

GOODNESS

April 2018

# BLISS PLANET

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

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

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

Your ally in  
GOODNESS,

*Goodness Steve*



## VIDEO

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



## GRATITUDE

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



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## Goodness Mantra

Think GOOD Thoughts

Speak GOOD Words

Do GOOD Deeds

May we shine our Lights in  
Goodness so that we may  
illuminateis beautiful world!



Cover Photo by Sasin Tipchai





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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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# My Role in Creating a Peaceful World

by Neelam Shah

My inspiration has stemmed from my own family, my mother, inspirational leaders such as Mahath Ma Gandhi who have made a momentous impact in lives, even reading books from religion & spirituality has broadened my horizon to the different wonders of life and inspired me to make a small change in my community for the better to help improve quality of life everywhere.

My vision of a peaceful and harmonious world is everyone realizing their true identity, self-awareness in addition to their strong morals and values in society to make us unified as one big family.

I believe if mankind creates something, he is giving a identity to his creation, and if he decided to destroy or destruct his creation he is taking away the identity and thus opening doors for pandemonium, war, famine, disease, terrorism, communism to strike upon the world.

As a young person I believe what we should do to regain peace and harmony is to live together as friends and not enemies, we should strive to help out when others need our assistance, we should try our best to prevent any bad karma we may cause such as bullying, terrorism, starting

fight, killing, physical or sexual abuse, robbing, bribery, kid-napping, high-jacking etc.



There is so much wrong doing in the world at the moment so the vision of a peaceful and harmonious world seems merely but a dream in a utopian world.

But we as young people we can make that dream a reality, if we all realize



our true self- identity in making the world a better, safer place to live in.

I understand not everybody has a religion so not every one believes in the existence of god however everyone does have a soul, a conscious, morals,

instead of peace, they forget the differences between what is right and wrong.

We as young people need to set a good example we need to be strong righteous role models and make a

difference to the world and grab that vision by acting on good self-less deeds like volunteering for world wide organizations and charities such as Camfod, Red cross, Water aid etc. by helping out our own communities in fundraising for events, fairs, functions, festivals etc, and also just by being a good person, knowing that you are peaceful and harmonious can make others understand that they too can be peaceful and harmonious.

Although It is simple to realize the vision of the world but it is a challenge to make others in the world see the vision too as everyone has different eyes, different views and opinions, it is about us young people making the world aware about how we can make it a harmonious and peaceful place for everyone to stay friends and know what is the difference between right and wrong.

We as young people need to stop being influenced by violence, the media and we need to understand that influences from violent video games, the media and gossip from magazines isn't going to make the world passive; in fact it is going to increase the violence. If young people stop the



principles and values but some people forget that they possess a soul, so they loose control of their identities, their morals and conscious so they act wrongly causing the world to turn into darkness rather than light, causing war





violence, gun crime, knife crime etc, then others would learn from us that violence, killing, abuse etc. is slowly turning the world into hell instead of heaven and they would change their behavior in society making the world turn peaceful and harmonious.

We cannot read everybody's minds and so we cannot know what they are thinking, I know myself that if everyone truly believed in the soul, in their own conscious they too would have a role in creating a peaceful world but not everyone has that strong belief and will power so they ignore the inner voice telling them not to do this and they do what they want, which is wrong.

So I think everyone needs to understand that their conscious is very

important and if they listen to their conscious they would be a step closer to constructing and developing a peaceful, harmonious, a world where no one can fear no one and live in a well-balanced earth.

Overall I believe we all have the power to create this vision of a peaceful world, if we believe in ourselves, our conscious and soul, my role is just encouraging others that they have the power too to create the vision and I strongly feel in the future the vision will definitely come true.







