

GOODNESS

November 2018

BLISS PLANET

People, Animals, & Earth



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PEACE

WELLNESS
COMPASSION

HEALTH
UNITY



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WELCOME

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

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

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

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

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



Your ally in
GOODNESS,

Goodness Steve

VIDEO

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



GRATITUDE

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

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Goodness Mantra

Think GOOD Thoughts

Speak GOOD Words

Do GOOD Deeds

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



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

Amplify Goodness

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

Empowering The World With Wellness

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

www.BlissPlanet.com

SHIFT INTO DIVINE ALIGNMENT

by Dr. Shauntel Peak-Jimenez, Ph.D



Being in divine alignment feels so good because it allows us to freely be who we were meant to be. We don't have to pretend or be inauthentic because of the

expectations of others. And we can't worry about who accepts us and who doesn't. Do you want to know something? Not everyone will and that's more than okay! Their

acceptance of us can't block our blessings or our path to success. Those things have already been



established. But when you worry about the opinions of others and scale back on your big dreams because of their small mindset, that can hinder you.

Focus on who you were created to be and the change you were born to bring into the world, and the gifts you are meant to share. When you focus on those things the opinions don't matter. Because you don't have the time or energy to invest in that negative nonsense.

So don't hide your gifts and don't be afraid, show up in the world in a big way. You never know what God has on the other side of your leap of faith. Believe in yourself even if nobody else believes in you. You can't control how others feel about you but you can control how you feel about yourself.

Life is too short to live it in the box that others try to put us in. We were made for more and we deserve more. We deserve the amazing and phenomenal life that have been divinely designed for us. So go for it!

Dr. Shauntel Peak-Jimenez is the founder of The Character and Self-Esteem (CASE) Institute where she provides life coach training and certification to purpose-driven individuals. To find out about becoming a Certified Life Coach please visit www.thecaseinstitute.com. You can also complete a dual certification program and enhance your purpose and profit even more.



An Interview With Author Dan Millman on THE LIFE YOU WERE BORN TO LIVE

Revised 25th Anniversary Edition

Dan Millman, former world-champion gymnast, coach, martial arts teacher, and college professor, is the



readers who asked how they could apply those teachings in everyday life. At that point it seemed a natural progression to explore life-purpose and self-knowledge, which led to immersive

author of seventeen books published in twenty-nine languages and shared across generations to millions of readers. His internationally bestselling book *Way of the Peaceful Warrior* was adapted to film in 2006. Dan speaks worldwide to people from all walks of life. He lives in New York City.

www.PeacefulWarrior.com.

After writing your autobiographical novel, *Way of the Peaceful Warrior*, what drew you into the speculative field of numerology with *The Life You Were Born to Live*?

DM: My first books in the peaceful warrior saga convey transcendent teachings through story. I then wrote *No Ordinary Moments* in response to

work on *The Life You Were Born to Live*.

Such a progression may seem pre-planned and organized, but the process was nothing like that. My books emerged from my own winding path of discovery, as well as meetings with unusual mentors.

I had no innate interest in numerology, which seemed irrational to me — after all, how can adding up the digits in one's date of birth provide valid and accurate information about the core issues of one's life? I remained skeptical until a life-changing session with a man I'll call "the warrior-priest." I had previously studied many systems of insight, including the MMPI and so-

called enneagram material (years before any books were published on the subject). But none of these systems seemed as objective, accessible, and accurate as the material that I learned and internalized for nearly eight years, until I finally wrote *The Life You Were Born to Live*. It was an extraordinary challenge, but more than a million readers validate the effort.

What new information does this new edition cover?

DM: The original book described thirty-seven life paths, one of which will apply accurately to anyone born between 1750 to 1999. But some children born after the new millennium have new (single-digit) birth numbers. The revised and updated 25th Anniversary Edition covers all forty-five birth numbers (life paths).

Like the original edition, it reveals a quick and accurate means to determine one's own birth number (and corresponding life path) and the life paths of friends, loved ones, colleagues, parents, and acquaintances. It also covers the strengths and challenges of each life path in areas of health, money, and sexuality, as well as key spiritual laws to help anyone overcome the hurdles on their own path.

In addition, the new edition reveals what makes a "master number" and why — how the single-digit numbers impact the life paths of many young people — and how this knowledge

helps to clarify all the other life paths. I also added new examples of well-known people on each life path, and how I learned the system and why I chose to share it.

What is a birth number? How does it relate to a life path?

DM: Both mystics and physicists have proposed that all existence is comprised, at the atomic and subatomic levels, of numbers (frequencies or vibrations). In a way that no one has fully articulated, each of us is connected to the rhythms and dynamics of the universe, our solar system, and the solar and lunar cycles. But what seems to happen is that when we take our first breath, our parents give us a name and the universe gives us a frequency, expressed as our birth number. How? You'll have to ask Pythagoras.

Once we derive our own (or someone else's) birth number — either by looking it up quickly and accurately at the "Life Purpose Calculator" at my website, PeacefulWarrior.com, under the menu item, "Life Purpose," or by doing the math as shown in the Appendix at the end of the new edition — that number reveals our life path and all that entails.

