

GOODNESS

May 2018

# BLISS PLANET

*People, Animals, & Earth*

LOVE



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COMPASSION

UNITY





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to be  
a bench.  
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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!**





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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!

## 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](http://www.BlissPlanet.com)





# A Healthy Planet Diet For The Prevention of Disease

by Paul H Kemp

The Healthy Planet Diet is the one way of eating that makes the most sense for preventing the diseases of civilization, while preserving the livability of our planet. A growing number of people are beginning to see that turning a large amount of vegetable protein into a small amount of meat (plus a large pile of manure) is unsustainable.

Our vaunted Western system of agriculture turns imported fossil fuels into food and then feeds it to cows, pigs, and chickens at a loss -- or alternately, we grow corn with natural gas based fertilizer and turn it into ethanol, also at a loss of energy. This is insane.

Both our excessive consumption of animal-source foods and our oil-based

sedentary lifestyle are the twin causes of most of our diseases. Viewed from an economic standpoint, our agriculture system is operating at a loss, while creating a diabetes epidemic alone that is predicted to bankrupt our medical system.

A Civilization That Squanders Declining Supplies of Critical Resources Is a Recipe for Disaster

People in the developed societies consume too many of the wrong foods, too few of the right ones, and do too little physical work to burn off the excess calories. Our abundance of what the less-developed world would call luxuries is causing the most common diseases that are sickening us and ending our lives prematurely.



Fortunately, a small but growing number of conscientious individuals in Western societies are taking action to correct this dysfunctional living pattern.

I personally was motivated to do something about my risk for heart disease and diabetes after losing three members of my close family to them before I turned sixteen.

There is not time nor space to credit all the leaders of this movement to rationalize our dietary habits in light of a healthy, sustainable lifestyle for all residents of this unique planet, but the book 'Diet for a Small Planet' by Frances Moore Lappe was a huge impetus in getting a large number of people thinking about this issue. Since then, the works of John Robbins have also been seminal.

Their basic premise is that our present methods of growing an average of ten pounds of corn and soybeans to feed to cows for each pound of beef that we receive is an unwise use of protein. To spend a lot of effort and fossil fuels to produce meat at a net loss of protein is unsustainable,

cruel to animals, immoral, and unnecessary for human health, they argue.

A growing segment of the medical and health research community are coming to agree with this position, notably T. Colin Campbell, PhD, author of The China Study, Dr. John McDougall, Dr. Caldwell Esselstyn, Dr. Dean Ornish, to name just a few.

With growing food costs leading to riots in many parts of the world -- and a diminishing supply of cheap oil and natural gas leading to wars for the remaining reserves -- it might be wise for the average person in prosperous Westernized nations to begin to think seriously about adjusting their dietary habits.

Our Unhealthy Diet Is Driving Our High Health Care Costs.





It is unfortunate that only a few people see the connection between what they eat and their health outcomes. Fewer still see that what wealthy nations waste in terms of energy used for food production is a root cause for the growing resentment felt toward them by the poorer nations.

The concept of a Healthy Planet Diet is a way to bring personal meaning to the many worries the average Western national faces every day: Weight gain, heart disease, several common cancers, the high cost of medical care, food prices, and gasoline costs.

All these issues, plus the importance of maintaining precious soil and water supplies needed to continue to support life on this earth, are related. A healthy environment is important for our long-term survival just as much as it is cherished as a place to "get away from it all".

None of this is an extreme viewpoint. In the U.S., mainstream recommendations by public health

agencies (1)(2) are routinely ignored by the average person who would prefer to center their calorie consumption around meat, dairy foods, and refined carbohydrates.

Only 27% of the U.S. population get



the recommended three servings of vegetables a day (3). Thanks to government subsidies for luxury items such as meat, milk, and soft drinks, these least-healthy items are less expensive and therefore more often



chosen by the poor. This adds to the cost of health care for us all.

The Healthy Planet Diet is a simple way to bring all these critical issues into focus. Our unhealthy, unnatural, and unnecessary choices of what we eat

Feeding healthy vegetable protein to fatten farm animals while millions in the Third World go hungry is a recipe for more armed conflict in the world.

How we eat in the USA affects the prices of staple foods in the developing world. To ignore this fact is akin to "fiddling while Rome burns."

