



# SOUL IN HARMONY

VEGAN HEART MIND & SOUL

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## INTRODUCTION:

### Soul, Mind, Brain & Interference

We all want to be our best selves. Many of us want to align our thoughts, actions and motives with those of our Higher Selves, our Souls or with that part of us that is Divine. And to a certain extent, we do this. We can get into the flow state, we can meditate and follow the signs that the Universe is sending to us.

Even so, as humans, there is usually some sort of “interference” that we must contend with. By interference, I mean something that interferes with us receiving our soul’s wishes (and by extension, then carrying out our soul’s wishes).

The diagram below shows the process that is mostly taken for us to receive and carry out our soul’s plans and desires for us:





The soul communicates through the mind, and the mind must in turn relay information to the brain. However, there is interference between the soul's communication to the mind. In other words, our minds are not adept at clearly picking up and acting on all the wishes of the soul due to this system.

And, just like you might remember from playing the game Telephone or Chinese Whispers as a child, you will know that when a message is passed through an intermediary, the message can be altered and passed on with some meaning lost (or even all of the meaning lost!). This can further weaken our ability to receive and act on our soul's desires as the message is filtered to the mind and then the brain.

A quick note on the brain and mind - many consider these to be two different but interconnected entities. Neuroscientist, Caroline Leaf PhD explains the concept of mind and brain quite well. She has written, "*The mind uses the brain, and the brain responds to the mind. The mind also changes the brain. People choose their actions – their brains do not force them to do anything. Yes, there would be no conscious experience without the brain, but experience cannot be reduced to the brain's actions.*"

*The mind is energy and it generates energy through thinking, feeling, and choosing. It is our aliveness, without which, the physical brain and body would be useless."*<sup>1</sup>

At this period in history, I believe that many souls are calling out, urging us, pleading with us to carry out our soul's mission and desires. Not just our own souls. I believe that Mother Earth is calling out. I believe that Divine Beings, angels, animal friends, nature spirits, Enlightened Masters, Ascended Masters and other benevolent beings are trying their best to lift our consciousness and help us to elevate the state of our planet.

We are stewards of our Earth, but unfortunately, we haven't been carrying out this role very well. Our environment, the animals, and humankind are suffering.

There is an urgency now.

If you are connected with nature and have a strong intuition you may have felt it. Animal communicators are telling us. Nature is telling us. Indigenous people like the Kogi are telling us. Scientists are telling us and issuing warnings. Spiritual teachers are telling us. It's getting more and more important that we be the best stewards of our Earth that we can be. And this involves elevating our consciousness and being honest and accountable.

Our stewardship of the Earth needs to be changed to a loving and reverent stewardship. A partnership with nature and the animals.

And it needs to be vegan.

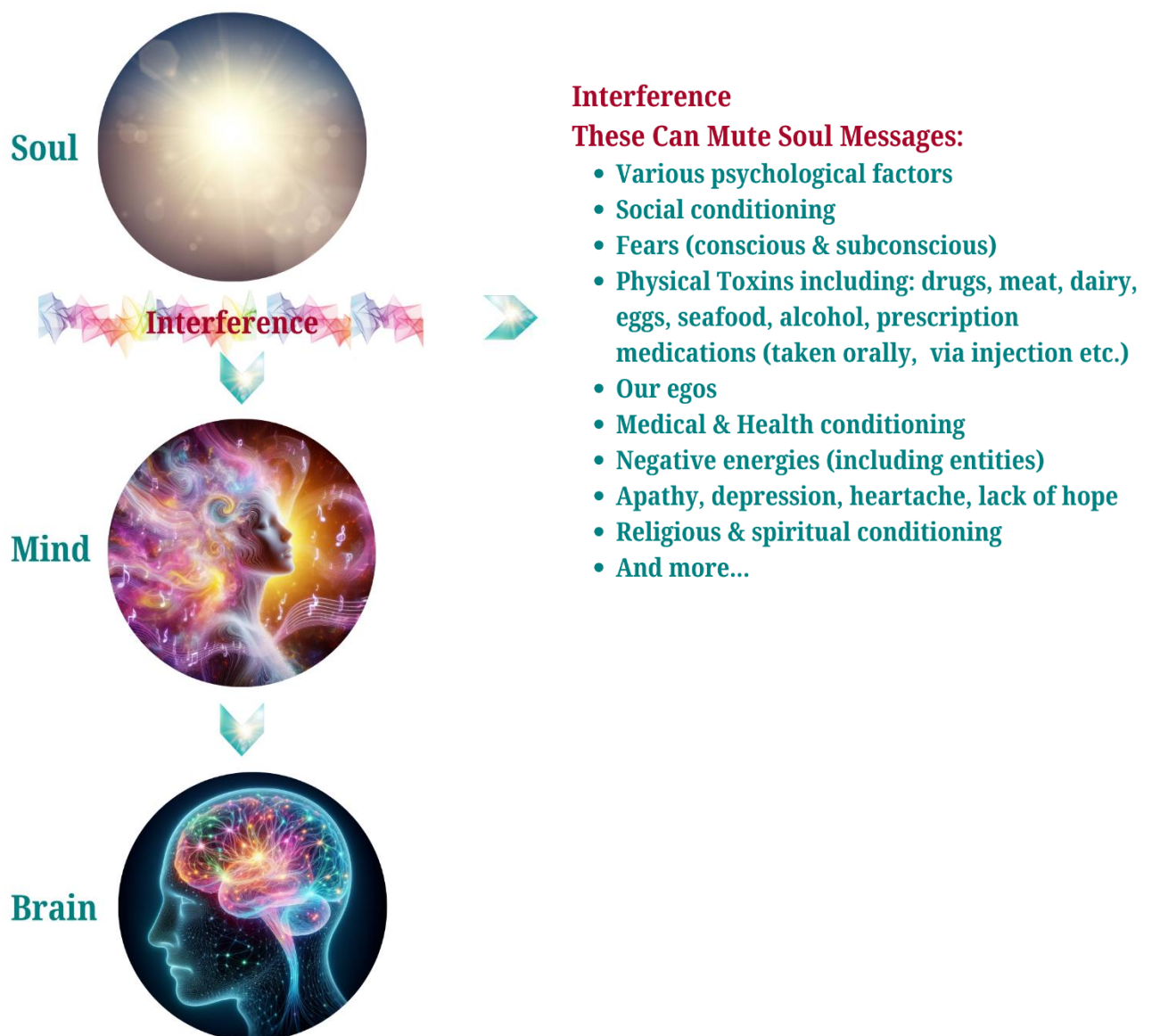
**I've heard it said that if you love animals, you are vegan at heart.  
But what if our souls love veganism but our brains aren't listening?**

We see this all the time. People love animals, yet still eat animals (and their eggs and milk etc.). You may be one of these people. If so, thank you for reading this book! I commend you for opening your heart and mind to discover this vital information.

