

GOODNESS

June 2018

BLISS PLANET

People, Animals, & Earth



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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.

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!

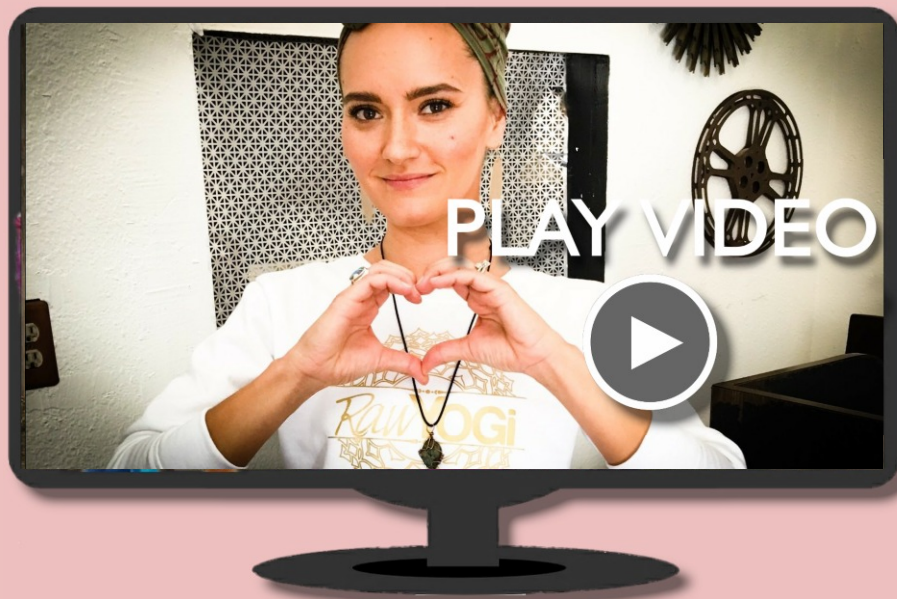
Your ally in
GOODNESS,

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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Think GOOD Thoughts

Speak GOOD Words

Do GOOD Deeds

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



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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!

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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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3 Reasons to Take Your Shoes Off and Begin Earthing Today

by Michele Wong

Have you ever felt calm and relaxed after walking barefoot through a damp patch of grass or along the shoreline at a beach? What you experienced has come to be known as earthing or grounding.

Rubber-soled shoes, floors in buildings and homes, and elevated mattresses all interrupt the flow of healing electrons from the earth. This results in inflammation, which is the foundation of disease.

The earth is like a battery that is always radiating energy. It maintains its charge from solar radiation, lightning, and heat that radiates from its core. Free electrons circulate from the earth's surface. These electrons are some of the most powerful antioxidants ever discovered.

Antioxidants are important because they neutralize free radicals. Free radicals are uncharged molecules that have an unpaired electron. They contribute to disease by damaging healthy tissue.

Your body continually produces free radicals as you breathe and eat. You can help reduce the amount of free radicals your body produces by eating healthy whole antioxidant-rich foods, reducing the amount of environmental toxins you come into contact with, and walking without

shoes in the grass, sand, or on concrete.

As you walk barefoot, the free electrons from the earth enter into



your body through your feet. They are drawn to positively charged free radicals, neutralizing them so that they can't cause any more damage.

Earthing's effects have been tested in a controlled environment using pads like the kind that are used for EKGs. There is a measurable amount of relaxation as the body adjusts from the sympathetic nervous system, which activates the fight or flight response, to the parasympathetic nervous system, which slows the heart rate and relaxes



the body.

1. Earthing Reduces Inflammation From injury or Illness

When you incur any kind of injury from a minor bump to a gaping wound, your body sends white blood cells to repair the damage. They release an oxidative burst that creates reactive oxygen species (ROS), free radicals that damage healthy tissue surrounding the injury.

This is the inflammatory response.

Neutralizing electrons from earthing and healthy foods reduce this inflammation, which boosts healing time while minimizing damage.

The advantage to earthing over consuming antioxidants is that healing begins instantly when you step your bare feet onto the ground. Ingested antioxidants must go through the digestive system before they can go to work on free radicals.

Inflammation is the root of disease. For example, over 30,000 studies connect the state of inflammation with cancer. Those who suffer with chronic pain do so because of the damaging effects of inflammation.

2. Earthing Helps Improve Sleep Issues

Earthing balances the stress hormone cortisol, which benefits those who struggle with sleep problems. Cortisol levels become elevated when you experience stress, making a good night's sleep impossible.

Chronic pain also contributes to sleep issues. Earthing helps alleviate pain by cooling inflammation, which allows for

How to Incorporate Earthing Into Your Day?

Walking out in the morning dew is one of the most beneficial ways to incorporate earthing into your daily schedule. Water helps conduct the transfer of free electrons into your body, getting more to the areas where they are needed most. If you live by the ocean, stand or walk with your feet in the water for maximum effect.

Sea water and moist grass are the best conductors of the earth's free electrons. Sealed or painted concrete and asphalt don't conduct them at all.