*Sources: (1) National Heart Lung and Blood Institute, "Therapeutic Lifestyle Changes Guide" -- "Diets*

*with too much saturated fat, trans fat, and cholesterol are the main cause for high levels of blood cholesterol-a leading contributor to the high rate of heart attacks among Americans."*

*(2) National Cancer Institute, National Cancer Trends Progress Report, 2009-2010: "People whose diets are rich in plant foods such as fruits and vegetables have a lower risk of getting cancers of the mouth, pharynx, larynx, esophagus, stomach, lung, and there is some suggested evidence for a lower risk of cancers of the colon, pancreas, and prostate. They are also less likely to get diabetes, heart disease, and hypertension. A diet high in fruits and vegetables helps to reduce calorie intake and may help to control weight."*

*(3) USAToday, 9/29/2009 reporting on a new U.S. Center for Disease Control and Prevention study.*

*To learn more about lowering your risk for a surprising number of common diseases, visit Healthy Planet Diet [healthyplanetdiet.com](http://healthyplanetdiet.com)*

are causing problems far beyond our expanding waistlines. It is time for leadership in breaking our addiction to an unhealthy way of eating that could easily bring about the collapse of our way of life.





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

love  
has  
no  
race

Ad  
Council

before anything else, we're all human  
rethink your bias at [lovehasnolabels.com](http://lovehasnolabels.com)

love  
has  
no  
labels



# The Transformation Starts With A New World

by Michelle LongC



The transformation starts with a new word. The flesh may be broken & dysfunctional, but when spirit speaks and you listened, you become the vessel that Spirit flows throughout. Others may not see why or how you have this vision; they may disregard the power in you. **DON'T SLEEP ON THIS GIFT!** This gift is Spirit filling your already overflowing baskets. Before you reach your success, you will be tempted to compromise what you know is right. There will be a promise of good thing, but the truth is it's a distraction to keep you from the abundant promise of your birth right! Spirit always gives you a preview of the mountain you will conquer before you do. I must release the gift that has been place in me to give... I **MUST** stay true to

what I know is my calling, my **VISION**. I will live without regret and in the blessings, not in a curse! I will not sell my destiny for a lie & empty promises. I **CHOOSE LOVE...** I will accept my new label (new words) & release those that had me in bondage!

How do we get to this place? How do I start a new way of thinking and of living? Why are some of us so far off the mark while other appear able to stay on the path from the start? I think of Billie Holiday's song God bless the child that has their own. I know its focus is really on having money, but I think self-identity would be better. One household two children, one is encourage one is not. Who has success? The one that has



a healthy view of themselves, one formed from within and not based on the world outside. Sometime our parents are in so much pain they pass on a curse and the bondage from their past to their children.... I see how this is generational and can be difficult to change. I came to realized that even those who may seem to have it together may not. I know that is revolutionary that we all have healing & self discovery that needs to take place. There is something to be said about our parent child relationships. They can free us or cage us, but this is not a moment where we start the blame game. New day – New words! Truth is our parents are not perfect and just like you, they went through their own pain or pleasure to get here. There is no rule book for how to raise or love a child. There are not instructions on how to put your turmoil on the back burner so you can raise a happy kid! At some point we must take responsibility for our life and our actions. Start by using your words and treat yourself right.

When we accept people for whom and where they are we release ourselves from the let down that we are creating by wanting them to be someone else. Wow that was a mouthful, stop expecting an onion to act like an orange. Whether it's your parent or not, you have to decide to stop being the victim of what you know is coming or not. Would you stand in front of a target at a firing range yelling "why are you always shooting at me, why don't you love me?" Let the onion be the onion, choose to surround yourself with the real oranges. Take a look at your family history. Find out how your parents were

handled. Learn about your legacy. Take some time and identify what is true, what is false about your beliefs about you. Then look at where those thoughts and beliefs came from. Release yourself of the one that keep you from you purpose, or discovering your gift. Again don't sleep on this opportunity. I CHOOSE LOVE... I will accept my new label (new words) & release those that had me in bondage!



*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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# Emotions

by Amy A

Life on this planet we call earth is currently a far cry away from the beautiful, understanding, regenerative and progressive place most of us wish to create.

I'm sure this statement brings up a wide variety of feelings for you, dear reader, and that is not a bad thing. In fact, I want you to take a moment if you can and just sit with the feeling(s). Pick at least one. How does it make you feel? Is it strong and pulsing or is it slight? Does it make you feel vulnerable? Where do you feel it physically? In your head or maybe in your heart? It can even show up in your toes, there is no wrong answer. For the rest of this article, I'd like you to remember that when it comes to your emotions there is no wrong answer.

Our emotions are one of the primary senses we have to perceive the world around us and also within us. When we perceive something the body sends out electrical signals that travel along neurons to the spinal cord and, a majority of the time, to our brain.

From there our brain or other organs can send out the signals to release specific chemicals. Those chemicals and their reactions are where our emotions stem from. These reactions are a direct connection of spirit or soul to the body. They help create our conscious mind. Now, I use the word spirit or soul in reference to the







emotions are never-ending. It is extremely valuable to learn to simply witness and be at peace with our own inner world, even if that is not a feeling of peace. That means that any emotion we are currently feeling must be felt and moved through. A part of human bliss is moving into and through the emotions that arise within us. To reject or deny this process would be to reject and deny a part of who you are in this moment and likewise for those you come into contact with, regardless of whether you view them as "good" or "bad", or "right" or "wrong". This is something, I believe, we all need to remember in order to move forward with a better today and tomorrow.

conscious or energetic aspect of you, so regardless of whether you believe in the traditional soul or any variation, including none at all, we can agree that we are alive and conscious.