So, what makes it so complicated to go vegan when that's what our souls desire?

Interference from the vegan messages our souls are sending us.

What could be acting as interference here? Here are some factors:



We can think of this interference between the soul and the mind as being similar to an antenna failing to pick up the signal due to interference. If the mind isn't accurately picking up the soul's desires and guiding the brain to follow these, then we can miss out on important guidance from our Highest Self or our soul.

This book explores the interferences that stop us from following our soul's desire to be vegan. It is written with spiritually-minded people and animal communicators in mind. Knowledge is power! And so this book has been written to empower readers to recognise how our monkey minds mislead us, and the various interferences that prevent us from being vegan.

You might have heard the term monkey mind. This refers to how our minds play tricks on us and make it more difficult for us to reach our goals. This can cause quite a few problems in our lives!

So, let's enlighten ourselves by investigating how our minds and brains can skew our judgements, our choices and our beliefs in very real and tangible ways – ways that are the opposite of what our Highest Selves or our Souls want us to do...

### **A Quick Note:**

This book is designed to be read from cover to cover OR by choosing which chapter you are drawn to, and reading different chapters as your intuition guides you to do.

Here's a fun game - to start, with, pick a number between 1 and 14. What number comes to mind for you?

This is the number of the chapter that your intuition is guiding you to read first. This chapter may have the most relevance to you right now or a situation that you have been contemplating. So, I invite you to have a look at the contents page, and head over to that chapter to begin reading – but first please note:

If number 13 comes to mind for you then please head on over to the first book, *The Kindness Era, Human and Animal Perspectives* – you can download and read the book or listen to the audiobook for free right [HERE](#)!

If number 14 comes to mind, then please listen to the free 2-hour Animal Communication Insights Course first. You can access the free course [HERE](#)!

Each chapter is quite unique in the information that it covers, so please feel welcome to skip ahead at any time to other information that is of more interest to you.



## CHAPTER 1: Monkey-Mind: Cognitive Dissonance

So, let's start with psychological factors that can cause interference with what our soul desires from us. You might have felt betrayed by your mind at times, especially when you think back to times when it feels like you have been overcome with emotions and/or stress. There might have been times when your first hunch and reaction was the right one, but then you listened to your thoughts and fears and they led you in another direction which didn't turn out so well.

Our brains and minds can be complex.

So we must try to understand them. We can try to have them as an ally rather than as an opponent.

To help you begin to understand your mind and brain better, below are some very common tricks that they play on all of us. Here you will learn what these "tricks" are called, how you can spot them, and how they can interfere with our soul's desire to be vegan.



### Cognitive Dissonance

Cognitive dissonance happens when we have contradictory beliefs, values, attitudes and standards for our behaviour.

When this happens, we can feel discomfort. The discomfort can include feelings of embarrassment, wanting to hide our actions, shame, guilt, stress, anxiety, confusion, indecision, frustration and defensiveness.



Cognitive dissonance can occur in any aspect of our lives. Here are some examples:

- Cheating on a test: A student may hold the belief that they are a good person, yet cheat on their test. Their action does not mirror their self-belief and their value of being a good person. This creates dissonance between their self-image of being a good person while carrying out dishonest behaviour.
- Smoking cigarettes: A person may value being a healthy person, and may overall commit to healthy behaviours, but is addicted to cigarettes. In knowing that cigarettes (and/or vaping) are harmful to their health, but continuing to do so, they can experience dissonance from viewing themselves as being health conscious but continuing to smoke. The same can be said for alcohol consumption and recreational drug use.

### How to Spot Cognitive Dissonance

Become aware of your attitudes, values and self-beliefs, and pay attention to your feelings. Notice when you start to feel anxious, tense, indecisive etc.

If we feel stressed about something, uncomfortable making a decision, feel embarrassment or shame, or if we try to do things in a secretive way so that other people don't find out about them, these can all be signs that we are experiencing cognitive dissonance.

If you start justifying or rationalizing behaviours (this could be to others as well as to yourself), then this can be another clue. Take note of your inner dialogue.

There might be an internal struggle going back and forward, and you might find yourself ruminating over something by going over it again and again in your mind.

These remind me of the classic angel on one shoulder and devil on the other shoulder image that we have seen many times in cartoons and movies as the mind is churning.



**So, then what happens? We try to resolve the discomfort we are feeling.**

To resolve the discomfort, we may:

- Change our beliefs or attitudes.

- Justify and rationalise ourselves and create excuses to reduce the discomfort or tension.
- Minimize and downsize the conflict, convincing ourselves that it isn't that important (in other words sweep it under the carpet).
- Or, we might just change our behaviour to align our actions with our beliefs and values!



### Here's an example of Cognitive Dissonance Using the Example of Veganism

**Belief:** Someone holds the belief that they are an animal lover. One day they walk up to someone at a park, pet the person's dog and say, "I love animals!" The person with the dog says, "I'm so glad to meet another vegan here!" But then there is an awkward silence... you see, the "animal lover" isn't vegan or vegetarian.

So, what could be going on during this awkward moment?

**Inner Conflict:** The person isn't a vegetarian or vegan. They would never kill an animal to eat, but they also don't want to think about the extensive suffering that animals regarded as food are forced to endure because this causes discomfort. This statement or assumption that they are vegan is quite confronting, even though the person with the dog genuinely thought the person greeting them was a vegan. So, what might happen next?

**The animal lover might try to resolve the discomfort.**

In this particular scenario, it might be a quick-thinking-on-the-fly kind of moment as the person might have been caught unawares. They might reply in one of the following ways that reflect the inner beliefs, thoughts and fears that they hold:

- They might have convinced themselves that they need protein from meat and that without it they would not be healthy. So here they would try to hold two conflicting beliefs at the same time, that they love animals but at the same time believing that they "need" to eat animals. This may quieten conscious feelings of guilt, shame etc. around eating animal products. So, they might respond by saying something like, "Oh no, I love animals but I eat meat to stay healthy and strong."

- They might try to minimize the discomfort by justifying and minimizing things. For example, they might say, “No, I’m not veg, but I only eat a little bit of meat.” Sadly, an animal still has to die for one to eat “only a little bit of meat.”

OR

- They might be caught off-guard, their defences aren’t up, and this statement might entice them to recognise and confront their cognitive dissonance. They might ask themselves, “Can I really love animals and still eat them?” They may not have consciously considered this before. They might say something like, “Oh, I’m not a vegan... but that would be cool.” This might lead to a discussion with the vegan in front of them. And ultimately, they might go vegan following the discussion.

When this happens, they would typically feel relief because their values are in alignment with their behaviour. And as vegans know, this becomes a deep and rich sense of fulfilment. Many vegans regard the choice to be vegan as one of the best they have ever made in their lives and deeply cherish this lifestyle.