Hydration are important. The more moisture in your cells, the better the conductivity of electrons will be throughout your body. Sufficient moisture should surround proteins for efficient conduction.

Even though research continues to prove the benefits of earthing, it is difficult for many to accept. Walking in your bare feet seems too basic and inexpensive to be effective. Earthing is easy, free of charge, and harmless (as long as you watch where you're stepping), so try it out for yourself: take your shoes off and get outside.

Michele Wong is an associated editor to the website aflondon.com. It is committed to provide visitors with complete information on day dresses, Jackets, shoes and accessories online by latest news, articles on women fashion related topics.



a peaceful rest. Thermographic images of people who suffer with chronic inflammation show that earthing can lessen pain in as little as 20 minutes.

3. Earthing Relieves Muscle Soreness and Fatigue

Some professional athletes, like those who participate in the Tour de France, use earthing to recover from injury and fatigue. Earthing relieves delayed onset muscle soreness, which is the pain you experience after lifting heavy objects or working out too hard. This effect has been measured through blood tests and personal accounts.



love has no race



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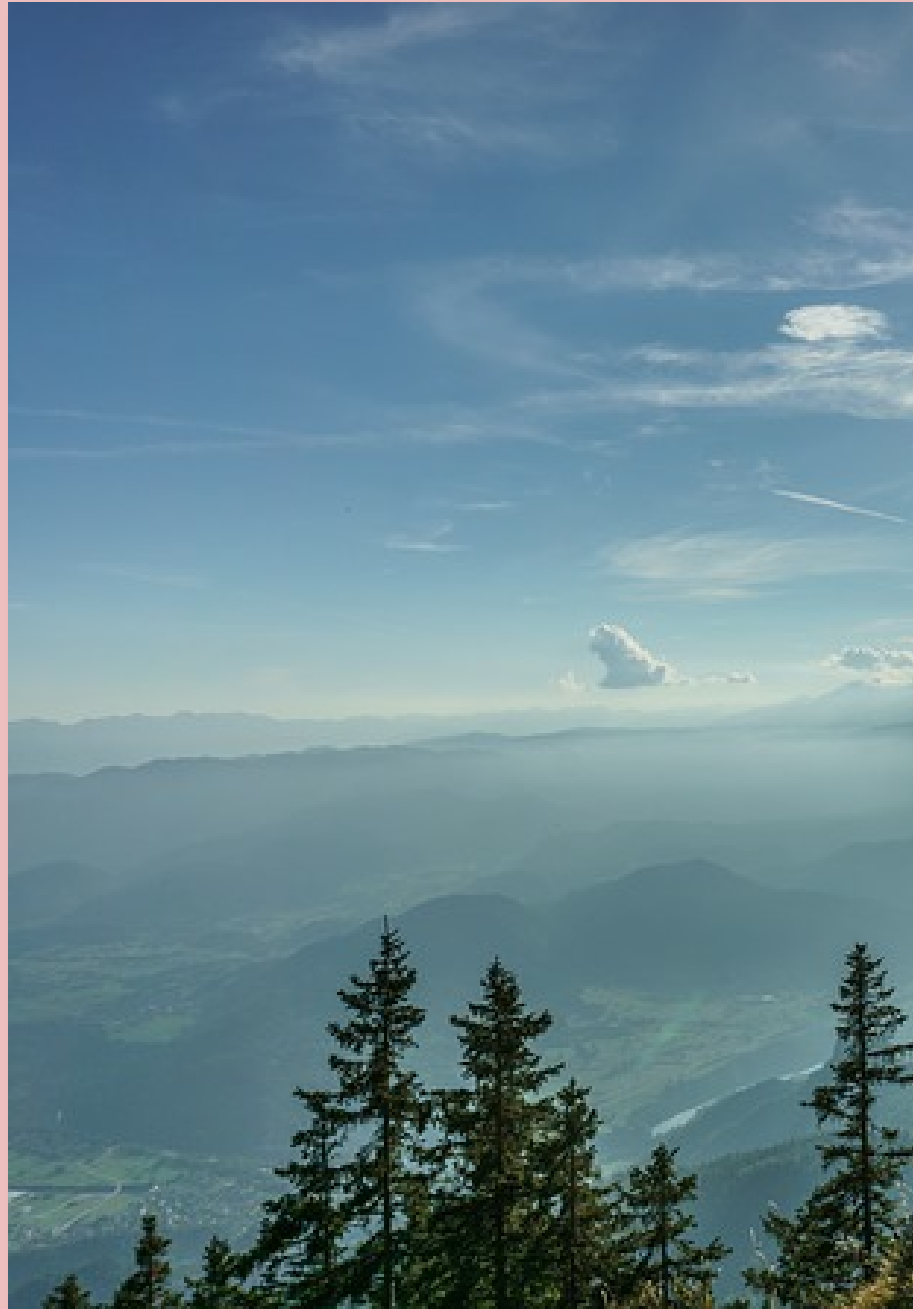
Is Blood thicker than Water? LOVE covers them both!

by Michelle LongC

When one thinks about family, we would like to think of love, support, and it's where our strong foundation starts.