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has  
no  
race



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# Love's Words

by Michelle LongC

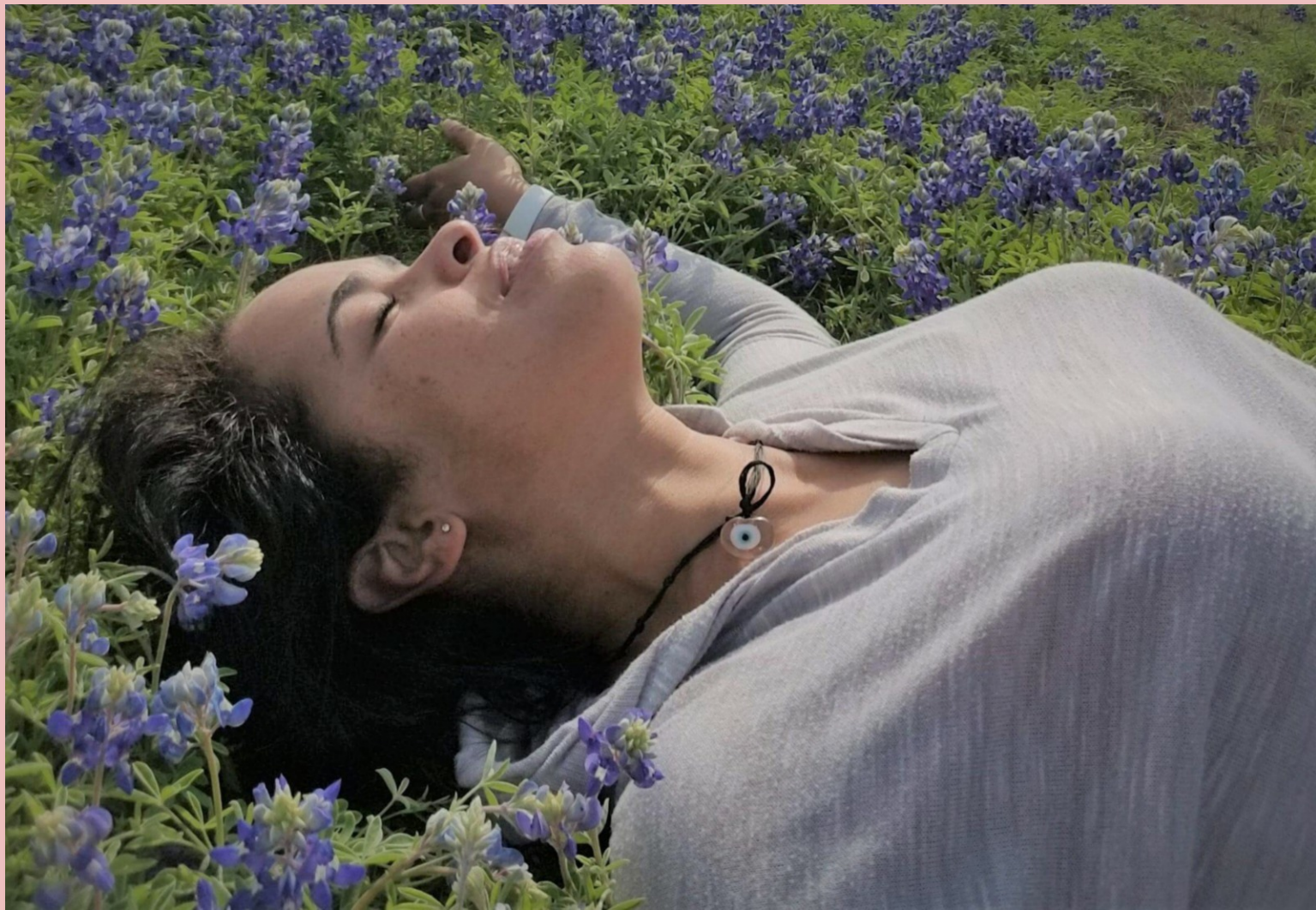
Have you ever had an experience where someone, someplace, or something brings you so much joy you can't get enough and you wish time would stand still? A lot of the times there are deep connections in this world that should not be ignored. Those moments where we are filled with joy are moments we have allowed ourselves to open up to flow. As I watch a little angel who is about 2 years old dance today, I thought; wow that is what flowing in the energy of pure **LOVE** looks like. While **LOVE** is always flowing, we don't always feel it surrounding us. It is important to know that moments where we feel sadness or pain are moments given as gift to practice **LOVE**. For me I know I grown from all my pain. It takes a lot of work to heal. It means you are stopping and looking in the mirror. Those in our lives who stand up in support of us to propel us into the **LOVE** they always carry for us, when sadly we have forgotten to show it to ourselves. They are a blessing that we regularly overlook. I say over and over-focus on your thoughts; it is the FOUNDATION for everything. It is the foundation, but it isn't everything, there is more to it. The roots are your spoken words written deeply in the earth. This is why knowing where your place of joy lives is critical. That is how we arm ourselves with the right tools for success and keep from being uprooted.

Positive thoughts are you flowing with the Spirit. So imagine what your positive words are doing! I'm a great example of a person living in a cage.

No matter how beautiful the cage is, it's still a CAGE, as multiple friends have reminded me. If you will imagine a Dynamic Lioness growling as she walks back in forth in her almost real life, is she in celebration of her gratefulness? There are three meals, a roof, companions, children, and consistency; what more could she want? Maybe it's not what she wants that should be the focus but more importantly what she needs; her freedom to prowl, run free, to find her voice and follow it. Does that mean if you are hungry for more, that you are not grateful? Not at all, It just means that you are filled with a desire to live in the flow. When the flow is blocked pressure builds. As pressure builds the outcome will be determined by how big the block is. If its small the pressure for change is also small, but if that pressure is big, change is coming and it is going to be big. There are a lot of reasons for your flow to be blocked. While it is important to identify the blockage, it is even more important not to get fixated on the blockage. Know the why only to know what you need to let go of and so you can heal so you can stop the cycle.

Just a word to the wise! As you move into your flow you will find your circle will change. People you believed would always be by your side will leave. You will also find people unexpectedly will show and step up. Be open to the unexpected. Don't be shaken by those who can't handle your transformation. Most likely you were compatible because they too were broken. Show them love, even if you need to put





space between you. The more I **LOVE** me the easier it is becoming to give it and not take their pain personal. The way I came to this was with my thoughts and my words. I was spending too much time complaining about and creating what I didn't want. Now I work hard to watch the words I speak. I still vent out frustrations, I just don't sit and hang out there. I also spend time finding good things about the situation so I am flowing. Some could say it's turning the cheek, I say it is being intentional with the fuel you are burning. If you become a champion of healthy self-chatter and spoken word, you better get ready. If I spend my time speaking and thinking about the behaviors of other, I lose that time I need to create what is good for me. It

comes back to speaking the blockage free. Speaking your desire with passion is much more productive.

Here are a few activities you can do to get started now.

Write down the things in your life that you spend time complaining about. Identify the things you have the power to change and set goals to change them. Then intentionally release the rest.

Create a mantra that you can repeat to help keep yourself rooted.

Ie. " I am grateful I know how to create the moment I want right now" or " I am surrounded with Love"



If someone upsets you, find 2 things positive about them and the situation.

Make a playlist of your happy music.

Come up with some things on your own.

Smile!