If this occurs with the animal lover adopting a vegan lifestyle, then the dissonance is resolved in a way that satisfies the mind, the heart and the soul. The conscience is then at ease!

This topic reminds me of a story shared by Pea Horsley, a plant-based animal communicator from the UK. She was vegetarian before going “plant-based.”<sup>2</sup> She was featured in Barefoot Vegan Magazine, with the article stating, *“Though the majority of humans view animals as lesser beings, Pea says that animals want us to fully understand them and they want to express their wishes and desires. They also want to advise us and support us.”*<sup>3</sup>

On her website, Pea shares her experience with feeling discomfort between loving animals and (formerly) eating dairy products.<sup>4</sup> As you may be aware, dairy farming causes great suffering to dairy cow ladies and their babies. It also involves direct killing because without it there would be no veal industry. Young male calves, or bobby cows, can not produce milk as adults, hence most male cow babies are slaughtered for meat at a very young age (around 6 million slaughtered in Europe each year alone). If there is an excess of cows, then farmers may even abort the calves while the cow mothers are still pregnant.

Cows only produce milk if they are pregnant or after they have been pregnant – just like with humans. Nature or God granted them the ability to lactate so that they could feed their babies. Just like humans.

On her website, Pea shares her story about wanting to stop consuming dairy products writing, *“I’d decided I no longer felt alignment with my dietary choices and that this was the moment I was going to choose another way. A way that didn’t perpetuate suffering. A way that didn’t continue the disconnect between what was on my plate and the pain caused to animals to provide food for my consumption.”*

She also shared:

*"It's a very personal choice and as individuals we have to feel we can live with our choices. I no longer could; I was experiencing the energetic frequency of shame whenever I consumed cheese or added cow milk to coffee. Good shame tells us when we are doing something that goes against our values or when we are being inappropriate with someone else. I wanted to see if I could make the shift."*

So, what did she do to resolve this discomfort?

*"In 2019, I purposefully decided to take the plunge with the understanding what I was going to witness would not be easy, but in truth was so much harder for those experiencing it."*

*I watched Cowspiracy, followed by Earthlings, Forks Over Knives, What The Health, and then...The Game Changers."*

Pea took the opportunity to learn the facts to enlighten her mind and reinforce the reasons that she didn't want to eat dairy products anymore. She did this to help change her behaviour. The different documentaries that she watched provided a blend of information. Having different types of information on one topic allows the mind and brain to understand the information from many different angles.

And understanding the "why" of something can be a powerful factor in changing our behaviour.

The documentaries she watched were a great blend of information including health, the environment, animal sentience, medical, fitness and scientific perspectives.

Often our minds need knowledge about different facets of a topic to get the full picture and take action. Being clear on our why – why we are making a change – is important.

### **And the outcome for Pea?**

Pea went from vegetarian to what she called "plant-based animal communicator." She shares how this has stopped the discomfort she had been feeling:

*"Now when I eat and shop, I know that I'm contributing to kindness towards animals and the environment. I feel in greater harmony with the planet."*

In her article, she also shares resources that may be helpful to you, just as they were helpful to her.

**You can read Pea's article on her website here:**

[www.animalthoughts.com/plant-based-animal-communicator](http://www.animalthoughts.com/plant-based-animal-communicator)



**This topic also reminds me of a very special communication with a pigeon.**

The following story comes from vegan animal communicator Aurelia who shared:

*"A lady (I'll call her Stacey) told me about a pigeon that kept coming to her house and visiting her and her husband. She wanted to know if the pigeon was the reincarnation of her husband's deceased mother.*

*I'll admit that my monkey-mind thought that this was far-fetched and doubted this was the case!*

*However, when I connected with the pigeon, I felt the physique of the lady as she had been in her human physical form. I shared this with Stacey for validation, and she confirmed that this had been her mother-in-law's physique when she was alive.*

*The pigeon then confirmed that she had indeed been Stacey's mother-in-law!*

*She showed me that after passing away, she went to what felt and seemed like an astral realm or a low Heaven. She shared her memory of her time there, in between her past life as a human woman, and her current pigeon incarnation. Here she had cried and prostrated (praying and pleading with her body in a posture similar to that of child's pose in yoga. The family are of Asian heritage, and in some Buddhist traditions, it is customary to do a full-body prostration like this to show sincerity with prayer).*



*She shared that she was prostrating and crying because she deeply regretted how she had lived her life, including not being vegan. Her son and daughter-in-law are steadfastly, enthusiastically, wholeheartedly, reverently, vegan! They were vegan while she was alive as a*



*human too, but she chose not to follow a vegetarian or vegan diet while in that human incarnation.*

*She (the pigeon) showed me that in this Heaven or astral realm, she pleaded to come back to Earth to atone for things she regretted in her life. And hence, she was able to reincarnate as a pigeon.*

*As a pigeon, she now frequently visits Stacey and her vegan son. This couple also meditate and actively encourage others to be vegan. They put food out for the pigeon, and she visits and eats the food from their window sill. She spends extended time in their backyard and watches over them, also showing pride in the things that her human son does and the things that he creates.*

*Interestingly, she was able to return as a pigeon - pigeons are naturally herbivores (vegan). And, interestingly, she chose to come back and spend time with her vegan son and daughter-in-law instead of other relatives.”*

Although this might not be cognitive dissonance in the strict sense of the term, it does have some parallels:

This woman (or soul) had the dissonance that she felt intensely during her in-between life visit to Heaven or the astral realm.

The dissonance came from realizing that she didn't live her life according to the standards that her soul had for her, including living a vegan life. In between lives, the interference from her soul's messages to her mind was gone. She saw things differently and with great insight.

Hence, her soul felt discomfort in the form of intense regret.

To relieve this dissonance, she pleaded for a second chance to come back and atone in some way.

In this manner, she seemed to resolve this dissonance to the extent that she could. She chose to reincarnate and atone in the way that she was able to. In doing so, she was able to return as a peaceful, herbivorous pigeon, and to stay close to her vegan son and daughter-in-law.

Amazing.

If you would like to resolve your cognitive dissonance about being an animal lover, and/or an animal communicator but not being vegan – then you too can change your behaviour to align with your values and love of animals! You can change your diet from today.



## CHAPTER 2: Monkey Mind: Moral Disengagement

Just like cognitive dissonance, moral disengagement also attempts to dissolve our discomfort when there are conflicting thoughts, actions and beliefs. When moral disengagement occurs, we justify unethical or immoral behaviour, so that we don't feel distressed, burdened, guilty, embarrassed or ashamed.