Recently over the summer I spent time with family. One group was rooted deep in strong soil that makes a strong foundation. I'm always amazed; the moment I'm in their presences I feel peace. I know there are those that have feelings of disconnection within the family and they have family secrets, we all do. I know they are not perfect, but the foundation that was built was one of love & support. On the other hand, the other group always leaves me wondering why I bother to plug-in. I use to feel that being me was defiantly not good enough. While their intentions may be good there was never that knowing that they will support me in whatever I do. It was best to keep my dreams to myself. In all families there is a legacy passed down, it is a family blessing or a curse. This got me thinking about who we are, how we act and how our family is a huge part of this. The idea that blood is thicker than water is relative to the family you have been born into. In *The Four Agreements*, by Don Miguel Ruiz, He talks about how we come in to this life with our beliefs already in tacked. We did not choose our name, our

gender, and our family belief system. Families are all different because they are based on the belief system of the



top members. These beliefs are then based off their individual experiences & foundation they grew from. It may

seem like a no-brainer that leaving your infant unattended outside of a store while you eat or shop would be unacceptable. But if you are from Iceland this is common practice to ensure your baby gets fresh air. Were you ready to judge? This difference in belief could burn a bridge for you

to very different childhood experiences we see things differently at times. The great thing is because we both have dealt with the fact that our beliefs may be incomplete we are still able to hear & learn from each other. It made me realize that as we get older we can choose our family, from those who love us and will always support us with honesty.



Where am I going with this? Everyday we make decisions that stem from our beliefs. We judge people and ourselves from this same place. We live our lives in fear or love from this same place. Do you know without a shadow of a doubt you can do anything you put your mind to? Are you riddled with worry, fear, and self hate? Where did this start and when or how does it end? I know that when we come from a place where we are encouraged to soar, we do! But if those around us are caged how can they teach us to live free. I have struggled with self-image and believing I have what it takes to succeed for years. The problem with this is if I don't feel I am worthy, will I fight for the best in my life. When an opportunity knocks why would I answer if I don't see me? This is why I have over and over again sabotage my

instead of building one. I was having a discussion with a trusted & well-respected friend, because we had had

success. It is mental bondage and many of us are bound by unhealthy beliefs and don't even know it. When

we wake up in the morning we have already planned our day, just like when we see people we already have the label ready to go. We are always going to have lessons to learn and areas to grow, but we decide how we are going to look at the world around us. Definition: rose-colored glasses if someone thinks about or looks at something with rose-colored glasses, they think it is more pleasant than it really is. I think this idiom needs to stop having a negative connotation. We should redefine it as someone who chooses to find the blessing even in adversity and pain. Learning how to identify unhealthy thoughts & deeply rooted beliefs is key part of your success in Healing & Self Discovery. Looking at why and what you believe starts the process. Understanding it doesn't start with just you and your parents is also great because you can free yourself of the blame game. This just is! There is no wrong! There is no right! When we understand this we are now free to open, examine, clean out, heal and discover new opportunities. My trusted friend reminded me of the cloudy areas that we get caught up in when we are bound to our unhealthy thoughts and belief system. I hope you take the time to free yourself from the cage if you haven't already. I am continuously overwhelmed by the blessings that are flowing into my life as I walk this path. It is a path large enough for many, so I look forward to walking it with you. 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 to Become an Animal Advocate in Five Easy Steps

by Shelley Frost



Becoming an animal advocate is a choice many people make when they see abuse or hear about animals in need. Watching television shows on Animal Planet, or finding animal news websites, can inspire people to become active in fighting for their welfare. And for people who have rescued animals or adopted from shelters, making the decision to volunteer to help animals is made easier once they become familiar with their local humane society or SPCA.

Once you have decided you wish to devote time to help animals, here are five easy steps you can take today that will save lives.

1. Change what you eat. It is a fact that 10 billion farmed animals die each year to become meat products for the American public. On average, each American eats 31 animals per year. By giving up meat and becoming a vegetarian, you are in essence saving 31 lives each year.

2. Avoid products and drugs tested on animals. More than 25 million animals are used in laboratory testing in the United States each year. Despite this, dozens of drugs tested on animals and approved by the FDA are taken off the market after they show harm to humans. Buy products labeled "not tested on animals" or from companies who refuse to do such testing such as The Body Shop and Kiss My Face.

3. Adopt shelter dogs and cats rather than buying purebreds from breeders. Over 4 million healthy dogs and cats are killed in shelters each year simply because there are not enough homes for them. Yet 25% of dogs in shelters are purebreds. When you adopt a dog or cat from a shelter you are saving their life.

4. Boycott circuses and aquarium shows. Every US circus company featuring animals has been cited for violating care standards under the USDA's Animal Welfare Act law. Whether they are performing or traveling to a new venue, elephants, lions, and other exotics used in circuses endure extreme suffering from abusive training techniques and confinement in trailers and railroad cars. Visit circuses such as Cirque du Soleil where the performers entertain audiences through amazing feats of human abilities.