I need to clarify here that if we divide the forty-five life paths into the population of the planet, that means millions of people are working the same life path. Does this make them the same in some sense? Of course

not — each of us is unique, and has our own story to live.

Let's point to a tree growing nearby. That tree is also unique, since no other tree on the planet is exactly like that tree (i.e. the angle of every leaf and branch). Yet we can outline qualities of redwoods that are different from aspens or oaks or cypress trees. In the same way, we each have genetic heritage, life experience, and other factors uniquely our own — yet we also fall within certain overall patterns (or life paths) which we then manifest in our own ways.

Can your life path change?

DM: The local date and time you are born; that is, when you take your first breath (whether you arrived as expected, or induced, or via C-section), that is when you take on a birth number (or frequency) and life path. You have this path for a lifetime.

There are related factors I address in the new edition, such as whether you were born at or near midnight, or influences of the day before or after, or if you don't know your date of birth for certain.

Although our life path remains the same, as we grow, mature, and evolve, we can face the issues on that path in more mature and resourceful ways, reducing the liabilities, overcoming the hurdles and

challenges, and engaging the strength of that path (as outlined in the book).

Ultimately, through spiritual practice, we may even liberate ourselves or transcend that life path, so that it no longer defines or delineates us.

What does it mean if two or more family members have the same life path?

DM: My sister and I, and one of my daughters, happen to be working the same life path — each in our own way, but sharing core qualities, challenges and strengths. Having the same life path as a friend or family member has no special meaning, but does provide a chance to compare notes — similarities and differences in how we respond to, and even perceive, the events of our lives.

What's the best way for a new reader to make use of this system?

DM: The book begins with a one-page guide titled, "How to read this book." To answer the question more generally, I encourage new readers to approach the material with healthy skepticism, but also an open mind.

Anyone reading this short piece can visit PeacefulWarrior.com, click on the menu link, "Life Purpose," access the free Life Purpose Calculator, put in their date of birth, find their birth number (and primary meanings) and read a summary paragraph or two

about their life path. Of course the book reveals more detail, including spiritual laws key to overcoming the hurdles on that path — and also presents the dynamics of the composite number and path of any personal or relationship, and insight into our current place in the nine-year cycles of our life.

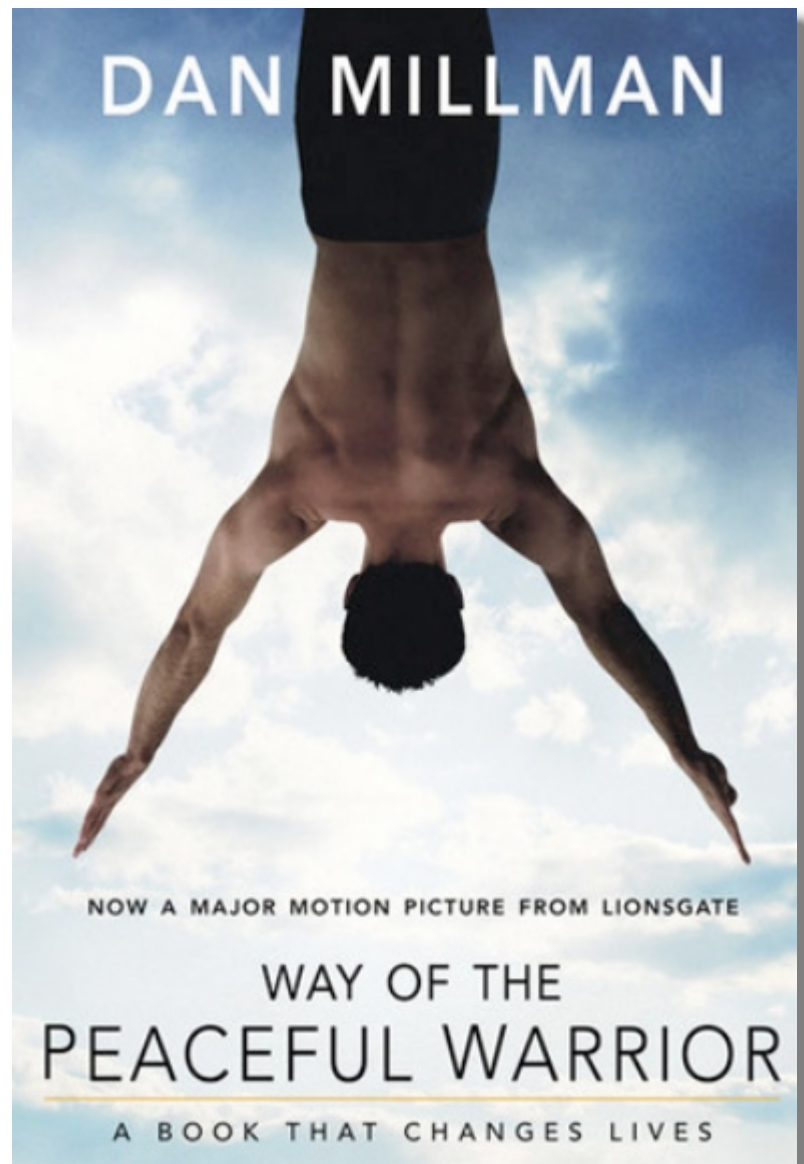
Is one's individual path (or composite relationship path) easier or more difficult than another?