Maxwell is performing in Atlanta, Ga. I am with my girl and we are having a blast just hanging out. She gets wind of the concert and the wheels start to move. We jumped through hoop after hoop to get the tickets for this concert. We hit a road block when the person with the ticket didn't have the ticket we were promised. I saw the volcano about to erupt in my girl; it was trifling, as we were told there is good news & bad news. Bad there are no tickets for you. Good news is you can do something else. Now I know, in most situations a comment like that will leave you with some teeth on the floor. Yet, I am new and improved. I shared with my girl she was right with the good news, WE CAN DO SOMETHING ELSE! I told my girl worry not it will work out better than we could ever plan. That became our motto for the rest of the trip was "JUST DO SOMETHING ELSE!" With a little encouragement we let it go and decided what will be will be. Like I said what was, ended up better than anything we could have planned ourselves. We got the tickets for \$40 instead of \$115. Then because they blacked-out an area we moved much closer and center. Know you can get more **LOVE** with Loving thoughts and words. We then got an opportunity to go to the V.I.P. section to watch Maxwell even closer and in better seats

yet! We had a ball! Not just that night but the days leading up to the concert. We changed our thoughts and our conversation to the positive, which made a difference. We became open because we were willing to let go and flow. I will not pretend this is easy at first, try it for thirty days and see how your life will change and doors fly open. Sending you and yours **LOVE!**

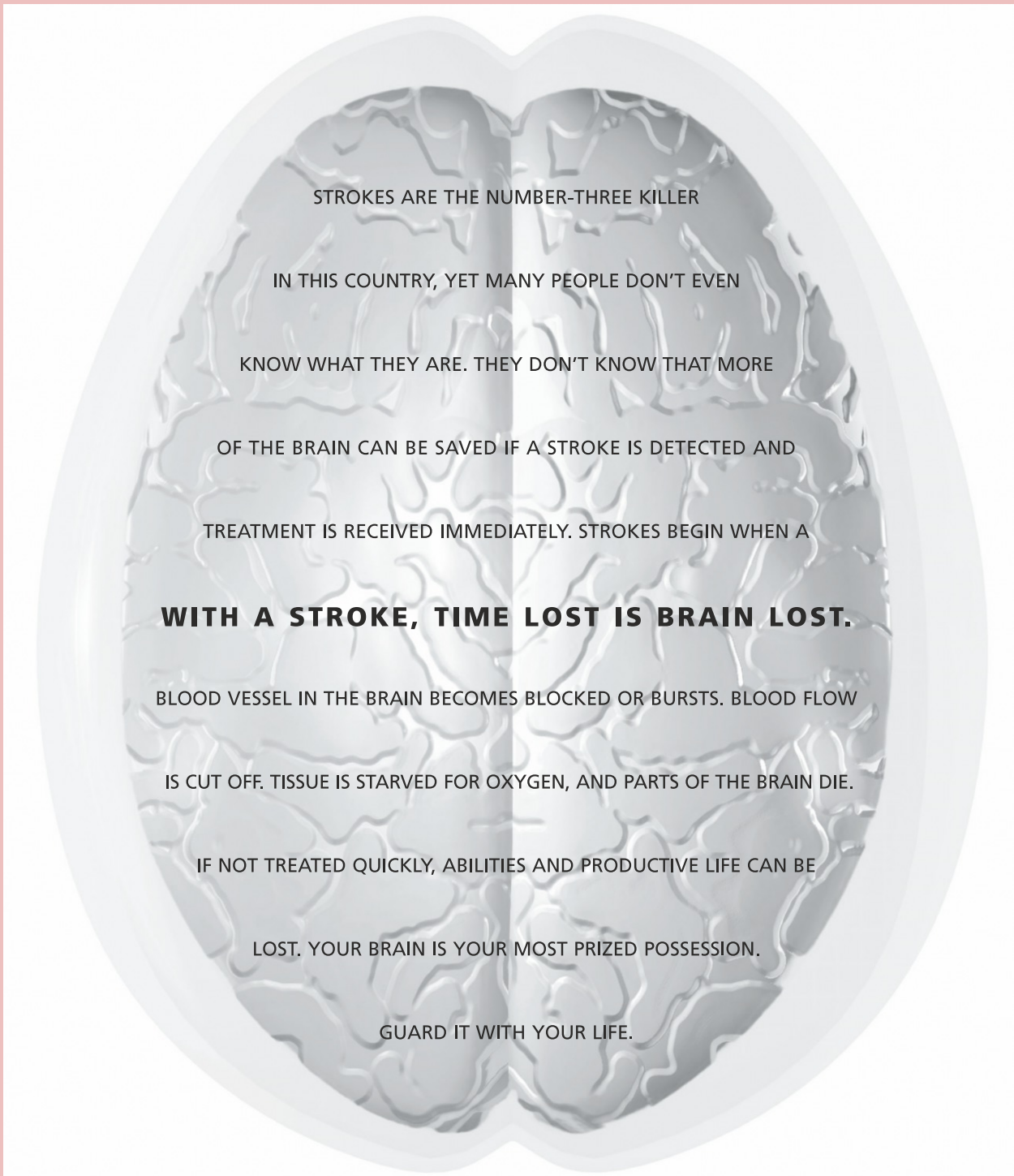


*Michelle LLC, Founder of The Divine Vision Center for Healing and Self Discovery & Certified Transformational Life Coach. (Specializing in Thought & Feeling Training with a new focus on Sexual Energy).*

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# A Green And Humane Society – Be Kind To Animals And Your Body

by Kyle Quandel



There has to be a conscious and deliberate effort to establish and promote an animal friendly and humane society as this ultimate goal complement other major variables that are critical to our own survival. It is directly linked to other key issues like environmental protection, poverty alleviation and food security.

A solid and sustainable future for our survival will always dovetail to green advocacies and promotion of animal welfare. This is the mantra adopted by most environment and animal protection groups. It sponsors and coalesces with key institutions and other advocacy groups in order to promote animal welfare and green-based livelihood and enterprises and help protect the fragile environment.