5. Refuse to buy products made from fur or skin. In 2006, the annual Canadian seal hunt killed 350,000 baby seals which were used to make seal skin products. In the US, 30 million mink, foxes and chinchilla's are killed



by electrocution and other inhumane methods to produce fur coats for humans. Purchase leather and fur-free clothing and footwear from cruelty free websites such as Alternative Outfitters and The Vegan Store.

By making changes such as eliminating meat and animal products from your diet and wardrobe, not attending circuses or aquariums, avoiding products tested on animals and by adopting homeless dogs and cats instead of buying purebreds, you can become an activist for animals without ever visiting a protest demonstration.

Shelley Frost is an author and animal advocate who writes for AnimalBeat.org and articles about dogs for the San Francisco Examiner.com. She is the co-author of YOUR ADOPTED DOG. To learn more about how you can help animals or to get the latest news on animal issues, visit www.animalbeat.org





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Plant-Based

by *Nafsika*

Ask and You Shall Receive



JUST THINK
HAPPY THOUGHTS
AND
YOU'LL FLY

Peter Pan

Without realizing, I've been visualizing achieving my dreams and until now, had considered it merely "dreaming." But what if this casual state of consciousness has actually been bringing me closer to my life goals...and I had no idea?

A good friend of mine recently suggested that I watch, *The Secret* (available on Netflix) and it really got me thinking. Could I have been unknowingly willing certain results and achievements in my life completely on my own? According to author Rhonda Byrne and some of the great ancient philosophers mentioned in her book and film, the answer is YES.

If you visualize what you want, and believe in it, it could very well become your reality.

While I had the visualizations down packed, I didn't always know that I was allowed to ask for what I wanted. Before you receive you must believe.



#1 Ask

#2 Believe

#3 Receive

A very big takeaway from *The Secret*, is that you shouldn't think about what you don't want; because you will only get more of what you don't want. So stay positive, have gratitude, visualize, and believe it's your reality.

And, as we learned from Peter Pan, always remember to "think happy thoughts." :)

*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



A Talk with Mary DeMocker, author of *The Parents' Guide to Climate Revolution: 100 Ways to Build a Fossil-Free Future, Raise Empowered Kids, and Still Get a Good Night's Sleep*

Mary DeMocker uses the arts to fight for a livable planet, and is cofounder of 350.org's Eugene, Oregon chapter. She lives with her family in Eugene, and speaks frequently about creative ways to make the world more healthy, just, and fun. Her website is www.marydemocker.com.

What is "climate revolution"?

It's the global transition to a clean energy, low-carbon future. It's anything that says "yes" to life, yes to smart climate policy, yes to a thriving planet for children. It's already underway everywhere, and we parents can help it along in ways that work for our own families.

Is your book about helping families shrink their carbon footprints? No, actually, because we cannot save our kids' futures by just recycling and using cloth bags and turning down our thermostats. In fact, all of that focus on individual efforts has become a huge distraction when you weigh those efforts against today's North American fossil fuel frenzy. Trying to live lightly on Earth is good for us and models healthy habits for our kids, but it's much more important, at this critical moment in our climate crisis, to shrink industry's footprint. That means changing our system, not just changing our lightbulbs. It means saying *no* to short-sighted, earth-killing policies. *No* to all new coal, oil, or gas projects, *no* to subsidies for polluters, *no* to misleading climate



science in schools, *no* to fracking that uses up water just when we're running out of it, and much more. Those things aren't just foolish. They threaten our children's health now and, in the long run, will threaten their very survival. **That's a lot of saying "no."**

True, but every "no" is tucked inside a larger "yes": Yes to clean and abundant energy from the wind and sun. Yes to energy innovation, to careful management of refrigerants, to green jobs, to bullet trains and electric busses, to women's literacy programs, no-till farming, to community compost

systems, to good science to help us organize around this crisis—and a huge yes to regenerating our soils and forests that then pull carbon from the atmosphere. Much of the world is in an exciting phase of energy innovation, and North Americans should be leading that global transition, not scaling up last century's dirty energy infrastructure.

How did you get involved in the fight for climate justice?

I was one of nine children, with five older siblings, so I started my life fighting for fairness. My mother tells me my first words were “no!” and “Shut up!” As a teen, I became interested in justice in the world at large, and have been working for it ever since. When I had children, I worked harder at it, and tried to live simply and responsibly. In 2007, I understood that the climate crisis wasn't going to be solved by families like mine living green, and that's when I began working for system change.

Why bring that message about system change specifically to parents?

Every parent I know would do anything to keep their child safe. We're great at teaching kids to cross the street safely, or to alert an adult if they're being



bullied, or not to text while driving. But we also want to protect our kids in the long run, and that means protecting their habitat. Children are the ones most impacted by our generation's trashing of the climate, and it's up to adults—the people in power right now—to reverse course as swiftly and boldly as we can.

How can parents nudge things toward “YES”?

We can just support the countless people already working on solutions. Maybe we publicly thank a climate scientist for their good research, or a teacher who brings it to the classroom. Or we support the children suing the government for violating their rights to a livable planet. Maybe we help people trying to pass carbon pricing laws in our states or give our business to folks at our local credit unions instead of to the mega-banks that fund oil pipelines.