In other words, when our actions contradict our morals, values, conscience (and soul messages!), we feel discomfort. It might be a niggling feeling, a dread in the pit of the stomach, anxiety, anger, avoidance or even a panic attack that we experience. These are ways that our mind/brain or conscience may signal to us that we have acted in a morally questionable way. And so, we try to justify the behaviour that our conscience isn't comfortable with.

### **So how do our monkey minds do this?**

The American Psychological Association (APA) has an article that explains this quite well:  
“... by sanctifying their harmful behavior as serving worthy causes;  
they absolve themselves of blame for the harm they cause by displacement and diffusion of responsibility;  
they minimize or deny the harmful effects of their actions;  
and they dehumanize those they maltreat and blame them for bringing the suffering on themselves.”<sup>5</sup>

[Note: I have presented each point on a new line for clarity. The online article lists these in a paragraph.]

As I read these words, images of abominations from human history flash into my mind. Times when we have treated (and are even currently treating) people of different nations, cultures, genders, religions, animals etc. horrendously. I'm sure that you have examples from history that jump into your mind too. So, we can see how powerful this can be, and how extensive the repercussions can be to vulnerable people and animals when moral disengagement takes hold.

The moral disengagement model outlines 8 ways that our monkey minds can justify our actions. Let's take a look at some of these through the lens of eating meat and animal products. As you read them, consider whether you have said or thought these in the past, and whether you have heard or even still hear people saying these things.



### **Moral Justification:**

This happens when we reinterpret our actions so that we see them through a different lens. It could be like looking at our actions through rose-coloured glasses as the saying goes. With moral justification, we justify our actions by choosing to believe that they serve a good purpose.

Examples of Moral justifications for eating meat and animal products include saying and thinking things like:

- "Consuming animal products provides essential nutrients that I can't get any other way."  
(Reality: Plant products provide an abundance of nutrients. So do multivitamins and supplements, and we have fridges and freezers to keep produce fresh and nutritious for extended periods).
- "The world has been eating animal products for centuries; it's part of our cultural heritage."  
(Reality: Many scientists and health experts agree that humans are herbivores (vegan) due to our anatomy. Many cultures, religions and spiritual groups throughout history have followed and advocated for vegan or vegetarian diets. This has included the Essenes, the Pythagoreans, Seventh-Day Adventists, Jain communities, Hindu communities, Sikh communities and many others).
- "In some places, people rely on animal products for survival."  
(Reality: Livestock production is now threatening human survival on our planet, and is causing food insecurity in the world. We now have over 21.5 million climate change refugees (as of 2021) who also need to be fed.<sup>6</sup> Around 80% of agricultural land is used for livestock production, but it only provides around 17% of the world's calories.<sup>7</sup> The crops and land could be used to grow food that is directly fed to humans to eliminate starvation and food insecurity).
- "Eating meat supports farmers and the economy."  
(Reality: Vegan agriculture and vegan products support the economy. There are also

more and more entrepreneurs and scientists entering the vegan food space with more vegan products entering the market each day!).

Following on from this last point, the power of money can't be underestimated as a powerful influence on people's thinking. Dr Julia Shaw, a psychological scientist has written:

*"Money changes our relationship with morality. The very existence of money, along with complex business and distribution channels, acts as a buffer between ourselves and the origin of our products. This can make us behave in ways that are deeply unethical.*

*I can prove it to you. Do you think animal torture is evil? And do you also eat factory-farmed meat? Many people who would strongly disagree, in principle, with animal cruelty also eat meat that has been raised in terrible conditions.*

*I know this myself. I try to eat a mostly plant-based diet, but like the majority of people in most Western countries, I do not eat this diet exclusively.*

*By reframing the same issue and adding a price tag we make some acts seem far less offensive. We can't see them first hand, so they feel like they are unrelated to us. All we can see is the price."*<sup>8</sup>

To earn money in a way that is in alignment with the heart, mind and soul, farmers can turn away from livestock production and grow crops instead. They could work with vegan meat manufacturers to grow crops for vegan products. Different fruit, vegetable, grain, bean and mushroom crops can also be more financially rewarding for them.



There are organizations such as Mercy for Animal's Transformation™ Project which helps farmers to transition away from animal agriculture. As their website states, *"Our mission is to build collective power sufficient to realize a just and sustainable food system.*

*Transformation does this by helping farmers transition from industrial animal agriculture operations to raising crops for human consumption. By creating models of alternative economic opportunities, building solidarity with other movements, and shifting societal narratives to change culture, we will realize a just and sustainable food system."*<sup>9</sup>

Another organisation doing great work is the Rancher Advocacy Program which was founded by [Renee King-Sonnen](#) who is also the Founder and Executive Director of Rowdy Girl Sanctuary.<sup>10</sup>

**Vegans want farmers to live a life of dignity, not to be trapped in a cycle of debt with major livestock producers yielding all the power over them!**

In the USA, many livestock farmers are kept in a [cycle of debt by livestock companies](#).<sup>11</sup> Many suffer from health conditions due to the lifestyles they lead, the animal products they consume, and exposure to the toxins produced when keeping so many animals in confined spaces and unnatural environments. By moving to plant food production, they often [escape the livestock farmer debt](#).<sup>12</sup>

If people still want to eat meat, they can encourage governments to approve laws allowing cultivated lab meat to be sold in their countries, just like Singapore<sup>13</sup> and America<sup>14</sup> have done. And they can look for and buy products from these companies where available, instead of buying meat from animals that have suffered and been killed. Cultivated lab meat can be used to phase out animals being reared and slaughtered for pet food,<sup>15</sup> and is on sale in the UK as tinned cat food.<sup>16</sup>

Cultivated meat is made in labs from initial animal cells. Believer Meats state that they only need to obtain cells once, and from that, they can produce meat products without any cruelty to animals involved. How much can they make you may be wondering? Believer Meats states they are capable of producing at least 22 million pounds of cultivated meat a year from their American premises.<sup>17</sup> This is without any animals (after the initial cells are extracted). One would need to research the processes used by other companies to see how they compare.

Do I think that lab meat has the same high spiritual vibration as pure vegan food? No.

Would I eat it personally? No.

But, for those people who do not wish to listen to their heart, mind and soul's message of being vegan, I believe this is a much kinder choice than raising and slaughtering our animal friends for food. I think it would cut down the cruelty and suffering immensely.

Other benefits include saving abattoir workers from the immense psychological and physical suffering that they endure, including high levels of hospitalization and amputations<sup>18</sup> in addition to drug use and alcoholism to cope with their jobs.<sup>19</sup>

There are also many vegan meat, dairy and egg products available that are made without any animal cells. These include products such as the infamous Beyond Burger, while other fascinating products continue to be developed such as faux fish and meat being made by SIMPLIIGOOD from nutrient-rich microalgae (spirulina).<sup>20</sup>

These products may be helpful for people transitioning to veganism, they make it easier to be vegan when eating in restaurants and may appeal to people who enjoy these particular flavours and textures but are vegan for their love of animals.