The prevailing conditions during these modern times necessitate the need for us to adopt practices that are beneficial to animals and harmless to the environment. Sustainable development must be the focus of modern society. We have to create an environment where economic, environmental and social issues are taken into account in our effort to promote animal welfare.

## Take Care of the Herd and Your Health

We need to take into account the tangible benefits that are obtaining when we adopt humane treatment of animals and advocate animal welfare. Thus, we must learn to observe the best practices which ensure positive results





that are linked to sustainable animal friendly enterprises and businesses.

By doing so, we are able to enjoy its health and economic benefits. Some sectors go to the extent of becoming a vegetarian to demonstrate their commitment to the protection of animal welfare. Of course, these individuals would readily attribute the low incidence of cardiac arrest and other diseases to their meatless diet. You need to fully understand the core value of such practice – you take care of the herd and the herd will take good care of you.

#### Why We Need to Promote Animal Welfare

Animal welfare is one of the important pillars of our green advocacy. Nearly a quarter of the world population relies heavily on animals for their economic survival. Suffice it to say, all sectors of the society must do their share in protecting the welfare of animals as they are

important in supporting the main livelihoods of people. You achieve stability and promote productivity if you focus at improving animal welfare and health.

Responsible animal care and management have significant impact on climate change, land use, pollution, biodiversity, habitat conservation and water conservation. Thus, our green advocacy must always be anchored on the best practices that support animal welfare and protection.

Good animal care and management minimize the risk of cardiac arrest and other lifestyle diseases. These include diseases triggered by pathogenic microorganisms that are transferred from animals to human. You maintain food supplies and prevent hunger and malnutrition if you have healthy animals.

Learn about the key parameters of modern day green advocacy that aim to establish a more humane society. Go beyond the issues like being a vegetarian, cardiac arrest and other health concerns and understand the major reasons why we have to promote animal welfare and be kinder to our planet.

*Kyle Quandel is a student of Buddhism and spirituality, as well as life long vegetarian. Read more articles and publications of Kyle Quandel at [www.kylequandel.com](http://www.kylequandel.com)*







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# 3 Steps To Clear Clutter In Your Life

Spring is finally here (woo-hoo!) and of course it's time for some Spring-cleaning. But did you know that it's important to clear the clutter in your life too? Good news is, we can do both at the same time! Let's go!

## 3 Steps to Clear Clutter in Your Life

I gained some pretty important knowledge while studying at the Health Coach Institute which I'd love to share with you today. And just like I did before I began my course, I will ask you to do the same. And, that is to de-clutter your life.

You and only you have the power to achieve success in your life. Seriously. Before we start, first you need to ask yourself: "Is there any clutter in this area that needs clearing so I can set the stage for moving forward?" or "Which of these need clearing so that I can create the conditions for success from the beginning?"

### 1. Your Environment:

- Clearing off your desk of paper piles, receipts, bills, anything that needs to be filed.
- Cleaning bookshelves, making sure books, photos and knick-knacks are neatly and attractively arranged.
- Unsubscribing from at least 5 electronic newsletters that you never read.
- Cleaning out your inbox of clutter and any messages older than two weeks.





## 2. Support:

- Spending time daily with people who think big and take consistent action.
- If people around you speak negatively, ask them not to in your presence.
- Seek out and make a new friend of someone who is in a higher income bracket so you're inspired to leap to your next level of success.
  - Think of someone who drives you nuts. Ask yourself, "What do I need right now to help ME feel happy, relaxed, fulfilled?"

## 3. Money:

Bring all money owed to you up-to-date.

- Use gift cards.
- Gather loose money.
- Enlighten your wallet.

Studies show that excess clutter, clutters the mind. Your external world is a reflection of your internal world.

We can start to create space for new in our lives now. We can reverse engineer that by clearing our external world and notice how that makes room to shift internally.

*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](http://www.Nafsika.ca)





# From Anxiety to Love

## Q and A with author Corinne Zupko

Author Corinne Zupko, a licensed counselor and Mindfulness-Based Stress Reduction teacher, undertook her study of psychology out of necessity when debilitating anxiety threatened to derail her life. Seeking ways to do more than temporarily alleviate her symptoms, Corinne began to study *A Course in Miracles* (ACIM), mindfulness meditation, and the latest therapeutic approaches for treating anxiety.

As Corinne healed her own mental anguish, she compiled the perception-shifting process she describes in ***From Anxiety to Love: A Radical New Approach for Letting Go of Fear and Finding Lasting Peace*** (New World Library, February 14, 2018). We hope you'll enjoy this Q and A with Corinne about the book.

# # #

**You say that even though your personal anxiety journey was one of the most terrifying experiences of your life, it has become your greatest teacher. How so?**

Anxiety is painful. There are times when I never thought I would feel normal again. I spent a lot of energy hating my anxiety and I wished it away as hard as I could. However, having this attitude changed nothing. If anything, the strain of hating my present state only created more anxiety. Instead, I became willing to

see the anxiety differently. Rather than expending a lot of energy wanting it to not be here, I shifted into accepting that it is here, and that rather than see it as my adversary, I could see it as my teacher. My anxiety showed me that my current thought system was largely based on fear. It empowered me to seek a new thought system, based on love, as taught by *A Course in Miracles*. Then it motivated me to deeply practice the *Course's* teachings. Ultimately, the pain of anxiety catapulted me into experiencing unshakable inner peace as it helped me remember our eternal nature and our True Self.