DM: As I emphasize in the book, each of us has our own mountain (path) to climb, and each path entails different hurdles and strengths. No individual or relationship path is better or worse, easier or more difficult, than any other except as we may make it so, depending on how we respond.

There are times in each of our lives when we face the challenges of our life path in more mature and positive (constructive) ways, and on other occasions, in more negative (destructive) ways. The book clarifies, for each life path, what our lives can look like when we're working more in the positive, or more in the negative.

Do some life paths represent a more evolved soul?

DM: Some systems of numerology posit that certain life paths (or final birth number) point to a more evolved (older) soul. But the Life Purpose



System has no such implications. Rather than conjecture about such ideas, it would seem more practical to study and embody the spiritual laws that help anyone to face the challenges of daily life in a more evolved and resourceful manner. Ultimately, it is not merely the so-called age of our soul, but rather our actions, moment to moment, that shape the quality of our lives.

How is this system similar to or different from the numerology systems in other books on the topic?

DM: The ancient Hebrews, Chinese, Mayans and Aztecs, as well as Islamic cultures each had its own calendar and numerological systems. And each system differs considerably in how the birth numbers are calculated and interpreted. The Life You Were Born to Live had become a central resource work for many numerologists (and psychologists and intuitive coaches) due to both its accuracy and articulation of elements not included in any other texts, ancient or modern, including the spiritual laws key to each path.

Based on correspondence and feedback I've read and received, I can only state that the information in this book has helped to clarify and enhance, and maybe even change, the lives of its readers — the same way my life was changed decades ago in that single session with the mentor who introduced me to the Life Purpose System.

Can the Life Purpose System guide me in finding the most suitable career?

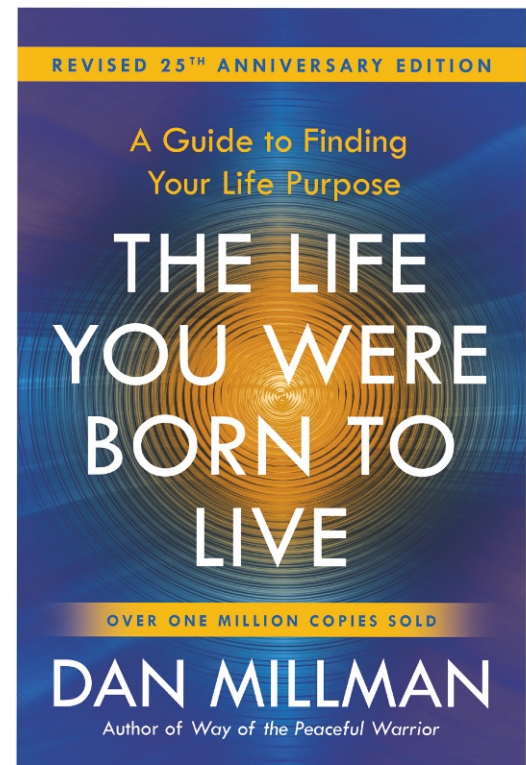
The clearest answer is yes. And no. Yes in the sense that the drives and qualities of a given birth number may point toward certain types of work. For example, those with a 7 in their birth number may thrive in solitude, doing research; those with a 1 or double-1 may find creative work especially fulfilling; those with a 2 or 4 may enjoy analytical work, and so forth. So the birth number does at

least point to general kinds of careers (but not necessarily a specific one).

That said, the birth number and life path more accurately indicates the approach (challenges and strengths) that each individual may bring to any career. In my own research, I found a wide variety of life paths excelling in every career or sport or other pursuit. We bring the resources not only of our life path, but also capacities developed through our education, experience and insight.

Understanding our own life path (and that of others) brings more compassion for self and others, even as the information helps us to navigate the waters of everyday life — until ultimately, we transcend all systems. And what lies beyond, is beyond description.

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WHY STRETCHING IS IMPORTANT by Dorota Drosio



*When I'm at the gym I always see people focusing on their strength and cardio training - completely forgetting about the very important component - which is stretching. Very few even realize how important it is - many think it is just a waste of time, which is not the case at all. Everyone should stretch. Period. Stretching not only has many benefits for your body - but also - for your mind. It should be a routine part of your workouts. **Here's why:***

- ▶ *Stretching keeps your muscles and joints flexible and maintains the range of motion in the joints - without stretching - muscles stay short after especially a strength workout and that increases the risk of an injury and slows down your progress.*
- ▶ *Also - those who don't exercise and have a sedentary lifestyle - by all means should stretch on regular basis. Sitting for prolonged periods causes deformation in your muscular*

system and your joints; it causes shortening and deformation of certain muscle groups - especially legs, back, and buttocks. Regular stretching - even if you don't engage in any other physical activity - helps prevent muscle dystrophy which will happen over time if you are not active.