Maybe we publicly support school administrators starting zero-waste lunch programs, which help the climate and improve children's health with fresh, local food. Maybe we donate money or time to local candidates truly committed to protecting our soil, water and air. We don't need to do it alone and we don't have to become eco-super-heroes.

Can you describe your book?

Gladly! . It has 100 chapters divided into eight sections, such as "Save Time and Money," "Care For Your Soul," and "Raise Empowered Kids." You can read it start to finish, or crack it open and see what title appeals to you. Each chapter has a short story—I choose the funniest or most moving moments from my 21 years of parenting—and ends with two to ten ideas for busy parents with varying levels of time and money to try.

What are some of your favorite chapters?

"Bury Your Neighbor's Dead Chicken" is one. It's about what happened when one of the chickens in our neighborhood co-op died at an extremely inconvenient moment. I also like "Divest. Get Everyone to." because it celebrates the successes of the fossil fuel divestment movement, and gives us ways to join a campaign that's really shifting the world's economic power out from under dirty energy.

Another chapter I love, but that makes me cry every time I read it, is "Howl When Necessary." It's about our friends who lost a child and are teaching me so much about grief. Grief and loss are huge parts of the climate crisis. If we don't find ways to integrate them, we can lose our capacity to fight for what we love.



Aren't parents too busy to take on climate change?

We are so busy, aren't we? That's why we need easy, affordable, fun ideas that fit into busy family lives. Many of the ideas take only a minute or two and cost very little or nothing. I want to emphasize that this book isn't about doing *more*. It's about doing some things a little differently.

For example, if we're already donating to environmental groups, we can give to a group truly working for a fossil-free



future, instead of one with polluters on the board shaping the organization's mission. Every family needs to eat, so we can choose more plant-based foods to reduce our meat consumption. If we're chatting with other parents on the sidelines, we can mention how cool it is that wind power is now cheaper than *any* fossil fuel. Few adults actually know this, or that China is enjoying a stunning solar boom—and even built a solar farm in the shape of a giant panda. That kind of information-sharing helps people understand that the large-scale shift to

clean and renewable energy is already happening, and it can be high-tech and affordable and, at the same time, be playful and life-affirming.

Parents are well-positioned for these kinds of positive climate conversations, because we're part of a network—through our kids' schools, after-school programs, neighborhoods, faith communities, and extended families—of adults who really care about our children's well-being.

What would you advise a super-busy parent who wanted your three easiest suggestions?

The most important thing is actually to get clear on three things: First, our children's survival is at stake in the climate crisis, but we have solutions. Because our government is captive to the oil industry, it's obstructing every solution. Parents stand at an unprecedented crossroads: Do we let the fossil fuel industry go down, or our own kids? It's one or the other. Countless people are working to make sure it's not our kids. So first is to see our predicament clearly.

Secondly, we need to get clear that climate scientists insist we can bring down the carbon count of the atmosphere to the safe upper limit of 350 parts per million within this century *if* we drastically cut emissions now and sequester carbon in the soil and plant trees everywhere. But we have to do it now. Every parent should know that "prescription" for the planet that's been put forth by the top climate scientists in the world, because it's a road map out of this emergency.

Finally, cutting emissions means we must fight every fossil fuel proposal or

expansion in our local communities. New projects are proposed all over North America, and they all face ferocious fights from citizens. If parents do nothing else, they can learn about the fossil fuel fight in their own regions, and take one small action to put their shoulder to that good fight, even if it's just to send \$25 to grassroots groups fighting a pipeline or export terminal or fracking project.

You mention “co-benefits” of climate action for families. What are some examples?

What's good for our planet is also good for human beings—especially the smallest and most vulnerable ones. Blocking a new fracking operation helps the climate, but it also protects our kids' drinking water from hundreds of chemicals that fracking injects into groundwater. Cultivating awe in nature makes children more likely to protect it, but it also makes them happier people. Reducing materialism is good for the planet and family budgets and closet-space, but it's also good for our souls. Planting trees captures carbon, but it also gets kids out in fresh air and off of screens.

Any kind of active engagement in solutions—from decorating bikes with earth-friendly signs to marching against a pipeline or for climate literacy—connects us to one another. Doing it with children empowers them and it energizes the conversation. It also makes it a lot more fun.

How does waging climate revolution empower kids?

Kids—especially older ones—know their planet's in trouble. When they're offered age-appropriate ways to help, they tend



to feel empowered. Over and over again, I've seen that engaging in solutions is exciting and a relief to finally *do* something. Many youth are now choosing to speak publicly for the first time in school assemblies, letters to the editor, or to elected officials. That can be a great learning experience, and it can also be a thrill.

You write that families inhabit more “climates” than just our atmosphere. Can you elaborate?

We each inhabit multiple climates, such as the climate of our individual body and its health—which is especially important if we're pregnant—and the climates of our homes, relationships, schools, neighborhoods, workplaces, and national politics and culture.