**Your perspective on healing from anxiety is chiefly inspired by *A Course in Miracles*. Please explain what *A Course in Miracles* is for those who might not know.**

*A Course in Miracles* is a metaphysical text that teaches a new thought system based on Love, rather than our usual thought system, which is based on fear. The *Course* is a spiritual pathway that seeks to help us fully awaken to our eternal reality and our complete innocence. It teaches us that we are eternal beings and are not limited to these bodies. It is also profoundly psychological. It works with our thoughts and helps us choose to listen to the thought system of





mind. It is an Inner Guide, we can learn to listen to for guidance.

**One of the sections of your book is called “Down the Ego Rabbit Hole.” How do you define ego?**

The ego is the voice of fear in our minds. It is the small self. It is a voice that tells us that we are alone, separate and vulnerable. It is the part of our mind that believes we are limited to a body and to a

world that often makes no sense.

Love instead of the thought system of fear. The book is divided into three parts: a text, a workbook (with 365 lessons, one for every day of the year), and a Manual for Teachers.

**How can someone who is new to this work begin to distinguish between the voice of the ego and the Voice of the Inner therapist?**

**What is the “Inner Therapist” and does everyone have one?**

Our “Inner Therapist” is the part of our mind that fully remembers Divine Love. It remembers this Love even though we think we’re separate from it. It is important to know that our Inner Therapist is not something separate from us. It is a part of our very own

It can be challenging to distinguish between these two voices at first. The voice of the ego is the voice of fear. It is full of judgment and it likes to tell you all of the things that are wrong with you. It tells you that you need to protect yourself from this crazy world we live in, and that attack is the only way to defend yourself. It can be harsh and loud. The Voice of the Inner



Therapist is completely different. It is wholly loving, and it only sees your inner light. It reminds you that you are made of peace, joy and love. It's a soft voice, so it can easily be drowned out by the ego voice. Note, however, that the ego and the Inner Therapist don't have to be experienced as a "voice." I often experience the "voice" of the Inner Therapist as thoughts, but more often, I experience it as a feeling – a resonant feeling in the core of my body.

### **Do you have any advice to offer anxiety sufferers when they are in the midst of a panic attack?**

I always recommend these three steps: 1. Remember that panic occurs in linear time and so it WILL come to an end. 2. Remind yourself that this is just intense anxiety and you are not going crazy. 3. If you're comfortable, lay down or sit back in a chair. Place one hand on your belly and the other hand on your chest. Chances are you are breathing from high up in your chest, so soften your abdominal muscles so your belly moves as you breathe. This automatically can change your physiology, and help bring about calmness.

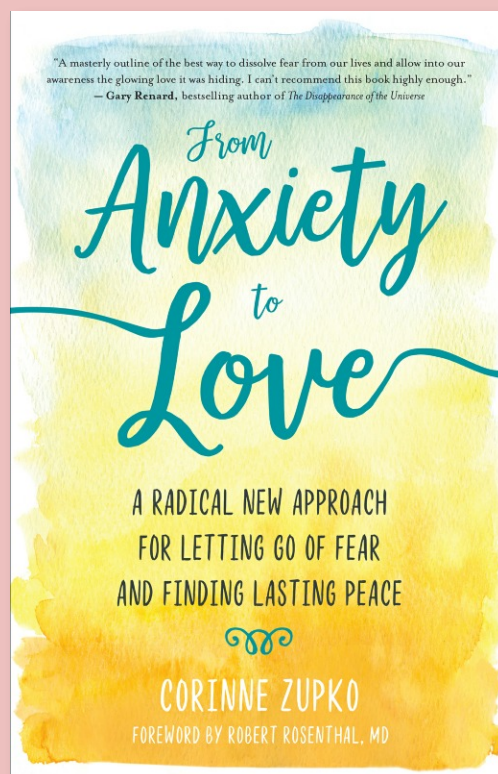
### **What do you most hope readers will take away from your book *From Anxiety to Love*?**

My hope is that this book will re-awaken and strengthen the hope, light and love in the reader's heart. I hope the reader will be motivated to work these healing principles and learn that our awareness can continue to expand

to know the boundless love that exists within all of us. An anxiety-free life is possible. We can awaken from the dream of fear, right now, and anxiety falls away as you begin to remember your True Self. Who you truly are cannot be hurt or sick, and cannot die. We do not walk alone because Love is always with us.

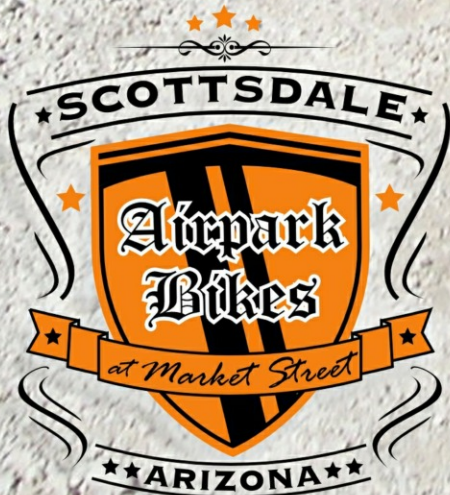
# # #

**Corinne Zupko, EdS, LPC**, is the author of *From Anxiety to Love*. As a licensed counselor and keynote speaker, she has helped thousands of individuals through her one-on-one counseling, weekly meditation classes for corporations, and the largest virtual conference of ACIM in the world, through the organization Miracle Share International, which she cofounded. She lives in New Jersey. Visit her online at [www.FromAnxietytoLove.com](http://www.FromAnxietytoLove.com).