We create and receive these messages from ourselves and from other people every day. Stemming from most everything we do including, but not limited to eating, talking to a person, watching a video or TV and even just breathing. The

Do not forget, we are the canvas on which thoughts and experiences are had. Aim for higher things, but do not deny what is happening now, for your paint, the paint that makes up the universe will never dry, only change as you do.

You are a blessing.

*Amy A*







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# How to Rid Your Pantry of Junk Food

Your house can always use a little Spring cleaning but have you considered cleaning your pantry too? When you make the decision to start living a healthier lifestyle, it's crucial that you get rid of all the harmful foods that are in your kitchen and in your life (and probably frequently calling your name). Getting rid of all junk food is not only a great way to assure that you do not have easy access to sugary or fat-filled snacks but this also serves as a way to de-clutter your life. Clearing any clutter in your kitchen can set the stage for moving forward so that it is more easy to create conditions for success. That is why this is one of the very first exercises I give my clients as "homework" when they begin my program.

## **So, now it's time to clean house!**

1. Head to your kitchen and grab a large garbage bag. (Yes, a large one.)
2. Toss anything into the bag that is obviously junk food such as candy, chips and cookies. (Note: even fruit juice has got to go!) Discard frozen dinners as they tend to be full of fat and sodium.
3. Pay attention to the list of ingredients and the order in which they are listed. If an ingredient that is not healthy, such as sugar, is in the top 1-3 ingredients, this means that your food is full of it. So toss it out. Ingredients are listed in decreasing volume beginning with the highest volume.
4. Start counting chemicals, not calories. Read the nutrition table if you're buying packaged foods. You'll most probably have to throw out any salad dressings or dipping sauces. And if you can't pronounce the name, chances are, it's not good for you. Check out this article that talks more about the hidden chemicals found in many packaged foods. [Click here.](#)
5. Throw out expired foods that you just never got around to. You'll need to make way for all the healthy foods you'll be shopping for later.

Note: If the food in your bag is not expired and non-perishable, then consider finding a local charity or soup kitchen that would accept food donations.

## **Now, it's time to go grocery shopping!**

Here is a basic list of plant-based foods you should now own. I have plenty of recipes involving these ingredients so be sure to be stocked with the below at all times.







## Nafsika's Grocery List

Flax seeds

Cashews

Chickpeas

Textured Vegetable Protein (dry) or Meatless Beef  
(frozen or refrigerated)

Lentils

Dry Beans (preferably mixed)

Sunflower or Pumpkin Seeds

Asparagus

Wholegrain rice

Quinoa

Leek

Kale

Spinach

Lettuce

Cabbage

Carrots

Celery

Onions

Garlic

Russet Potatoes

Sweet Potatoes

Purple Beets and/or Golden Beets

Nutritional Yeast

Cauliflower

Extra Virgin Olive Oil (EVOO)

Red Wine Vinegar

Sea Salt

Ground Pepper

Cinnamon Sticks

Fresh Basil

Fresh Parsley







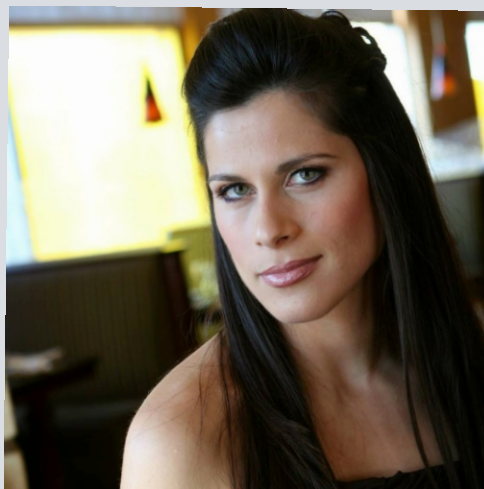
Feel free to buy whatever else you like. The above are just the necessities. Your goal is to cook your food at home every day from scratch, thus avoiding eating any processed foods or preservatives. Check out some recipe ideas [HERE](#) by clicking on the "recipe" tag or by selecting a food tag of your choice.

I recommend to set aside some time to cook at least 2-3 meals for the week. And, you can freeze whatever you'd like to store for a rainy day. This way, you'll be less likely to resort to poor food options.... especially since you'll be so proud of what you've accomplished.

Bon Appetit!

*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)





Life Can Be A  
Beautiful Ride...  
Why Not Make It One!