▶ *Everyone should aim to stretch at least 3 - 4 times a week. In a few weeks time it will all pay off and you will notice visible results. Warm up and do some dynamic stretches - like joint rotations - always remember to warm up before - this will help prevent injuries. (When the muscles and joints are cold - it can easily lead to an injury). Do some static stretches after the workout.*



Remember to breathe in - stretch and hold for ten. Relax. Then stretch a bit further - hold for 10 breathing out. Don't bounce and stop if you feel pain.



▶ *Stretching causes synovial fluid to be released in the joints - preventing joint injury - like cartilage injuries, which are very painful and improving their functions. This also helps prevent age-related diseases like arthritis.*

▶ *It relieves aches and pains in joints and muscles and helps combat stiffness.*

▶ *What you probably didn't know is that regular stretching normalizes blood pressure and lowers resting heart rate. Also - improves circulation.*

▶ *Stretching is a great way of relieving stress and anxiety and helping you cope with everyday tasks. It helps you feel less tired and sleep better. Gives you extra energy throughout the day!*

▶ *Stretching also helps you maintain a good posture and better performance - not just in training but also everyday tasks. It promotes*

better coordination and improves stamina.

▶ *Remember to stretch all the muscle groups after the workout - it helps minimize post-workout muscle soreness. And it helps you gain strength and tone your muscles.*

▶ *With regular stretches, you will see better results from your resistance training! I can't imagine not stretching on regular basis - I literally feel all the "bad energy" being released after a good stretch. I know it doesn't sound very scientific - but it's exactly how it feels. Flexibility training helps release endorphins - hormones of happiness which also act as natural painkillers.*

▶ *If you feel tired at work or school - take a break and stretch - even if people look strange at you. Also - do mild stretches when you're pregnant - but be careful as joints get "loose" during pregnancy which increases the risk of an injury.*

▶ *Flexibility training is very important for seniors. It improves mobility, balance, and flexibility of muscles and joints. Helps prevent falls and age-related degeneration.*

Dorota Drosio MHS, CN, CPT is an ethical vegan, certified horticulturist, herbalist, nutritionist and a personal trainer. Animal rights activist and a mum.

Graduated Warsaw University of Life Sciences with a Master's Degree in Horticulture - specializing in medicinal plants. Soon - starting work towards her doctorate.

Currently working as a vegetarian and vegan Nutritionist and Personal Trainer - offering online consultations, meal and exercise plans, nutritional, supplement and herbal treatment advice.

For any enquiries - please visit: www.thefitvegan.co.uk or email: Contact@TheFitVegan.co.uk



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 floral and polka-dot patterns. The girl on the right has dark hair and is wearing a light blue long-sleeved shirt with a yellow star pattern and blue jeans. Both girls are smiling and waving their right hands. A large white dashed border frames the entire image.

love
has
no
race



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Plastic: Bad For Us And The Earth

by Nikki Golly

Plastic is BAD!!

I'm sure if you follow me on social media and other platforms you'll know my opinion on plastic and to be honest, it really is great and not so great at the same time I tend to lean on the not so great and you'll see why in this article.

The versatile nature of plastic is amazing, but we depend on it too much, it harms the body more than you realize, and we are disposing it in such terrible ways. Most people don't have a single clue about what is happening to us and our planet because of it.

There are multiple reasons why we should decrease our use of plastic because to be blunt it is really hurting



the planet and ourselves, but more specifically there are three important topics that I believe everyone should be aware of when it comes to plastic.

Plastic gives off BPA (Bisphenol-A)

Plastic is killing animals

Plastic is trashing our planet

Now I know realize that you probably have never heard of BPA or Bisphenol-A which is ok, but I think

understanding what it does to us can sway your thinking like it did for me.

BPA and its slightly different forms, BPB and BPC, is in plastic, not only is it present in plastic bottles, but its used as a lining in cans, cups, receipt paper, sports equipment, and so on. BPA -B -C has shown to be an endocrine disruptor and have estrogen-like qualities (1). I'm not saying that it will kill you, but ALL of

our bodies, both male and female are delicately balanced with both testosterone and estrogen but, by consistently adding BPA's estrogen-like qualities, it can throw off this balance. Even the slightest change in our bodies can turn a healthy thriving person into a deathly sick person.

What are your baby bottles made from? I'm going to take a wild guess and say its plastic. If not BPA





it is BPB...is that any better? The statistics are staggering at a number of children that are born intersex instead of specific male or female now. Can this be linked to our use of plastics? My education tells me yes, and that's why I want to share this with you. You deserve to be as healthy as you can be and you shouldn't have to go to intense schooling to have this basic knowledge to live a healthy life.