All of these approaches support the economy and create jobs. Vegan food production keeps farmers in business and helps the farmers to be happier, healthier, and often more financially rewarded. There is also a trend around the world of farmers becoming vegan themselves as they transition farms to vegan.



### Euphemistic labelling:

This involves changing language around a subject so that we can separate actions from our moral standards. Often the words are changed to less descriptive, sanitized, unemotional words. This puts up a camouflage and is often misleading or completely false in some instances.

Ways that society does this around meat production and animal products include:

- Using the term “livestock agriculture.”  
This sanitized term refers to causing extensive pain and suffering and killing sentient animals (including babies) to eat their flesh and by-products. The word “stock” here implies ownership of the animal people and therefore the power to inflict cruel measures due to perceived “ownership.” Very distasteful.
- We use non-animal terms for animal flesh and animal by-products.  
Using terms such as “beef” instead of dead cow flesh, “pork” instead of dead pig flesh, “abattoir” instead of a torturous killing place, “leather” instead of “dead animal skin”, “caviar” instead of fish eggs etc.



Dr Indra Lahiri, a vegan animal communicator, founder of Indraloka Animal Sanctuary, and an organizational psychologist, shares that as a young girl, she began to realise what these terms meant:

*"It was actually my little sister who made the connection before I did. I remember sitting at the dinner table and she said, 'Wait a minute. When you say chicken, do you mean it's an actual chicken?' And my mother was trying to avoid answering that question. And I could see from her face that it was, in fact, an actual chicken. And so, we were quite young. And then I remember the two of us talking to each other, 'Well, so what is beef? What is pork?' So, we were discovering, all of a sudden realizing, that we were being fed our animal friends. And so, we both stopped eating meat immediately, which was the right thing to do as Hindus anyways, my parents had wandered away from that tradition, but we brought it back."*<sup>21</sup>

So I ask you, if a species that claimed to be superior to us decided to farm and kill us, humans, for meat, what names would they call human meat to downplay our suffering?

Perhaps they would call us "humanus" meaning "of a man" in Latin. Or maybe that's too close to the original "human." Perhaps "bipedalis" meaning "two-legged" or "having two feet." Again, too close? Perhaps they may shorten this to "bi-pe." This might cause them less discomfort.

They might order bi-pe ribs, bi-pe liver, bi-pe breast etc. without remorse. They might keep us in a cage because they've decided that our bi-pe bile has some special medicinal properties. This continues to be done to bears who are kept in terrible conditions to drain bile.<sup>22</sup>

It's a very disconcerting thought, isn't it? If you let your mind play this out, it jumps to all of the ways that we mistreat the animals, and how we might feel if we were in their predicaments. Artificial insemination. Milking by cold metal machines. Taking babies from their mums for meat. Separating families. Killing loved ones in front of their families. Imagine it was us being farmed for our meat.

Terrifying. Absolutely terrifying.

Dr Shareena Hamzah-Osbourne, PhD has made some suggestions for how we refer to animals in our everyday language. She has written:

*"... However, today's industrialization of food production and manufacture has obscured the origins of meat-based meals for the majority of consumers, while the relentless rise of intensive farming practices has resulted in the ill-treatment of animals on a global scale...*

*I suggest that animals need to be better appreciated as constitutive and contributory elements to society, and language is the means by which this understanding can be improved. Through more animal-friendly language, current and future generations could harness positive associations to increase the protection of animals...*

*... This is the kind of progress that will be easier for everyone to make if we already speak a language that has animal interests built in. A more positive and complimentary language toward animals will increase our emotional response to them, as changes in language can alter the way we think and feel about things. In this way, material for classrooms is already being produced to promote animal-friendly language, such as PETA's TeachKind initiative and their array of suggestions for new animal idioms."*<sup>23</sup>



### Dehumanization:

The Merriam-Webster Dictionary defines “dehumanize” as “to deprive (someone or something) of human qualities, personality, or dignity.” This could be by subjecting “(someone, such as a prisoner) to inhuman or degrading conditions or treatment” and “to address or portray (someone) in a way that obscures or demeans that person's humanity or individuality.”<sup>24</sup> We can see how much we dehumanize livestock animals in all of these ways.

According to Moral Disengagement, when we dehumanize, we blame the victim and feel that they deserve the harm that we allow to be inflicted on them. Society at large denies the sentience, intelligence, emotions, cultures and personalities of livestock animals. Yet animal communicators, those who have loved any animal at all, veterinarians and other people who work with animals know that animals have a depth of emotions, thoughts, and wisdom, they desire safety and comfort and they feel physical and emotional pain. It should be clear whether we are treating them with dignity or not.

But many people still refuse to see farmed animals as thinking, feeling, sentient beings, and refuse to stand up for them by being vegan and trying to liberate them. This is dehumanizing the animals.

One only has to watch a David Attenborough documentary to realise the genius and astounding capabilities of the animals that are on our planet. Perhaps he should start a documentary series about farm animals so that people can see their true natures! We vegan animal communicators love and adore “livestock” animals and know that they also have souls.



When dehumanizing animals, people might say and think things such as:

- "Farmed animals are just figuring out or paying off their karma."
- "Cows and chickens don't feel pain the way humans do."
- "Animals are here to eat. They're not the same as humans."
- "Fish aren't as smart as mammals."
- "In nature, animals eat each other, so it's natural for us to eat animals."
- "Animals want to be eaten."



One way to overcome dehumanization is to visit animals in sanctuaries. Kathleen Schurman, a vegan animal communicator and co-founder of Locket's Meadow Farm Sanctuary has wisely stated:

*"Animals are far more than what anybody wants to give them credit for. One of the reasons that people can not deal with allowing them to have that kind of spirit and that kind of spirituality is that it changes the way you have to look at the world."*

*Can you walk through the meat aisle knowing what happened to these animals? These animals have not had good lives. There was pain and misery and suffering the whole time.*

*If you give animals that kind of credit, then you have to change your life. You have to change your life.*

*And I want people to understand you should change your life. I'm not saying to the extent that you have 150 animals in your backyard and you spend your whole day taking care of them, but allowing that in is only going to make your life better. It's going to enrich your life. Allowing the connection. The more connection to animals the more connection to spirit. The more connection to yourself, to your own spirit."<sup>25</sup>*

Dr Indra Lahiri has also given quite a beautiful insight that relates to this:

*"To me it's all the same, whether we're working with humans or we're working with other animals. It's about recognizing that Divine Spark. If I can see you with your Divine Nature, I'm going to be inclusive towards you. I'm going to be respectful towards you. And it's the same thing with all of them. The reason that all of them needed rescue from these terrible circumstances is because somebody didn't see, not only their Divine Spark, but that person didn't see their own Divine Spark and understand what they were put on this Earth to do. They misunderstood that. So, I think that's how it's all related, diversity in communities or*

*diversity among species. It's all at its core about having true reverence for the divinity of all of us."*<sup>26</sup>

To read about the remaining mechanisms of moral disengagement and what these might sound like as thought processes and statements, please go to reference 16 in the reference list where I have placed further information.<sup>27</sup>



## **How to Overcome Moral Disengagement About Eating Animal Products**

Start noticing any statements you are making, statements that people around you are making, and thought processes that indicate moral disengagement, especially those that dehumanize animal beings and justify their cruel treatment.