We have a right to feel safe within each of these climates—a right to harassment-free workplaces, good health care, safe shelter, schooldays



without bullying or shootings, and freedom from racism and oppression in our communities. We also have a right to healthy air, soil, and water. And all present and future generations—those least responsible for climate destruction—have a right to a livable planet.

All of these climates are

deeply interconnected. They're also badly threatened, so much so that, in 2015, Pope Francis wrote a letter calling on every person on Earth to help end income inequality, war, and the degradation of the Earth. Families are on the front lines of every one of those climate crises, which means that parents find ourselves at an unprecedented crossroads: Do we let the planet go down on our watch? Or do we set boundaries with ruthless industries, just as we do with bullies on the playground?

Are you getting more sleep yourself?

I used to lie awake often at night a decade ago, fretting over my kids' future. Even though my husband and I were valiantly leading our little foursome in biking and eating organic and vegetarian food and buying every "green" product we could afford, the global temperatures kept rising year after year. I knew something big had to

change, and it took me a long time to figure out my role in it.

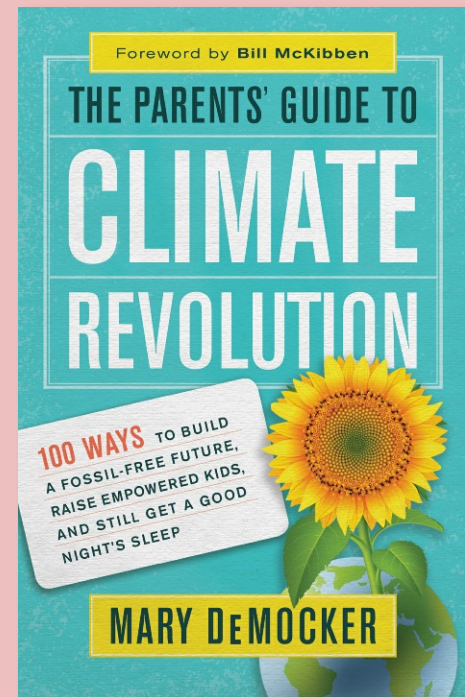
Once I started engaging in solutions that seemed most likely to do what scientists said we had to do—specifically, slash emissions drastically and sequester carbon—I got to know a lot of other parents willing to do whatever it will take to keep our kids safe. So yes, I do actually sleep better. I don't feel alone anymore, and that's been huge.

What do you most hope readers will take away from your book? I hope they're entertained. I hope they feel more alive, empowered, and connected. If they walk away with even a handful of practical ideas for taking action, that's a fantastic start.

Special Thanks to [New World Library](#)

About Mary DeMocker:

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



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

**My Goodness Message for
today is Don't be afraid to say
Goodbye to Past ways, Habits
and People in your life because
you might never be able to
DISCOVER different aspects
of yourself without letting go.
And it might be difficult and
your entire world might
change, but you will discover
more about yourself and
CREATE unlimited
possibilities.**