Did you know that plastic is killing animals at an alarming rate. When I think of plastic killing animals, right away I recall images birds, turtles, and other creatures getting caught in

the plastic 6-pack rings. These pictures in my head constantly going on has made me stop buying things by the 6-pack or I cut openings in the rings when I do. Yet another scary one came to my attention the other day when I watched a documentary series called "strange days on planet earth" with Edward Norton (I would highly recommend watching it).

One of the topics that they talked about was the Alcatraz birds that live way out in the middle of the ocean on remote islands. They were dying of malnutrition, and the experts couldn't figure out why. Until they did further investigation of the contents of their

stomachs, they were full of plastics. The plastics were filling up the little birds' stomachs so much that there was not enough room for real food. You know those little plastic beads that are in your children's toys...they look just like fish eggs when floating in the ocean.

The third thing that I wanted to talk about was a number of plastics that are trashing our planet. Unlike glass or paper, plastics take hundreds of years to break down.

How much are you using plastic in our lives and what impact it is having on your health and our planet? Next time you drink out of a plastic cup or plastic bottle consider the consequences of your actions.

check out my video on plastics in the oceans:



Nikki

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

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



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Whether you get into this
for your health, the animals,
or your lifestyle...go
vegan...go raw vegan.



FullyRaw Kristina





Letting LOVE guide you and surrendering to where that LOVE guides you is probably one of the most profound ways to tap into your potential and align yourself to exactly where you need to be!

When you are eating your food...if that animal has suffered or has gone through a struggle...you are taking on those fight or flight hormones which can affect your sleep.



Casey Mosby
[instagram.com/growingwithcasey](https://www.instagram.com/growingwithcasey)



Jess Luv Yafe

When we focus on LOVE we become LOVE and that eliminates fear and I find that to be magnifying for your whole life and those around you.

Turns out, the difference between slacking and slaying is exactly 2.2 ounces.

#MealBridge
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Emma Dewing

I created a product line that is not only good for the environment and the consumer, but also creatures we share this planet with meaning it's cruelty-free.



Kimberly Peterson
Bare Naked Botanicals
barenakedbotanicals.com

We encourage people to keep an open mind. There is a lot of amazing foods out there that are better for you and Good for the environment. And we are happy to be one of many that are trying to provide better food for people!

NO MEAT. NO SOY. JUST SHIITAKE MUSHROOMS



Michael Pan and Shannon Lehotsky
Pans Mushroom Jerky
MushroomJerky.com

I love the idea of rescuing animals I think that by far is one of the things that makes me happiest.



Elaina Supp

Whenever you are up against a hardship...embrace it and it will make the Good times even better! If you put your mind toward Positivity that it will manifest itself!



Alden Blease and Suzzana Lovsky
Redd Bar ReddBar.com

Good Karma is all about inspiring Goodness! It is all about doing the little things...it's Smiling at somebody on the street that makes their day a little bit better. That's what Good Karma believes in. It's doing the little things, spreading the Good Karma and make the positive change in the world that we need.



Ed Fuller and Erica Boyle
Good Karma
GoodKarmaFoods.com

With every meal that you eat you can reduce suffering in the world and that is something you should always be aware of and you can feel good about yourself several times a day just by keeping animals off your plate.



Dustin Treinen, Melissa Halstenberg, Bethany Kinsey - **Mercy For Animals**
MercyForAnimals.org

We are out here making sure we can tell a story for the animals. We are giving them a voice in what we do...making sure that you guys know that we don't need to exploit them in any way. Food, science experiments, medical experiments, fur industry.



Melissa Tacía - Katie Ray
Uncaged Army
UncagedArmy.com

Choose compassion for yourself first and then extend it unto others. And please choose compassion for those who cannot speak for themselves.

My message of compassion is to treat others how you would like to be treated.



Julia Bernadsky - **Untamed Hearts**
untamedhearts.com



Ana Contreras



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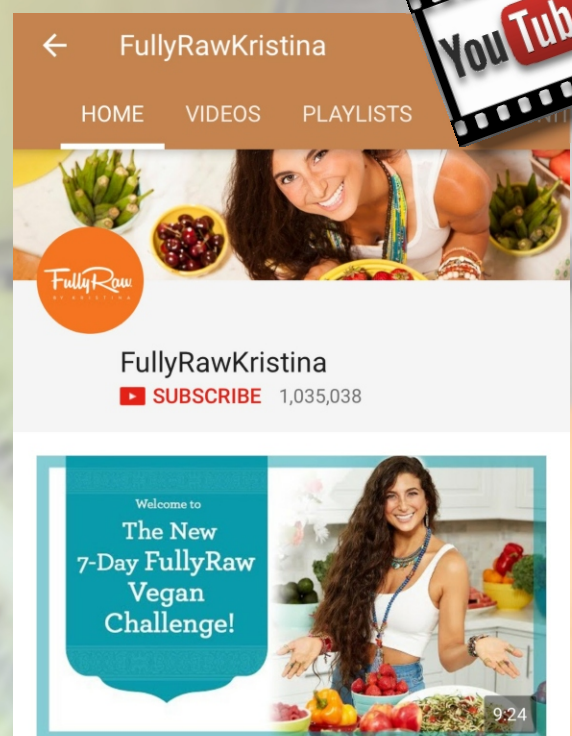
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wellness opportunity.