Visit an animal sanctuary and speak with the founders and the people who work and volunteer there. Spend time with the animals, get to know them and look deep into their eyes.

Education is also key! The following page contains free vegan documentaries and movies that you can access online:





**What You Eat Matters - H.O.P.E. Documentary**

**[Watch HERE!](#)**

**SHOCKING: Animal Agriculture Responsible For 87% Of Greenhouse Gas Emissions**

**[Watch HERE!](#)**

**Animal Communicator Interviews Playlist**

**[Watch HERE!](#)**

**Vegan Documentaries Playlist:**

**[Watch HERE!](#)**

**What The Health - Full Documentary**

**[Watch HERE!](#)**

**Forks Over Knives - Full Documentary**

**[Watch Here!](#)**

**The Meat Lobby: Inside the Abyss of an Industry**

**Learn how scientists are paid to put out false science**

**[Watch Here!](#)**

**Dr. Kristi Funk - Plant Warfare Against Breast Cancer**

**[Watch Here!](#)**



## CHAPTER 3: Monkey Mind: Speciesism

This is the final chapter covering how our monkey minds can trick us. Here I want to remind you that these monkey minds can affect all of us – including animal communicators, reiki practitioners, teachers, environmentalists, nutritionists and dieticians, doctors, monks, priests, nuns, spiritual people, teachers, farmers, veterinarians, zoologists etc. This is in part why we find that many people in professions that strive to protect animals and keep animals healthy still eat meat (the opposite of protecting and keeping animals healthy).

Speciesism is an interesting way that our monkey minds play tricks. It is the belief that one species is superior to others. By extension, this means that there are inferior animals, which then justifies the unequal treatment of the animals who are perceived as being inferior.

Speciesism is similar to other forms of discrimination like racism or sexism in that it involves unfairly privileging one group of animals over others (even though all animal beings can suffer, feel pain, experience emotions and have amazing depths of intelligence).

Here is an example. Some cultures believe that it's ok to eat dogs, whereas other cultures are outraged and disgusted by this, and hold dogs as a more cherished species as compared to stereotypical farm and livestock animals. But animal communicators will tell you that they are the same in terms of having a soul, a mind, emotions, thoughts, preferences, wisdom, humour etc.

Due to speciesism, most people would never eat dogs but many will still eat pigs.



Pigs are highly skilled at problem-solving and can quickly learn new tasks. They have excellent memories and can use tools. Wild pigs can use sticks to dig for food. Pigs even sing to their babies and they have complex social connections and social intelligence.

Some say that they are as smart or even smarter than dogs.

Pigs have been taught to play simple video games, and this achievement is on par with the perceived intelligence of chimpanzees and dolphins. Playing computer games requires learning, coordination and deliberate and focused attention. One of the researchers who worked with pigs in this way said, *"When you look a pig right in the eye, you can tell there's intelligence there."*<sup>28</sup>

Pigs are also emotionally intelligent. They display empathy and comfort each other by snuggling and vocalizing in times of distress. They also show empathy and comfort to humans.

But...

If we look at them through the lens of speciesism, then many people ignore their intelligence, capability, emotional depth, dignity, and even their basic physical needs. Hence, they are raised in cruel conditions and slaughtered in cruel conditions.

If we raised our dogs and cats in these conditions we would be fined by animal service organisations in breach of animal welfare standards.

Sow crates are steel cages where pregnant pigs don't have enough space to walk around and be comfortable, nor to be proper mums for their babies. PETA has stated these are "Like Trapping a Pregnant Human in a Phone Booth."<sup>29</sup>

So why can we treat pigs so terribly but be legally punished if we treat dogs (and cats) the same way?

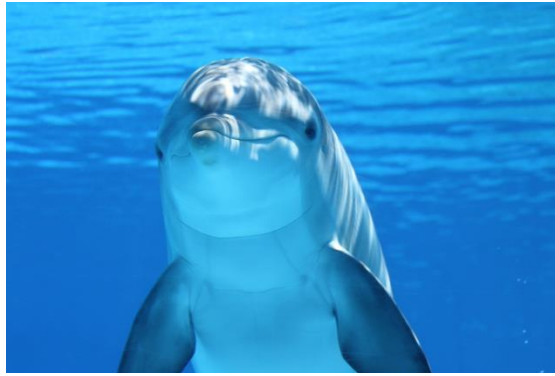
This is speciesism.

And going even further, by denying or even ignoring that animals have the same capacity for pain and emotion as humans, people justify eating them. This denial makes it easier to treat animals as mere commodities rather than beings with intrinsic value, a soul, a mind, and intelligence. Hence, their basic right to a comfortable existence free of human-inflicted pain and suffering is ignored.

You might hear speciesism conveyed through statements and thoughts such as:

- "It's not the same as hurting a human or a dog."
- "Humans are at the top of the food chain."
- "Pigs are filthy."
- "They are killed 'humanely' so it's ok to eat them."
- "Cows are stupid."
- "God put animals on Earth for us to eat them."





### **An Animal Communicator Recalls Her Childhood Speciesism**

A vegan animal communicator shared a story from her childhood where she remembers experiencing speciesism as a little girl. She shared, *"I wasn't raised as a vegan or vegetarian and I'm not sure if I even knew the terms when this happened. I saw something on the news that I misunderstood due to my age and level of understanding at the time. The news reported that dolphins were getting caught in tuna/fishing nets. My young mind thought that tuna was a dolphin. So I became alarmed and I told my mum I wouldn't eat tuna anymore. From memory, my mum clarified that tuna wasn't a dolphin. And so I kept eating her tuna casseroles happily (though I can't stomach the thought of that now!)."*

*I was exhibiting speciesism because I wouldn't eat tuna when I thought tuna was a dolphin. But I would willingly eat tuna back then, knowing that tuna was fish. I was placing a higher regard on dolphins than I was on tuna fish, and valuing the life of dolphins more. Thankfully I am vegan now, and it's one of the most precious things in my life."*

Here is another example of speciesism that is current at the time of writing this book.