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# The Power Of Poetry In Difficult Times

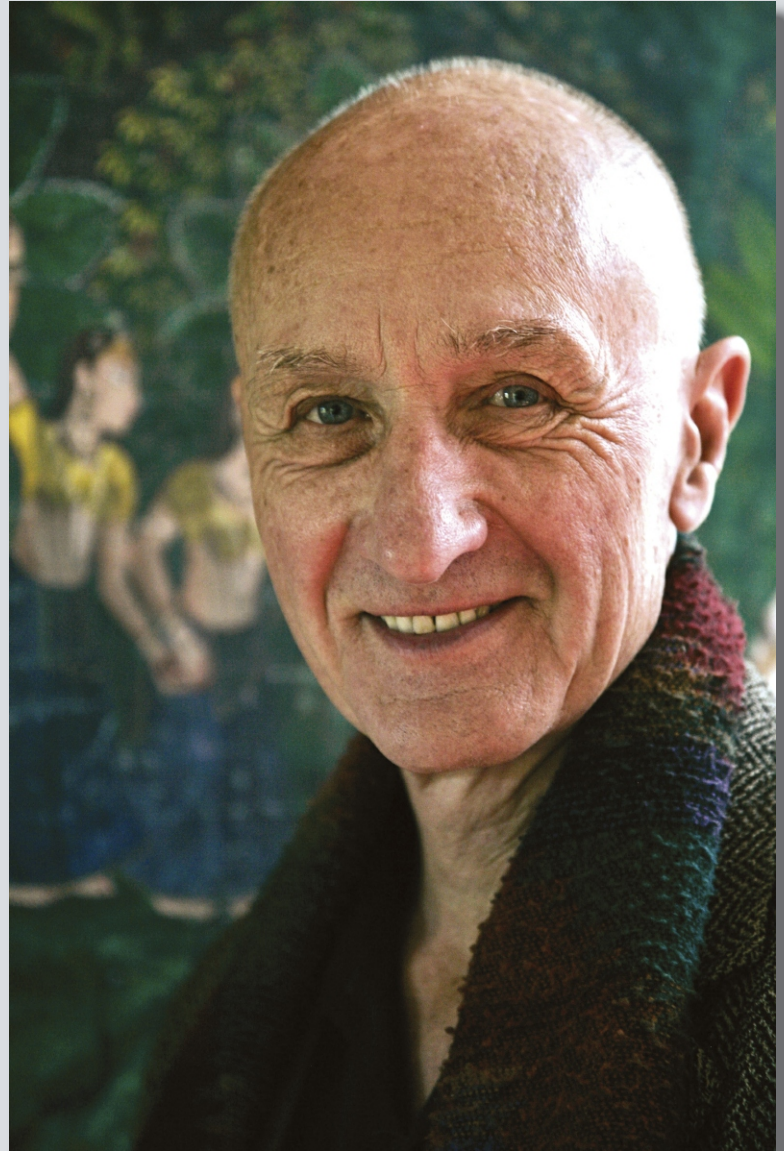
*An Excerpt from Ten Poems for Difficult Times by Roger Housden*

*In his bestselling Ten Poems series, author Roger Housden has shown an uncanny ability to choose and discuss poems that strike at the core of readers' concerns and needs. In this new volume, ten extraordinary poems, along with Roger Housden's incisive essays, bring heartfelt insight and broad perspective both to our personal challenges and to our cultural and collective malaise. We hope you'll enjoy this excerpt from the book.*

*# # #*

*Poetry is a concise and elemental means of expressing the deepest of human emotions: joy, sorrow, grief, hope, love, and longing. It connects us as a people and a community; it speaks for us in a way few other forms of writing can do. When I was in the process of moving to Manhattan in 2001, in the weeks after 9/11, poems appeared on every available wall in the city. Yet even though I was so aware of poetry's power, over the next ten years, while sitting alone in front of my computer, finishing up another volume in my Ten Poems series, I would wonder at times whether I was wasting my time.*

*After all, the world is in trouble. It has always been in trouble. Not only that, but we are often in trouble personally, too. Surely there must be something more useful, more pressing, to give my time to than reflecting on poetry?*



*Couldn't I go start a project in Africa, or at least do some small thing to prevent climate catastrophe, start reducing my own carbon footprint, for example, and begin a movement to encourage others to do the same? But no; I wrote more poetry books, wondering all the while whether they and I were doing little more than making ourselves progressively irrelevant.*

*I knew better, which is why I kept writing. I knew that great poetry has the power to start a fire in a person's*



**Poetry is a concise and elemental  
of expressing the deepest of human  
emotions. It connects us as a people  
a community; it speaks for us in  
few other forms of writing can**