I want to encourage you to eat more fruits and veggies, to live a more compassionate and kind lifestyle and to make an impact on this planet by encouraging others to do the same. Whether you get into this for your health, the animals, or your lifestyle...go vegan...go raw vegan. Sending my love!

Kristina Carrillo Bucaram "FULLYRAW KRISTINA"









In order to heal the world, you have to heal yourself. It needs to start from within and exude out where everyone will feel it. You must get to the root before you can get to the surface. And that's my message to the world. Work on yourself, have self-love, be good to your body, be good to your mind, use discernment and follow your intuition and you can never go wrong.

Good luck World!

Neila Black



Your life energy like incense is burning and fading away. Don't waste your time on unnecessary things!

Your body is the real ATM machine. The only way to make money is through your body so keep it right. Don't waste your time with unnecessary things because the clock is ticking!


All the Best for you!


Ike Catcher





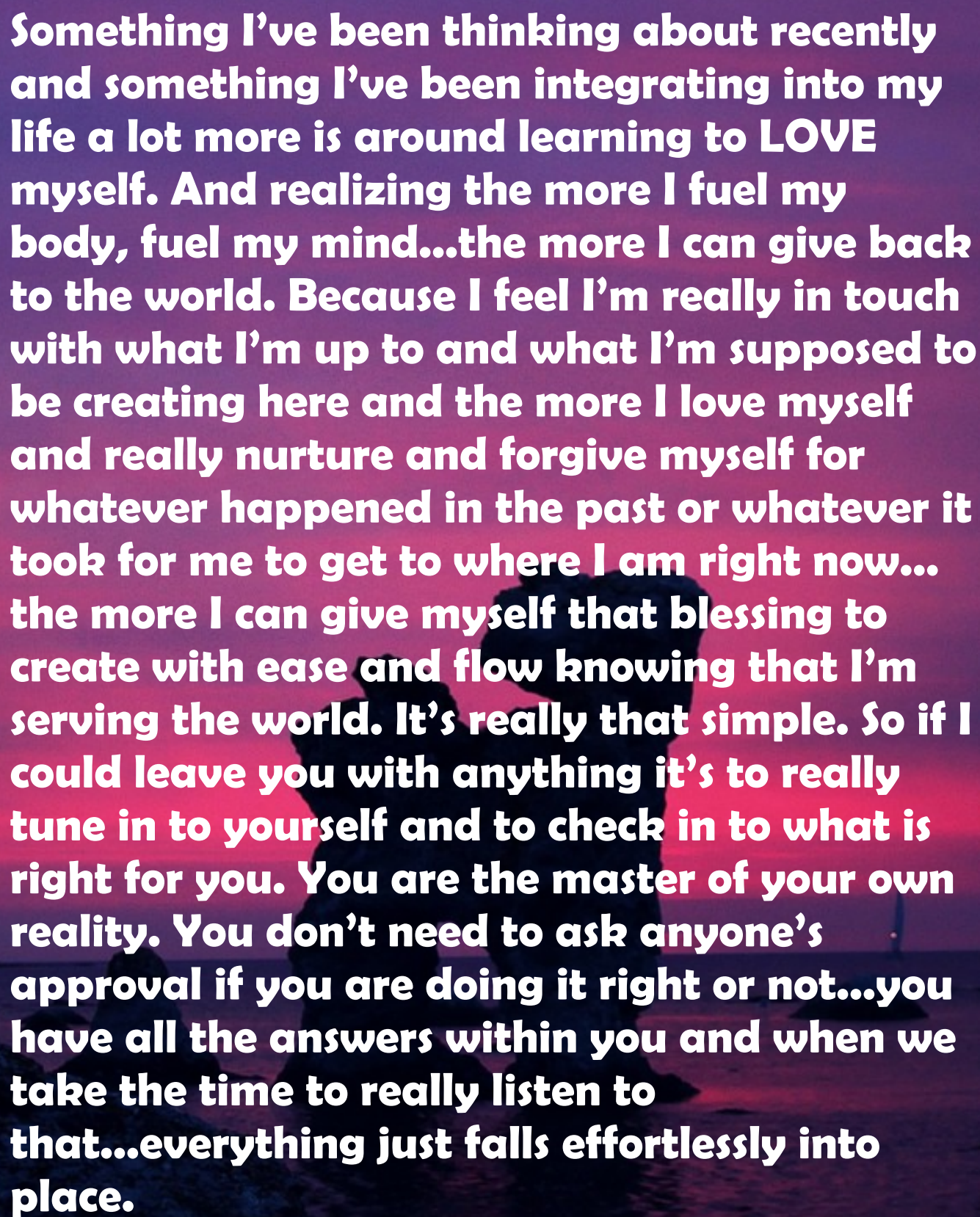
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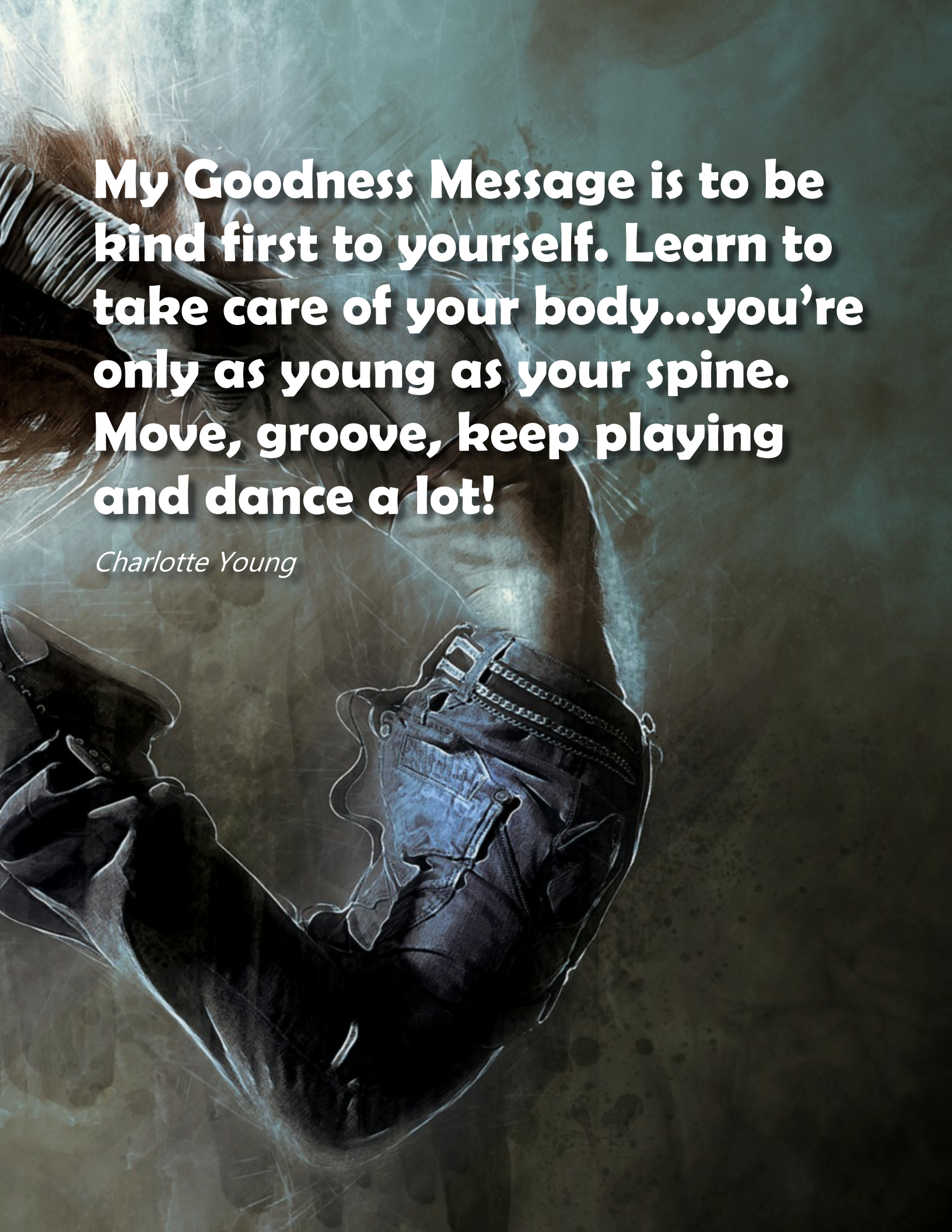