While European countries are content to keep farming sentient animals for food, they are rejecting kangaroo meat and this has been featured in news around the world. Here we see speciesism at work, holding the kangaroo in an elevated status compared to the other farmed animals such as sheep, chicken, pigs, cows, geese, ducks etc.

Dutch MP Ines Kostic of the Party for the Animals has said, *“Well we all thought that the kangaroo is a protected Australian icon, there was a big shock for the Dutch politics and the Dutch public.”*<sup>30</sup>

She also said, *“The European Union is the largest importer of kangaroo products, thus also animal cruelty.”*

This has caused so much of a stir that the Dutch parliament voted to ban the import of kangaroo products, and a ban in the European Union is being sought.

When asked if the Dutch people viewed Australians as inhumane, Ines Kostic said, *“Oh yes, absolutely.”*<sup>30</sup>

But it's fair to say that most Dutch people don't view Australians as inhumane for treating other animals terribly - using them for meat, leather and other products that they are exploited for.

This is speciesism.

Dead kangaroo flesh and products are used in various ways: kangaroo leather is used in making football boots, meat for human consumption, meat for pet food etc.

Eurogroup for Animals has shared that other influential people and companies have taken action to boycott kangaroo products: *“Supermarket giant Carrefour has already banned kangaroo meat from its stores, while luxury brands like Gucci, Prada and Versace have also stopped using kangaroo skins in their bags, belts and shoes because of the way the animals are killed.”*<sup>31</sup>

*“English soccer icon David Beckham even stopped wearing Adidas shoes made from kangaroo skins after watching a video of a young joey and a mother being killed.”*<sup>31</sup>

The brands Puma and Nike also plan to phase out the use of kangaroo leather.”<sup>32</sup>

These are examples of speciesism because the same actions and standards aren't being applied to boycott and ban other animal-derived products.

Although the Australian government likes to say that kangaroo slaughter is “humane” and regulated - it is not. This is a completely dishonest statement. For example, current codes allow for the decapitation of baby joeys and also allow baby joeys to be bludgeoned to death.<sup>33</sup>

Speciesism in our minds can make this unacceptable for kangaroos, dogs and cats, but many minds accept the same abuses and cruelties imposed onto farmed animals. Meanwhile, just like the sweet kangaroo communities, wild horses like the brumbies and mustangs are often branded as “pests” by politicians and rounded up and killed in horrific ways. None of this is



humane. If the same culling was done to humans under these circumstances, it would be classified as genocide. And if we did this to cats and dogs we would face legal penalties.

We don't need to be animal communicators to see and feel the cruelty, injustice and horror of these situations. But we do have to peep behind the curtain and do some research to understand what is going on. Our souls want us to do this.

### **Billie Dean Shares A Message from Kangaroo**

Listening to vegan animal communicator insights can help us overcome speciesism, as they share extraordinary insights into our animal friends and our interconnectedness.

Billie Dean, an interspecies communicator, shaman, and co-founder of A Place of Peace Farm Animal and Wild Horse Sanctuary explains that kangaroos do not want to be killed by humans and certainly don't want to become meat. She has shared:

*"And for many, many months at one point I had the grey kangaroo coming in. The grey kangaroo was really, really cross. They're culled in this country. They're considered a pest. These beautiful beings who have DNA which is so like ours it's like that much difference, and they're culled, they're shot, they're killed. So, this grey kangaroo would come in and say you have to tell people that we are the heart of the land. We're the heart of the land and we shouldn't be killed. We have this attitude; we humans have this attitude that we're at the top of the food chain and therefore everything's got to be predatory. And so, oh there's too many of them, let's kill them all. Well, imagine if it was reversed. We hear that excuse all the time. There's too many of them let's get rid of them, let's shoot them, let's aerielly cull them, let's terrify them. There's no connection, there's no connection to understanding that these are living, breathing beings who we really should extend our hearts, our hands and our compassion to."*<sup>34</sup>

Knowledge is power in overcoming speciesism. And we must recognise that every animal being is sentient, feeling, wise, intelligent, and has a unique personality and reason for being on our planet. We must see the humanity within them – the common things that they share with us - their consciousness, their souls, their societies and relationships, the cultures of the different species. We must listen to their insights into the spiritual world and work in harmony with them to love and care for our Earth Mother.

Vegan animal communicators can be a bridge to this knowledge by sharing these wonderful insights. You can watch [incredible interviews with vegan animal communicators](#) on this playlist (watch for free!) and read and subscribe to the free [Vegan Animal Communication Network Journal](#).

PETA also gives some great insights into how we can overcome speciesism:

*"All animals deserve equal consideration, regardless of humans' opinions of them. While most of us have been steeped in speciesism throughout our lives, we can—and must—overcome this destructive way of thinking.*

*We can start right now, by changing how we speak about other species. Animals are thinking, and feeling beings—so we shouldn't refer to them in the same way that we refer to*

*inanimate objects like old chairs or boots. Instead of calling an animal “it,” use “he” or “she.” And we can avoid using sayings that are derogatory toward other species or make light of their suffering. If you need ideas for replacing harmful, outdated expressions, check out [PETA’s list of animal-friendly idioms](#).*

*Rejecting speciesism also means taking an objective look at our personal choices and changing the ones that hurt animals. One of the best places to start is by voicing our disapproval of animal testing by buying [only products that are not tested on animals](#) and donating only to [charities that never fund or conduct animal experiments](#). Leaving animal-derived foods off our plates, by going vegan, is also fundamental, and PETA has plenty of resources to help, including our [free vegan starter kit](#). When we start to view other species as fellow living beings and individuals, we won’t want to exploit them for their skin, fur, down, or wool, so we’ll [choose animal-free clothing](#), as well as [entertaining ourselves in humane ways](#) instead of patronizing circuses or roadside zoos.”<sup>35</sup>*

Our prayers are also powerful. We can pray for ourselves and the world at large to overcome speciesism and embrace veganism. Or if it resonates more with you, you can hold the intention that this will happen and use your actions, words and deeds to support this.

As we’ve learned, it’s up to us to reflect on where our monkey minds lead us astray and cause interference with what our souls are calling us to do. These tremendous souls of ours want us to be vegan. The Earth Mother knows that her health and well-being are dependent on humanity being vegan. The animal’s hearts, minds and souls long to escape their torturous confines and deaths. The answer to their heart-felt prayers is our veganism. And we are in the power to make their prayers come true by collectively embracing veganism.

It’s also important to note that many of our objections to being vegan can be hidden within our subconscious mind. Let’s take a peek at the subconscious mind in the next chapter, and see how this can also cause interference with the soul’s desire to be vegan.



## CHAPTER 4: The Subconscious Mind by Betska K-Burr

### Introduction to Betska

This chapter has kindly been written by Betska K-Burr. Betska K-Burr is Co-President of Coaching and Leadership International Inc., an Accredited Master Coach and developer of the Science of Mind-Kinetics®. Her work and research span over 35 countries and thousands of people.