*life. It can alter the way we see ourselves. It can change the way we see the world. You may never have read a poem in your life, and yet you can pick up a volume, open it to any page, and suddenly find yourself blown into a world full of awe, dread, wonder, marvel, deep sorrow, and joy. Poetry not only matters; it is profoundly necessary. Especially in times of*

*darkness and difficulty, both personal and collective. To read or write poetry is a powerful, even subversive, act, and it is one small thing we can do that can make a very big difference.*

*It can make a difference because at its best poetry calls forth our deep Being, bids us to live by its promptings. It dares us to break free from the safe strategies of the cautious mind, from*



**al means  
human  
ople and  
n a way  
n do.**



our default attitudes and beliefs. It calls to us, like the wild geese, as Mary Oliver would say, from an open sky. It is a magical art, and always has been — a making of language spells designed to open our eyes, open our doors, and welcome us into a bigger world, one of possibilities we may never have dreamed of. This is also why poetry can be dangerous: we may never be the same again after reading a poem that speaks to our own life directly. I know that when I meet my own life in a great poem, I feel opened, clarified,

confirmed, somehow, in what I always sensed was true but had no words for. Anything that can do this is surely necessary for the fullness of a human life.

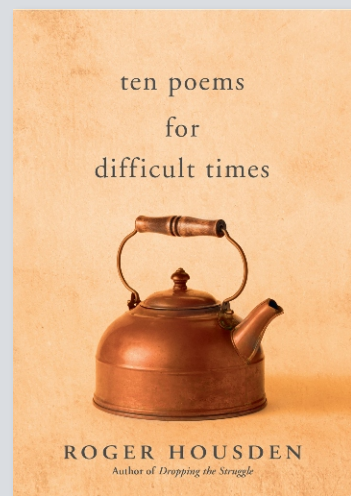
The word poet means a “maker” — someone who crafts language into a shape. The word maker has the same etymological root as the words matrix, and magic, and it’s true that the

sound, the rhythm, of good poetry is literally spellbinding. It lulls, it sways, it rises and falls, and our hearts and minds rise and fall along with it. Poetry literally entrains us into the energy, the mood, the vibration, even, that the poet conjures with her words and images. The subtler and more refined that energy is, the more it can raise us to the best that we are. That it does so is another reason poetry is so necessary today, when we need our best selves more than ever.

# # #

Roger Housden is the author of the new book *Ten Poems for Difficult Times*, the most recent addition to his best-selling *Ten Poems* series, which began in 2001 with *Ten Poems to Change Your Life*. He offers writing workshops, both live and online, with an emphasis on self-discovery and exploration. Visit him online at [www.RogerHousden.com](http://www.RogerHousden.com).

Excerpted from the book *Ten Poems for Difficult Times*. Copyright ©2018 by Roger Housden. Printed with permission from New World Library — [www.newworldlibrary.com](http://www.newworldlibrary.com).





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



**I am**  
**What**  
**be E**  
**That**  
**othe**  
**Mm**  
**And**  
**LOVE**  
**And**  
**And**  
**And**  
**trea**  
**you**  
**LOVE**  
**LOVE**



had only a few minutes left to share the Wisdom

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

**I am LOVE, I am LIGHT, I am GOODNESS.**

**What would your Goodness Message  
Ella?**

**That everyone should be good to each  
other in their heart...right?**

**Um...Hmmm!**

**That we should treat everyone with  
LOVE and kindness...right? Yes!**

**LOVE...right? LOVE...yes!**

**Goodness...right? And Goodness!**

**That we should treat people how you want to be  
treated ...right? And treat people how  
you want to be treated ...right!**

**LOVE you all!**

**LOVE you all!**

*Nick and Ella Janicki*









**My Goodness Message today is that I don't know. And that it's completely ok to not know...**

**Because it means that your cup is empty and can be filled with all the **WONDERFUL** things instead of trying to jam a cup that is way too full. It's going to overflow and it's not going to be good for anybody...**

**So stay open!**

*Amy A.*



# COURAGE &

**My Goodness Message for myself and all of us...**

**To really commit to yourself and hone in on what's going in on inside at a deep level at a soul level and find out who you really are.**

**For me my life and travels have been about staying connected to that, committed to that, following that as far as it can possibly go. And it's incredible where we'll go. It keeps unfolding. So that for me is where I've been and what has taken me forward.**

**We all have fear...we all have suffered, but so much of that is internal. It is up to us to step forward and face our fears and go through the **JOURNEY** of becoming who we are.**

*Matthew Haynes*



# DEDICATION











**My Goodness Message is to speak your TRUTH always ...especially when it's awkward, especially when it's uncomfortable, and even if it feels as if it's too late it's always important to express what is TRUE for you.**

*Karly Stein*



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**My Goodness Message for today...**