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**I believe there is a LIGHT that shines within us all; No matter who we are or the choices we make. It's important to recognize how precious our LIGHT is. Take time to appreciate and nurture that what makes us SHINE. Show compassion and empathy for those whose light seems dim. Envision how BRIGHT the world will be when we foster the brilliance in ourselves and everyone we encounter.**

*Aundria Adams*

had only a few minutes left to share the Wisdom

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



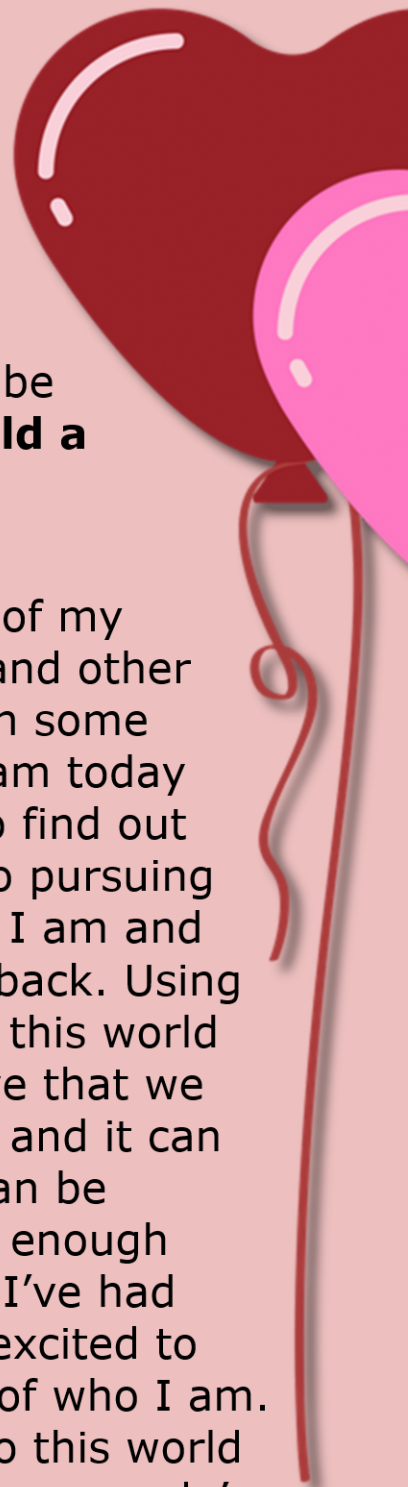


I'm Margaret and I would like to share my goodness message today with you.

At the top of my list of what I'd like to share is knowing that we are the architects of our experience. And that truly only we uniquely and individually can know what is in our best interest, and how it feels to be aligned with our purpose and **I think that we all hold a space for each other to better understand the opportunity we have being alive in this world.**

The information that had been conveyed to me most of my life...telling me what I should be or how I should be and other ways of informing my process, although very useful in some ways, really didn't get me any closer to being who I am today or being happy. Realizing that it's my responsibility to find out who I am and dedicate the time, energy, and effort to pursuing my own ability to thrive and my own knowing of who I am and sometimes looking at others to see what is reflected back. Using others unique perspectives to learn more about what this world looks like to them. I'm so many ways the collaborative that we can hold for one another is so unique and fascinating and it can be so useful. All of our interactions with each other can be endlessly and limitlessly useful. I've spent more than enough time living in a world where much of the interactions I've had have left me more confused and disoriented. So I'm excited to hopefully contribute from that place, the uniqueness of who I am. And in doing so I hope to bring more of who I am into this world and know that it matters and not get caught up in other people's perception of what that should be. And in doing so notice for other people the truth of who they are and how they are and witness from a place of honoring and respect because it's a bold statement to be alive at this time in any way that we are and we are all working so hard to do the best that we can. And I'm really grateful to be here.

*Margaret Shaw*





We are the  
**ARCHITECTS**  
of our  
experience.



**My goodness message  
is that you can find  
**BEAUTY** in almost  
anything...all you have  
to do is just look for  
it.**

*Jon Stites*













# Always be Goofy and **CHEER** yourself up.

*Aquamarine Aura*





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*Natasha Haugen*





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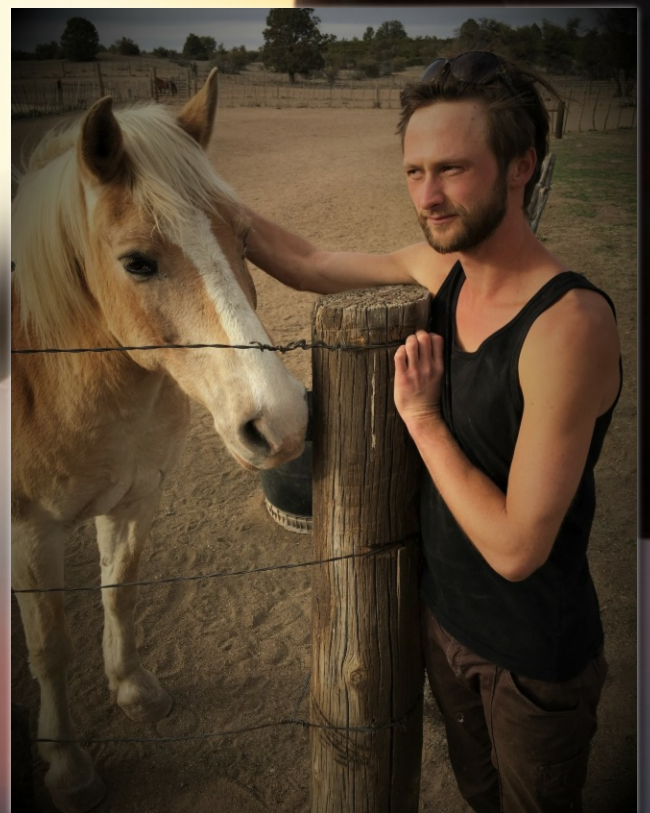


