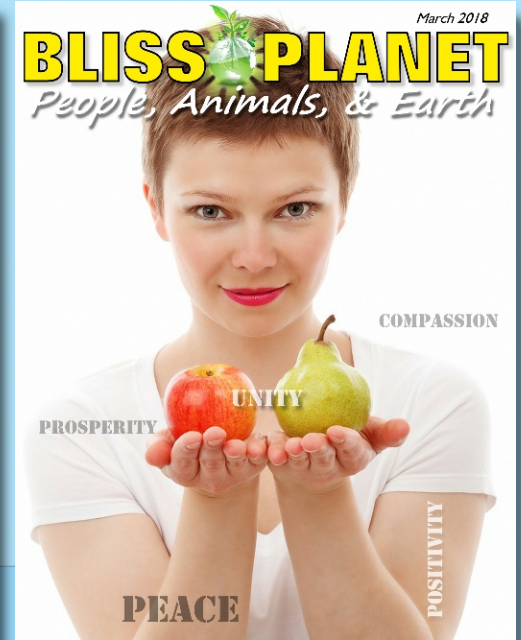
July Edition

June Edition



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one Profound message of Delicious
Goodness for the wellness of
People, Animals, and the Earth.



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Together We Can Make A Positive Difference



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