**Avoid selfishness. Most of the problems of our world today come from self-centeredness and selfishness. So if you can get outside your own head for a few minutes and think about somebody else it's what we are all called to do.**

**LOVING** each other means not being selfish and putting other people first...and that's my Goodness message.

*Lee Kinnamon*



**My Goodness Message is that **WE are ALL in this TOGETHER.****

**That each one of us affects each others lives in ways that we never even imagined from just saying hi in the marketplace, to holding the door for someone. Sometimes it can even stop suicide itself.**

**Our egos are like waves on the ocean. It's our identity...it's who we are as a person. We so often forget that we are the ocean itself. That every ripple...every tiny little detail that we create upon the ocean affects the whole.**

**Never forget that you can change the world, that you can move the unmovable. Always remember whats important to you. Because it's all part of a greater rhythm a greater pattern of the cosmos. The ever moving spiral of existence, It's something that once you flow with you will understand that you are waves, waves among the pattern. Never forget that you are the sand grasping the sand. Material**



**objects don't mean anything really...it's energy that flows through all things. It's ever moving, ever-changing.**

**Unconditional Love is the number one thing I've learned. Everything else is a distraction...a beautiful distraction. To know when to grasp and when to let go is Wisdom. Flow with whats right, do**

**GOOD** unto others, Love yourself and others.

**Understand that we are all part of this ocean and this wave.**

*Austin Addison*



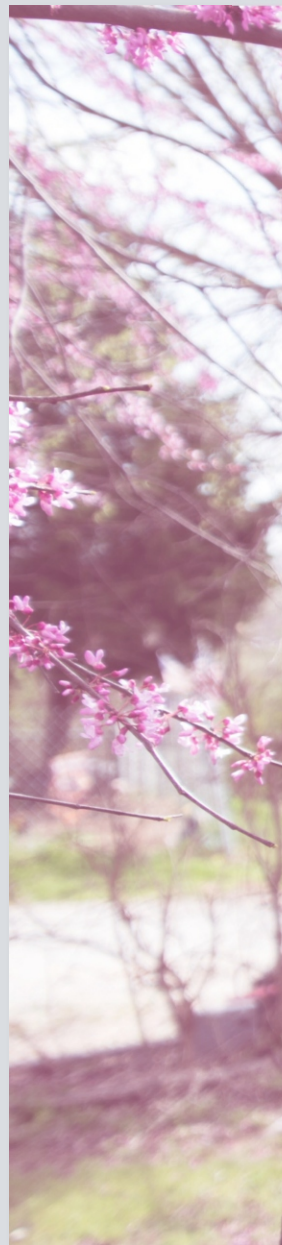


**My Goodness Message is to embrace your childlike spirit. As we get older people forget to have fun and **PLAY** and just be **HAPPY**. I feel it's really important that we embrace that and play, and travel as much and as far as possible.**