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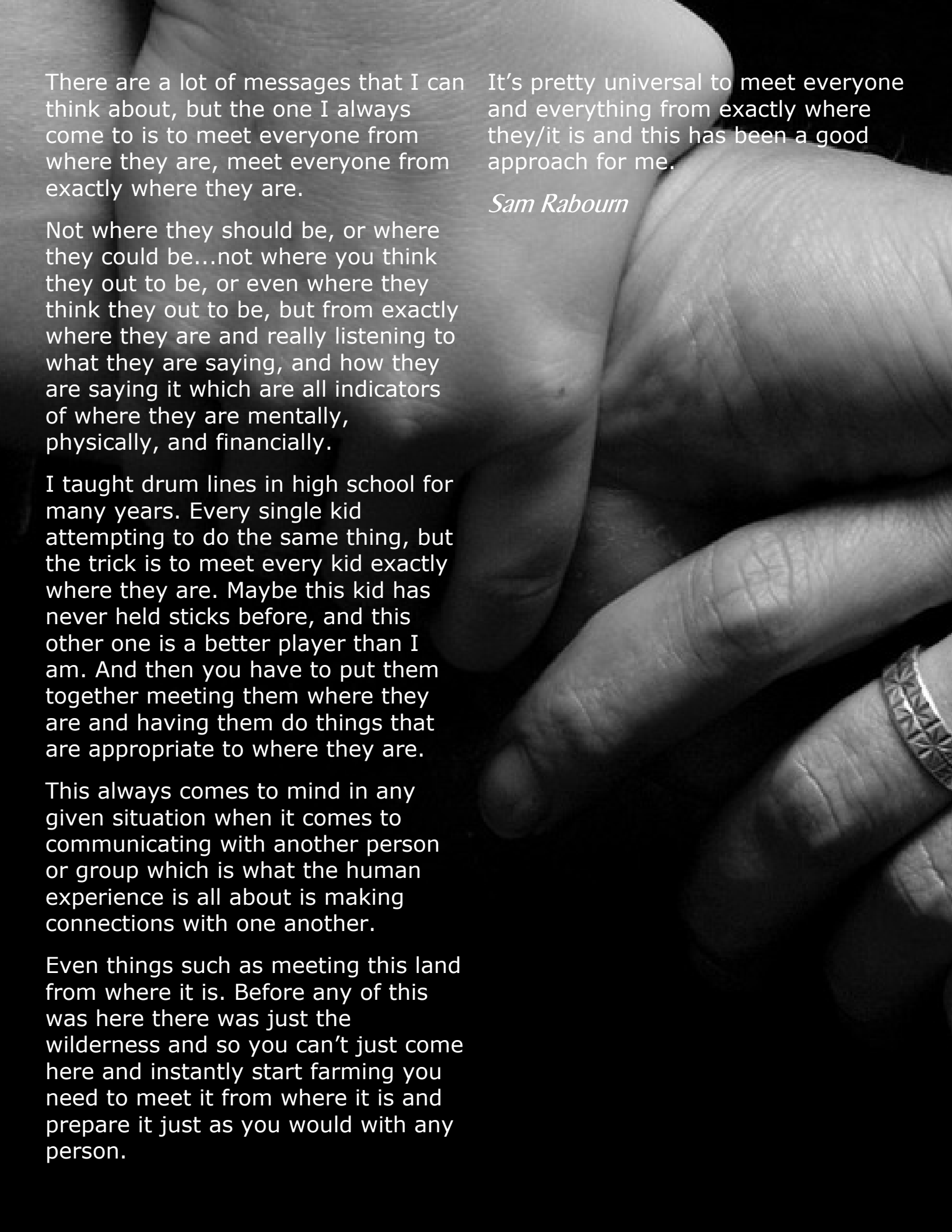


**My message is in all of our  
doings and productivity we  
need to just remember to **BE**  
and to know that we are **LOVE.****

*Zachary Tyler*







There are a lot of messages that I can think about, but the one I always come to is to meet everyone from where they are, meet everyone from exactly where they are.

Not where they should be, or where they could be...not where you think they out to be, or even where they think they out to be, but from exactly where they are and really listening to what they are saying, and how they are saying it which are all indicators of where they are mentally, physically, and financially.

I taught drum lines in high school for many years. Every single kid attempting to do the same thing, but the trick is to meet every kid exactly where they are. Maybe this kid has never held sticks before, and this other one is a better player than I am. And then you have to put them together meeting them where they are and having them do things that are appropriate to where they are.

This always comes to mind in any given situation when it comes to communicating with another person or group which is what the human experience is all about is making connections with one another.

Even things such as meeting this land from where it is. Before any of this was here there was just the wilderness and so you can't just come here and instantly start farming you need to meet it from where it is and prepare it just as you would with any person.

It's pretty universal to meet everyone and everything from exactly where they/it is and this has been a good approach for me.