Brittany Blazek

had only a few minutes left to share the Wisdom

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

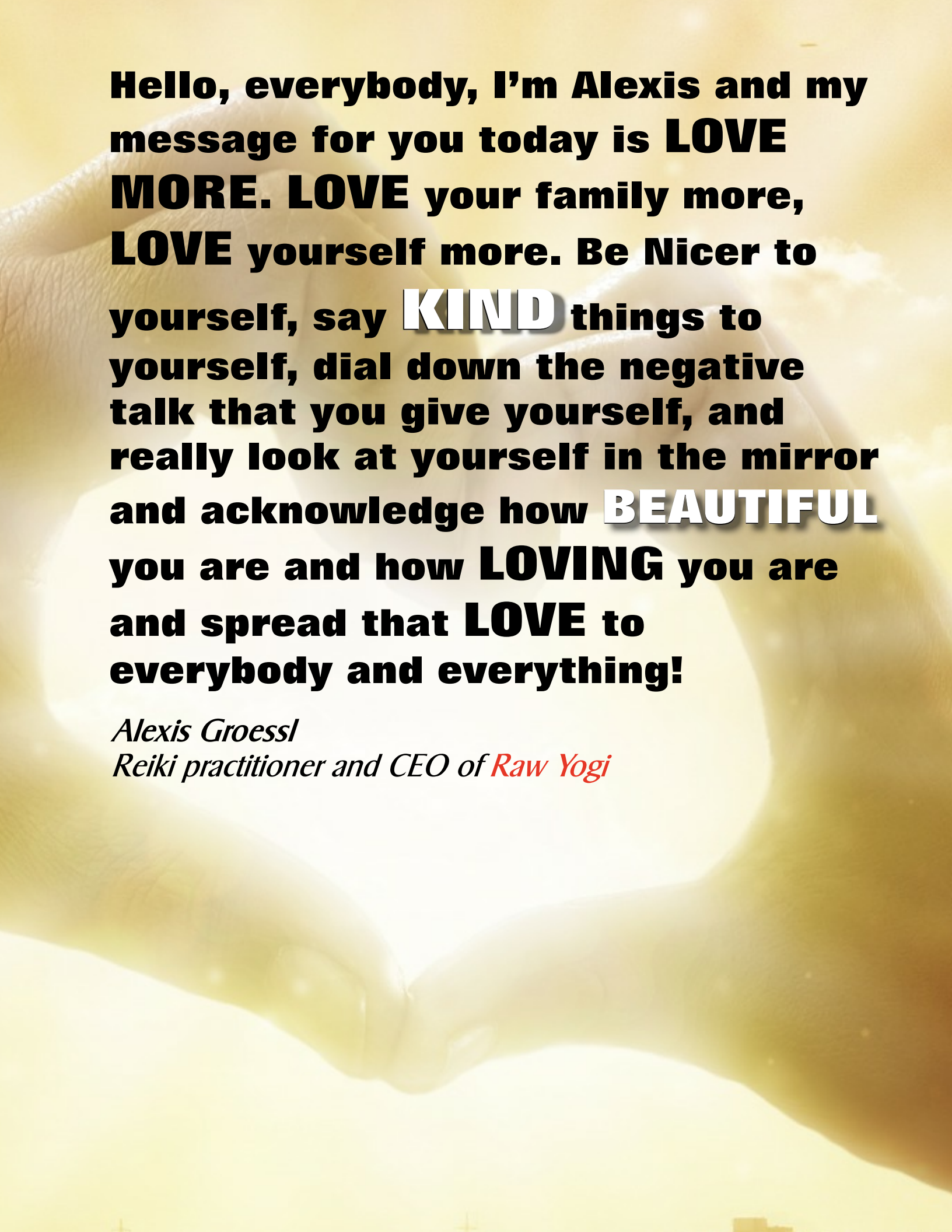


Namaste, my name is Nehamia and I'm with Raw Yogi. My message to you and the world is to know that YOU ARE the most POWERFUL PERSON that YOU will ever meet! It does not matter what the outside world tells you. YOU do not need any of that...you need yourself. There is not nothing in this world that YOU cannot do. There is not nothing in this world that YOU cannot become. There is not nothing in this world that YOU can't experience. If YOU can think it...it is a reality that already exists as long as you truly believe it. So truly believe the power and the GOODNESS that is within you and watch the rest unfold. Don't let anyone ever tell you that YOU are not POWERFUL, don't let anyone ever tell you that YOU are not BEAUTIFUL because you are and once you connect to that everything else will just fall into place.

Nehemiah Clark







Hello, everybody, I'm Alexis and my message for you today is LOVE MORE. LOVE your family more, LOVE yourself more. Be Nicer to yourself, say **KIND things to yourself, dial down the negative talk that you give yourself, and really look at yourself in the mirror and acknowledge how **BEAUTIFUL** you are and how **LOVING** you are and spread that **LOVE** to everybody and everything!**

Alexis Groessl

*Reiki practitioner and CEO of **Raw Yogi***

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We are out here spreading God's love and that's what we do because that's what we believe that we were sent here to do is to love on people and see what they need and it blesses us to bless them. We don't want anything in return, but to see somebody smile and help make their day wonderful ...so that is what we do.

It's all about serving others. Everyone is here on this big world and we are here for each other and however we can make it easier and such a great place to be...that's what we want to do! So if it's giving food, or a high five, or a smile...someone looks as if they might be sad...we just go around and spread love any way that we can.

Absolutely...and we just thank God that he has given us a heart of love like that. And I would like to share my Love Blanket that my family gave to me. I use this to cover myself every day...some days I'm happy...some days I'm sad, but I just remember that I'm covered in Gods Love, I'm covered in Family Love and I'm covered in New Friend Love. That's what we wanted to say today.