*Paige English*



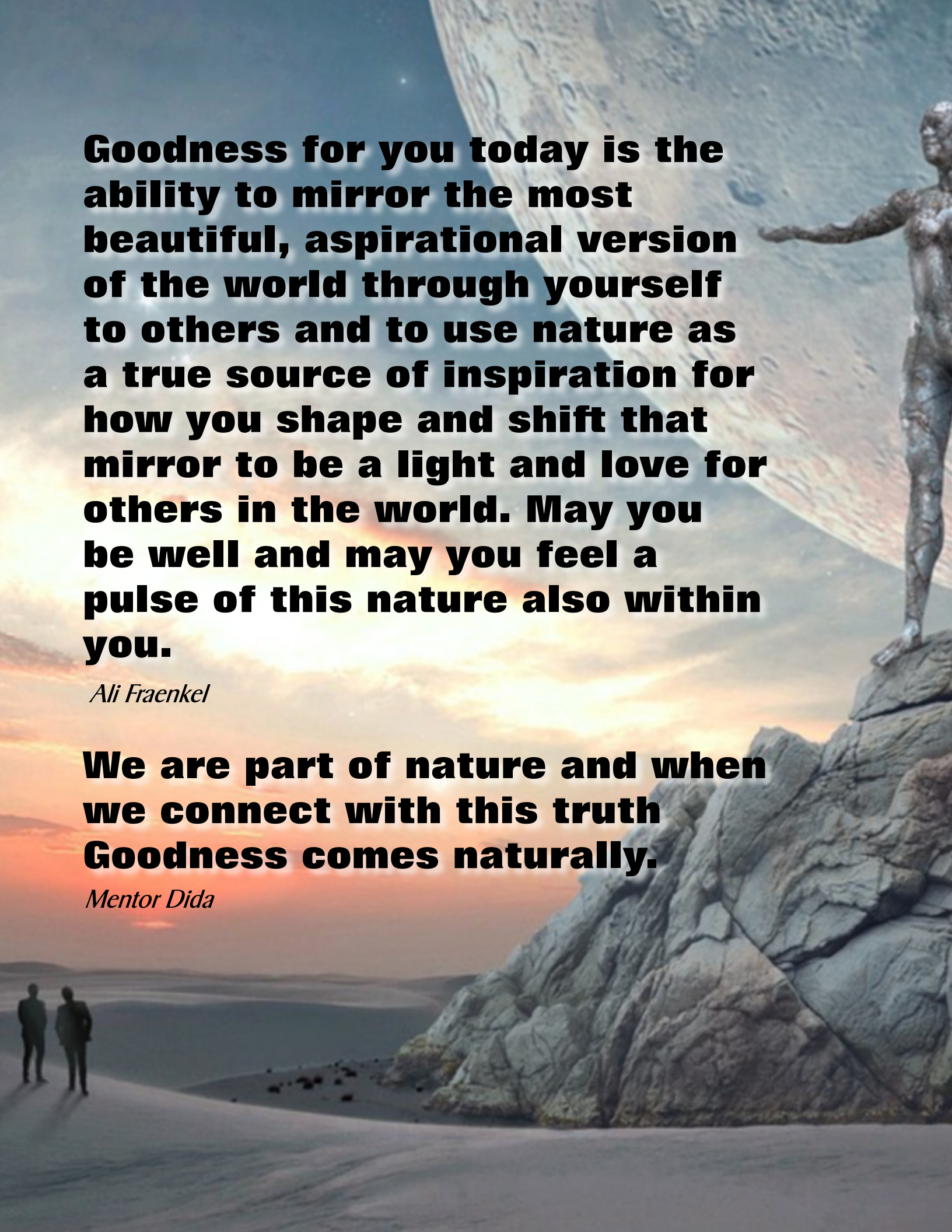
*Photo - Trey Martin*











**Goodness for you today is the ability to mirror the most beautiful, aspirational version of the world through yourself to others and to use nature as a true source of inspiration for how you shape and shift that mirror to be a light and love for others in the world. May you be well and may you feel a pulse of this nature also within you.**

*Ali Fraenkel*

**We are part of nature and when we connect with this truth Goodness comes naturally.**

*Mentor Dida*









# Become A Certified Wellness Specialist!

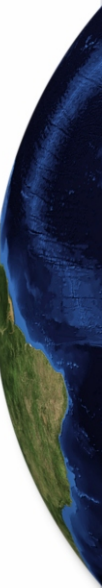
- Would you like to become an expert in wellness?
- Would you like to empower your health choices, friends, and clients?
- Would you like to a earn an income while helping others?

If so...  
the Certified Wellness Specialist program maybe perfect for you!

Special Offer - Tuition Is Free  
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The cost for this empowering wellness course is \$795. However, because of the generous support from sponsors this course is gifted through our scholarship program. Act soon to secure your scholarship!

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wellness opportunity.





# **BE HAPPY**

**My Goodness Message is to LIVE each moment as if it's your last. Treat everyone like you want to be treated. Forget about the material things, instead, think of memories that is what you can take with you. Be happy because we never know how many minutes we have left on this earth. Be thankful for every little thing that you have!**