The background of the image shows the silhouettes of several people standing on a beach at sunset. The sky is a mix of purple, pink, and orange, and the water is dark with some reflections. The people are mostly in the lower half of the frame, with their heads and shoulders visible against the bright sky. One person on the left has their arm raised. The overall mood is peaceful and contemplative.

Something I've been thinking about recently and something I've been integrating into my life a lot more is around learning to LOVE myself. And realizing the more I fuel my body, fuel my mind...the more I can give back to the world. Because I feel I'm really in touch with what I'm up to and what I'm supposed to be creating here and the more I love myself and really nurture and forgive myself for whatever happened in the past or whatever it took for me to get to where I am right now... the more I can give myself that blessing to create with ease and flow knowing that I'm serving the world. It's really that simple. So if I could leave you with anything it's to really tune in to yourself and to check in to what is right for you. You are the master of your own reality. You don't need to ask anyone's approval if you are doing it right or not...you have all the answers within you and when we take the time to really listen to that...everything just falls effortlessly into place.

Talia Serene





My Goodness Message is to be kind first to yourself. Learn to take care of your body...you're only as young as your spine. Move, groove, keep playing and dance a lot!

Charlotte Young

**I'm all about movement. Finding your
PASSION through moving around.
Exploring your environment, climbing on
things and playing...so never stop
playing!**

Austin Gall





I have one message to share with you that a wise person taught me and that is to never let anyone steal your joy. You are the master of your joy and your journey!