*Cynthia Pickett- Mitchell and
Jasmine Pickett*



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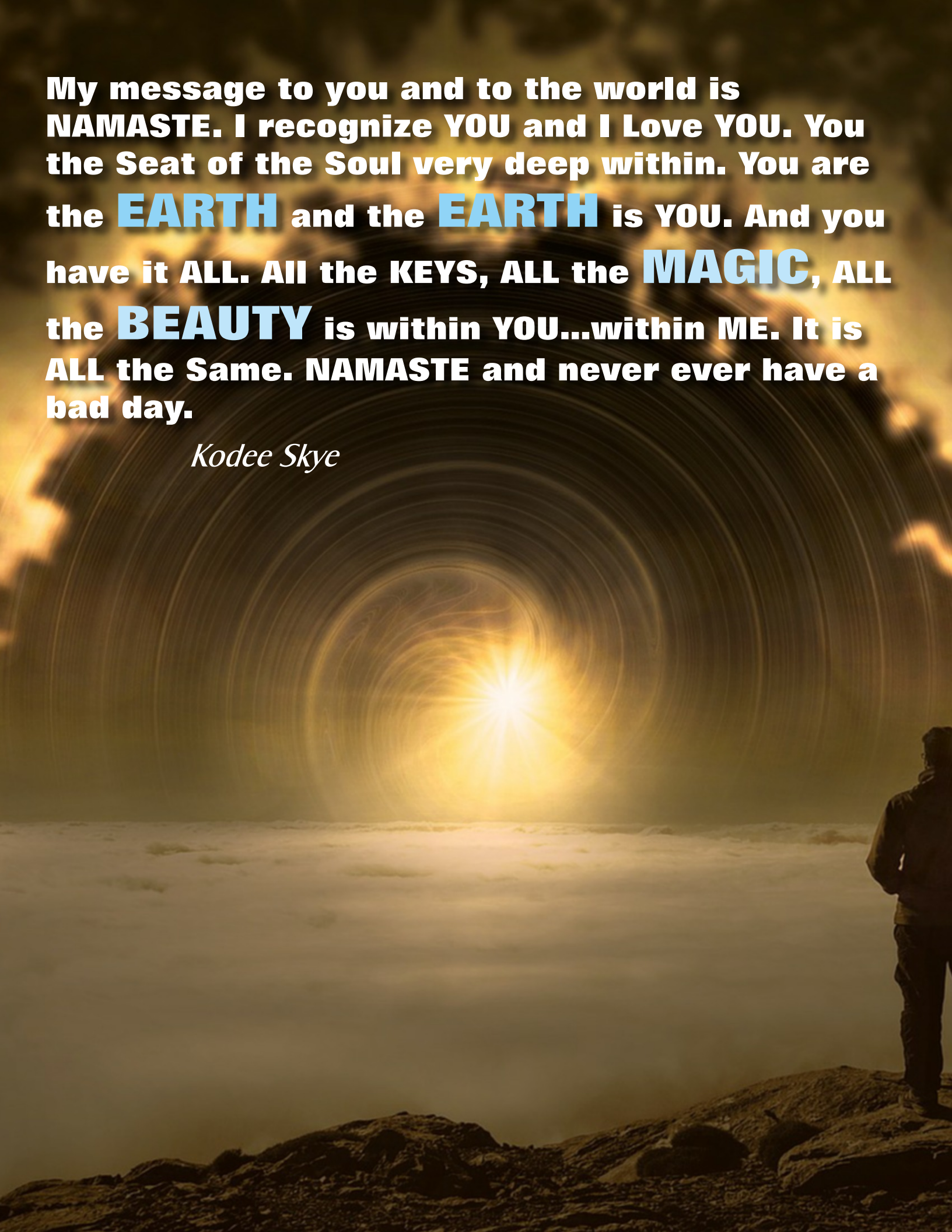
Hi...I'm James Madison and my dad always told me...there is a definition of being good and being bad. In all religions, it is taught differently, but as long as you remember this...the definition of being bad is causing harm to a human being, an animal, or the planet. Being GOOD means that we are helping people, we are helping animals, we are making the world a more beautiful place...so the best way to do that is every morning when you wake up think about how your going to be kind to somebody that day and that is going to change the world right there. That is my message.

James Madison



My message to you and to the world is **NAMASTE**. I recognize **YOU** and I Love **YOU**. You the Seat of the Soul very deep within. You are the **EARTH** and the **EARTH** is **YOU**. And you have it **ALL**. All the **KEYS**, **ALL** the **MAGIC**, **ALL** the **BEAUTY** is within **YOU...within ME**. It is **ALL** the Same. **NAMASTE** and never ever have a bad day.

Kodee Skye







What's up, guys? It's Taylor Martin here...

Hey...Fear is your biggest enemy if you can conquer it that means the world to everybody.

Thank you

Taylor Martin

Hello my name is Earl and my message is that we need to learn to LOVE one another. God put us all here on this planet and it's LOVE that makes the world go around. Without LOVE we have nothing at all. So LEARN to Tolerate, Be Patient with others and LEARN to LOVE one another. LEARN to treat people the same way that you want to be treated!

Earl The Street Singer



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The Truth About Hate

Believe with me for a moment that hate does not exist. That it's all just ENERGY. The ENERGY of the perception of hate is usually caused by fear, misunderstanding & pain. Unseen pain & trauma from a lifetime of someone else's experience that we often know nothing about or our own that we have not yet made contact with. So we assume "hate"...but is that the truth? My truth is if we took action to know each other more clearly, to leave behind the ignorance and assumption we would see the love and the similarity in our walks that is truth. Ask the questions, have the conversation, speak your truth in a way of understanding & feel empathy for one another. Look past the bullshit veil of separation & "anger" & "hate" look past the words of speech that seek to divide and into the heart of empathy with all our brothers and sisters, see the love, transmute the illusion into the reality of truth that there is only LOVE & TOGETHERness, hold this space tightly, close to your heart and when you're ready to expand it straight from your heart and into the hearts and minds of all living beings.

Monica Patton





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Vegan Mac Down

Arizona chefs competed in a Vegan cooking competition called Mac Down to see who could cook up the best tasting Macaroni and Cheese.

People's Choice Winners!

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2nd Place- Heather Pauline Cobb

3rd Place- Russell Mason

Thanks to Vegan Outreach, Zen Nights and Factory Farming Awareness Coalition for putting on a delicious event.



A Vegetarian Resource Guide*



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