*Sam Rabourn*



# Meet Everyone From Where They Are





**Just breathe, start with the breath,  
**CREATE SPACE**, and the rest will  
follow.**

*Andrew Goodvibes*









**I'd like to share my message  
for you to share all that you  
can with others, all that you  
know is true, and know that  
everything is going to be  
ok because the Universe  
has got your back, and  
all is **INFINITE.****

*Molly Rosen*





# LISTEN

**Listen to what others have to say and listen to what you understand and don't about what they say and ask questions.**

**See if they gave you enough information that you can then use those as initial conditions to project forward and check asking more questions. When people share, ask, and listen we will be able to share information being propagated forward better.**

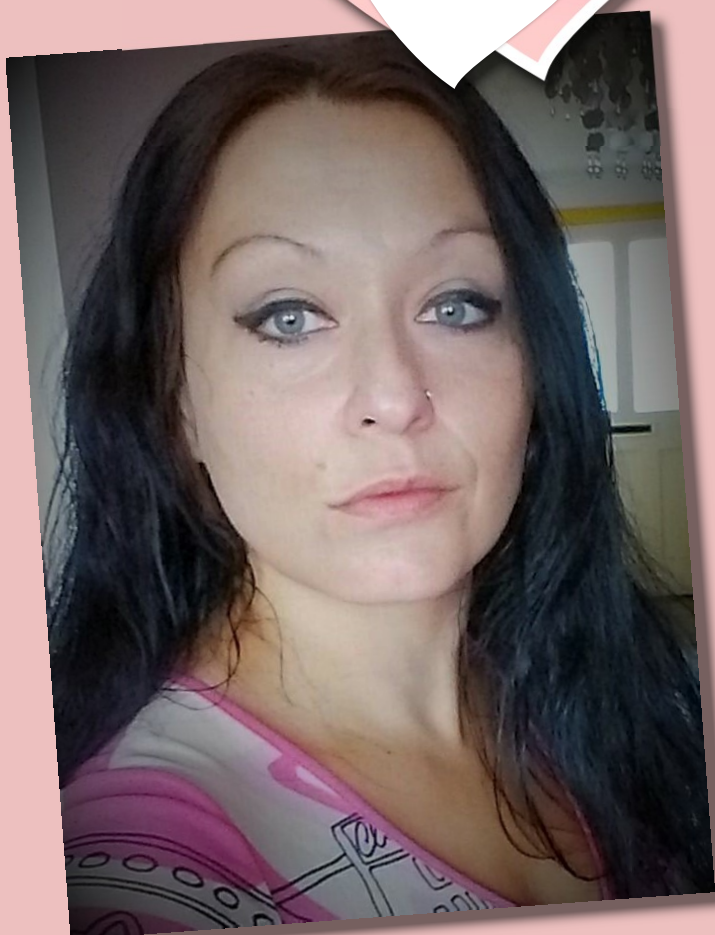
*Stephen Shaffer*





**Speak from your  
HEART and your  
mind will follow.**

Nik Hope



**See GOODNESS in  
people and share LOVE.  
Everyone has a capacity  
to change.**

*Dorota Drosio*







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# Rising Sun Lyrics

by Soma Sophia

MUSIC

Its been a long dark night, but I know it's about to end...The Sun is rising up over the mountains.

Its been a long dark night, but I know it's about to end...The Sun is rising up over the mountains.

I sing to the rocks, I sing to the sun, I sing to trees, I sing for everyone...Oh, now, purify my water, the rivers on my soul...please resist those plastic bottles I will not be sold.

I planted all my seeds they're trembling in the ground. They feel my bare feet pounding, shaking, dancing all around. They're ready to open their eyes and climb up through some dark soil. They're ready to meet the light as the dawn is in my sight.

Its been a long dark night, but I know it's about to end...The Sun is rising up over the mountains.

Its been a long dark night, but I know it's about to end...The Sun is rising up over the mountains.

Listen to the water, and listen to your neighbors, listen to your body, and listen to the children, listen to your garden, and listen to the prisons, listen to the elders, and listen to the margins, listen to the houseless, and listen to the artists, listen to the history, ya listen to your community, ya ah.

Its been a large dark night, but I know it's about to end...The Sun is rising up over the mountains.

Its been a long dark night, but I know it's about to end...The Sun is rising up over the mountains.

Its been a long dark night, but I know it's about to end...The Sun is rising up over the mountains.

The Sun is rising up over the mountains.

The Sun is rising up over the mountains.





# THE LAST PIG



THE LAST PIG is a lyrical meditation on what it means to be a sentient creature with the power to kill. Deeply immersive, the film is a contemplation on life, death and personal ethics as it follows a pig farmer grappling with his conscience. Through sparse, intimate musings, the farmer reveals the growing conflict of a life spent “peddling in death” - one he can no longer live with. The pace of the film is unhurried, allowing the viewer to experience and absorb life on the farm, the herds of pigs – so clearly intelligent and trusting, the steel and concrete slaughterhouse, and the ghosts.

With bittersweet detail, against the stunning backdrop of upstate New York, THE LAST PIG is a documentary

that offers an entirely new view of small-scale livestock farming, and raises crucial questions about the ethics of eating.

## The Filmmakers

**Allison Argo** is a six-time Emmy-winning filmmaker and noted animal advocate. Her films, all broadcast by PBS and National Geographic, have won over 80 awards internationally and have reached audiences worldwide, inspiring change. For over 20 years, Argo has worked on the frontline, fighting for the just treatment of non-human beings. She is known for her emotionally-charged





Click here for Goodness Messages shared from The Last Pig Screening.



and deeply personal films—particularly her intimate portraits of endangered and abused animals. From exploited apes to displaced elephants, Argo has worked tirelessly on behalf of animal welfare. Her goal in making THE LAST PIG is to inspire compassion for all living beings and repair the disconnect between humans and what we consume.

Producer and Director of Photography, **Joseph Brunette**, is an award-winning cinematographer whose work has appeared on National Geographic, CNN, PBS, NOVA, Nature, Discovery and History. His work has taken him around the world, enabling him to combine his passions for beauty and justice.

Brunette has an ability to capture the essence of even the most poignant moments, and his sensitive work behind the camera enables a level of intimacy and honesty that reveals the vulnerable heart of any story. THE LAST PIG holds special meaning for Brunette, who has long been an advocate for animal welfare and the environment.





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