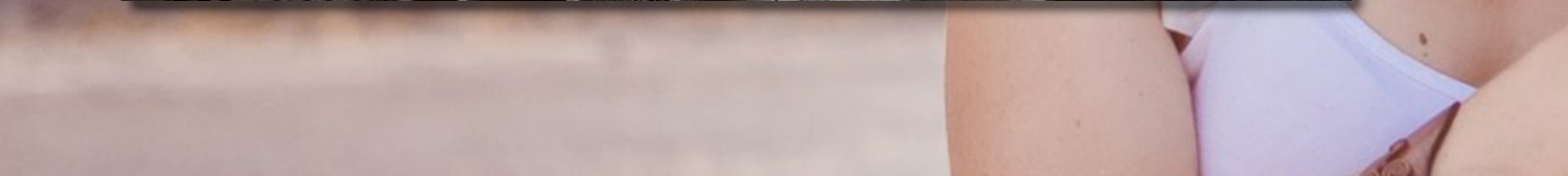
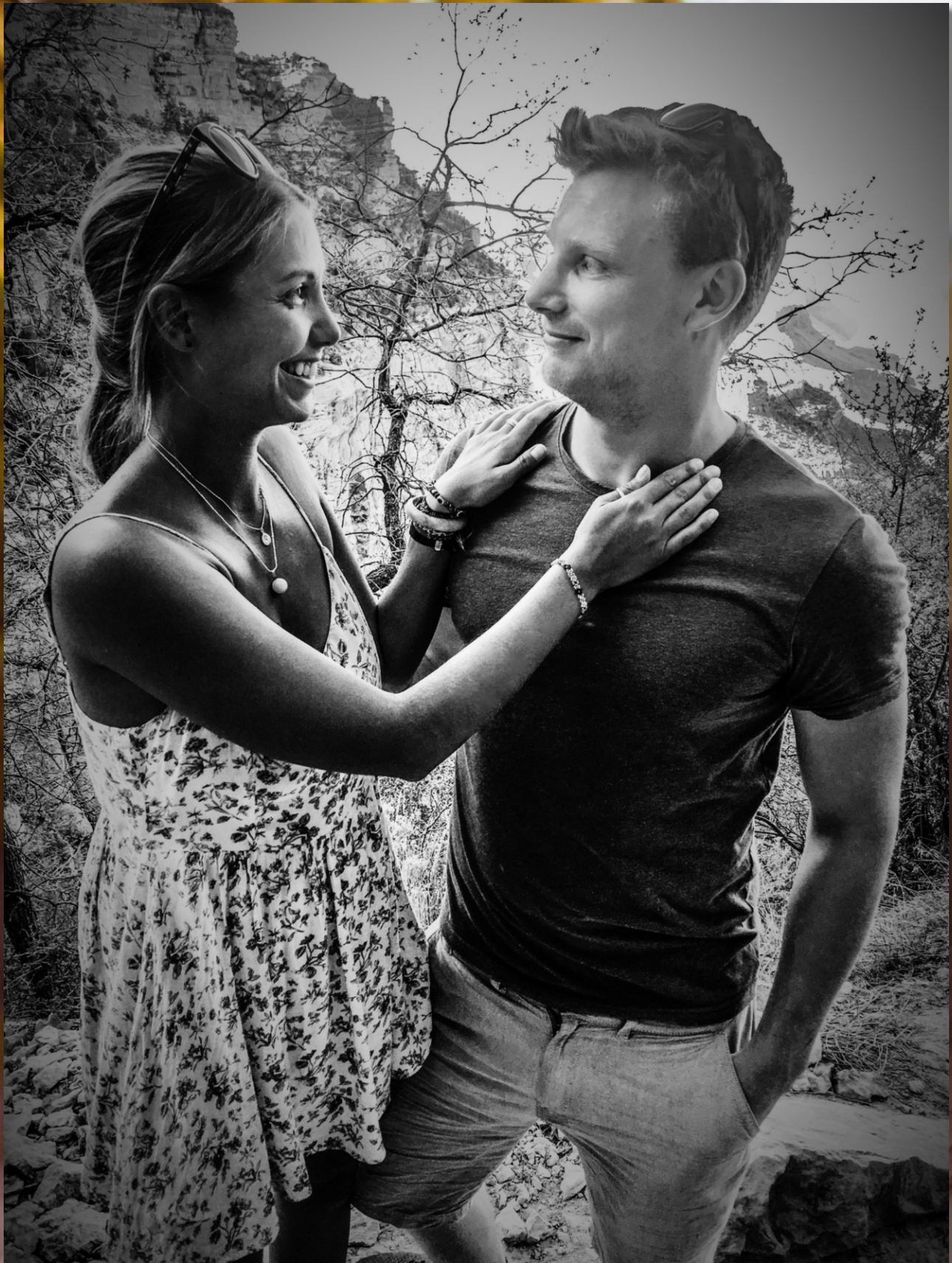
*Kat Wallace*



**Life is about relationships...we are relational beings. If I look at every person as an important person it goes a long way. If it is a relationship that is growing love that is real and you cannot deny that...for me that is Jesus Christ. It's about relationships...People, Animals, Living Things, the Planet, God and it's a beautiful life when you invest in those relationships.**

*Leah Sullivan*








**My Goodness message is that the best things in life are learned from others and the best way to meet others is to travel.**

*Dora Reeves*

A photograph of a man and a woman in a close embrace outdoors. The man, on the right, has short brown hair and a beard, and is wearing a white t-shirt and a large orange backpack. The woman, on the left, has long dark hair and is looking towards the man. They are both smiling slightly. The background is a bright, out-of-focus outdoor setting with greenery.

**Find someone that you want to share your adventures with who enhances you. Don't look at the flaws look at the positives and how they can make you a better person. This forces you to push your boundaries and explore and you should have a good time.**

*Ozzie wolf*



# Humanity

**What I can say about humanity is that you can see it every day. Although we have our busy lives, I encounter people with Goodness in their hearts, which is unexpected and a good thing.**

*Daisy Torres*



**We feel if people take the time to listen to each other and be open about what they have to say even if they have differences that would help humanity.**

*Bob Appel and Delilah Montemayor*





Bliss Planet takes the pearls of wisdom from  
your brilliant voices and weaves them into  
one Profound message of Delicious  
Goodness for the wellness of People,  
Animals, and the Earth.



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