Live as your higher self because your higher self is LOVE and it's infinite and love conquers!

Teetee Vincent

We are living in heaven on earth!

Isabelle





Every day enjoy life, look around and realize all of nature's natural beauty to understand. Follow your intuition, follow your heart, follow your emotions, trust yourself...

Just enjoy life overall.

Gaiyon Reavish

**Communicate more
COMPASSION!**

William Attaway

Be KIND

Kira Consalvo



We are all going about our lives the best that we can. I've found if I dip into the well of empathy and love that it is boundless.

Ericka Jones

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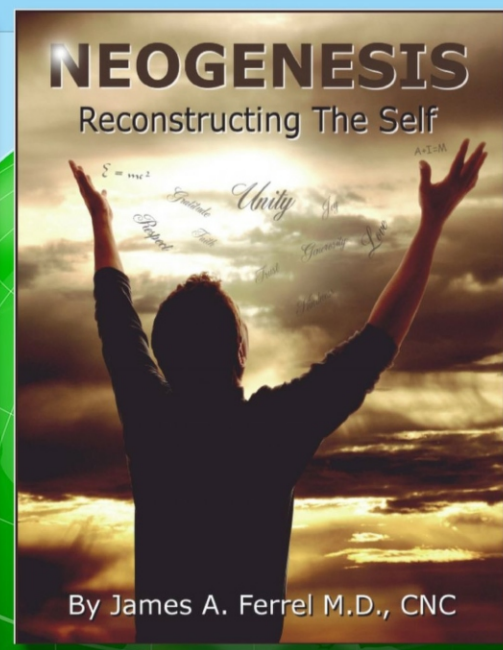
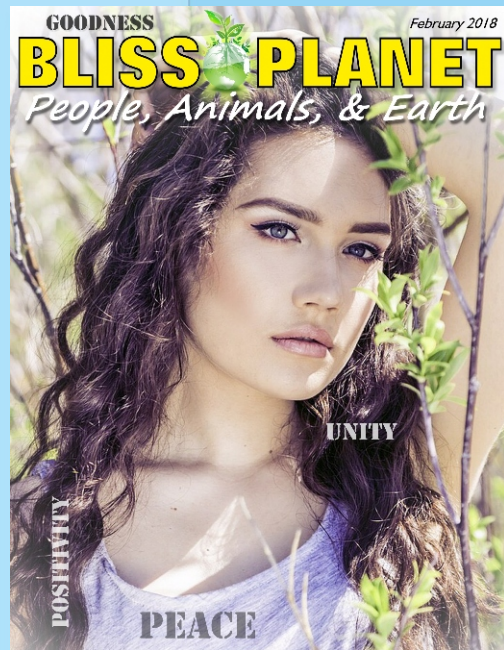
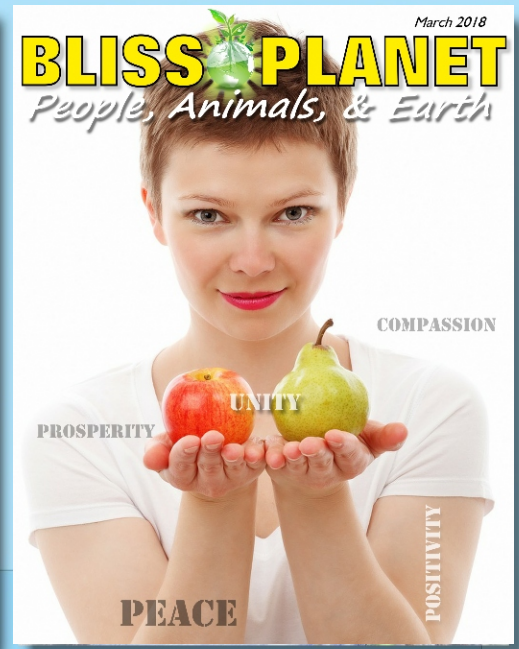
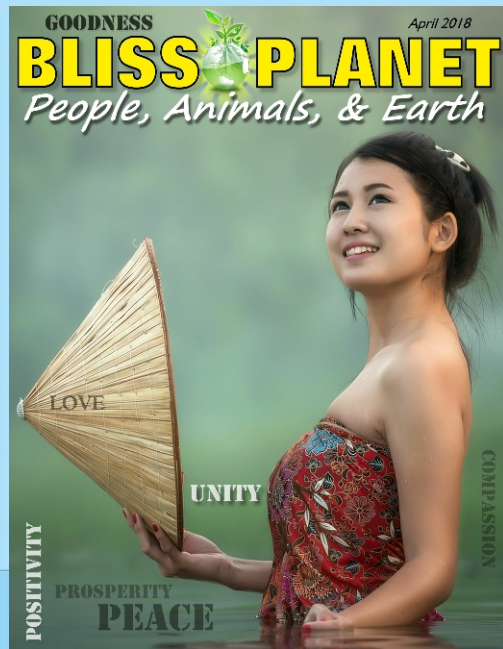
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