By interacting with people and helping them to explore their minds and emotions, she has discovered that the reasons why people have trouble adopting and maintaining a vegan diet are not due to culture, religion or even the availability of vegan foods.

So what are the reasons?

Betska has found that the two main reasons for people's resistance to adopting a healthier lifestyle fall into two categories:

#### **1. Fear – that nasty four-letter word!**

**And,**

#### **2. Unconstructive subconscious beliefs.**

And do you know what their #1 subconscious negative belief is? This might also surprise you but it is, "I don't love myself enough to look after myself."

Let's take an in-depth look at these fears and subconscious beliefs.

### The Secret Fears of Vegans

In working with so many clients around the world, I've determined the following main secret fears around veganism:

- Fear of not getting enough protein;
- Fear of getting sick from lack of nutrients;
- Fear people will think I'm weird and reject me personally and professionally!

- Fear I'll give up because I don't know how to do it properly;
- Fear that I'll get too healthy;
- My friends won't invite me over any more;
- The fear I will surrender from family and friend pressures;
- Fear that my food won't be exciting enough for me!
- Fear my kids will leave home!

In reading this list, Kara felt that the “Fear people will think I’m weird and reject me personally and professionally!” may particularly apply to animal communicators. Her feeling is that these fears may play out in the following ways:

- Fear to openly endorse veganism in case it dissuades people from enrolling into courses or coming on board as clients.
- Fear to enthusiastically endorse veganism if the animal communicator owns a sanctuary and requires monetary donations (this is rare but is occurring – not by any of the animal sanctuary founders in this book who promote veganism wholeheartedly).
- Vegan animal communication schools and teachers not including vegan content in animal communication courses.
- Fear/apprehension to speak out about being vegan, especially in interviews and podcasts with non-veg hosts.
- Fear to encourage veganism due to the judgements they once had about vegans when they weren't yet vegan themselves.

These are real fears. Which of these, if any, do you have?

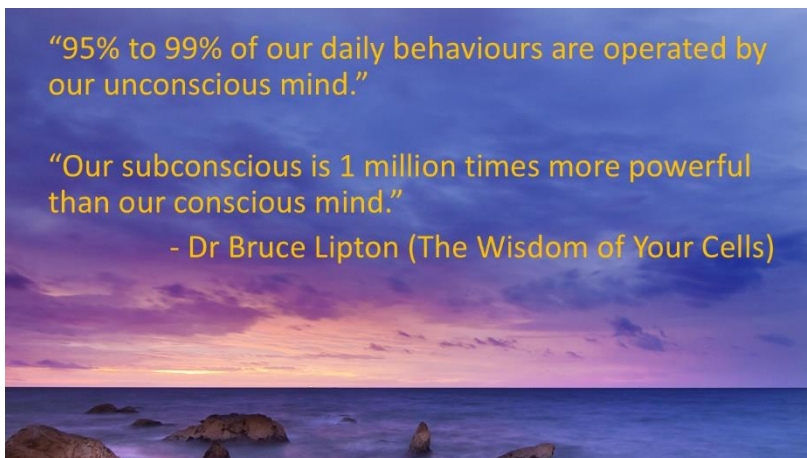
From a human behavioural perspective, the important thing to note here is that “The mind creates everything.”

The second most important note is that these fears are often in the subconscious mind – we don't even know they are there because they are unconscious! We can overcome any type of fear if we set our minds to it.

“95% to 99% of our daily behaviours are operated by our unconscious mind.”

“Our subconscious is 1 million times more powerful than our conscious mind.”

- Dr Bruce Lipton (The Wisdom of Your Cells)



The subconscious mind processes some 20,000,000 environmental stimuli per second v. 40 environmental stimuli interpreted by the conscious mind in the same second. So, who is running the show? It's clear that the subconscious mind is the most powerful part of the mind.

Yet, how many of us know HOW TO access what is inside our subconscious mind? Very few. That seems odd, don't you think? If the subconscious is that powerful, how come we have not been taught how to access it?? So today we are inviting you to study what could be in your subconscious mind to see how it is programmed. This is important because the subconscious mind is going to manage your affairs *precisely the way it is programmed!*

As you read the Top 10 Subconscious Beliefs preventing us from adopting and maintaining the nutritious vegan diet, I invite you to consider how you are programmed and how your children might be programmed. Children easily take on our behaviours because we are teaching them to do what we do. They also absorb by osmosis the behaviours of the adults around them. For example, if your subconscious belief is that a steady diet of meat burgers and French fries is healthy for you, then you will continue to eat such unhealthy foods. If your subconscious belief is that the Vegan Diet is the healthiest, then your children have a better chance. Why? Because that positive thinking is in your energy field. Children will often mimic what we do.

In the words of Bettie Eadie, *"In our thoughts and words, we create our own weaknesses and our own strengths."*

Here are some beliefs that you can start to anchor into your mind for improved clarity and action in life.

### **#1 Subconscious Belief**

**"I, [fill in your name], now truly and deeply love myself."**

If, in our subconscious mind we truly and deeply love ourselves, we would do nothing to hurt ourselves and do everything to be as bright as the geniuses of all time such as Einstein, Pythagoras, Plato etc.. If we truly and deeply love ourselves, we would stop eating and drinking what is bad for us.

Even as Vegans, we may be eating poorly, am I right?

So, what stops us from truly loving ourselves? There are several reasons including:

1. We may have had an abusive childhood in which we were not loved. The subconscious is then repeating, "I am not worthy of love, therefore, I cannot love myself. I don't love my body enough to feed it good food."
2. We may have had a childhood in which we were told, "You will never amount to anything" which the subconscious mind translates into, "I am a loser." If we feel like a



loser, why would we want to look after ourselves by eating well? Or our parents might have been taught this, and we might have taken on the pattern from them.

3. We were raised eating bad food and therefore we simply don't know what good loving food looks like for our bodies.
4. We were taught that loving ourselves and looking after ourselves is a selfish thing to do, therefore, we deny ourselves nutritious foods. A countless number of my coaching clients have told me that their parents kept telling them to stop being so selfish.
5. At some level, we may still have the belief that it is okay to kill other human beings (war for example) and animals. When we think this way, our minds become fuzzy. If we cannot love animals and humans, we cannot love ourselves.

## #2 Subconscious Belief

**"I, [fill in your name], now truly and deeply love others."**

Harmony especially with non-vegans can be difficult because we think they will see us as being very "different."

Sometimes we might find ourselves in judgment of non-vegans. We might also be accused of having a "holier than thou" attitude.

The trick here is to ensure #1 Belief is firmly implanted into the subconscious because once we have the belief that we truly love ourselves, it is much easier to drop judgments and to deeply love others. Harmony will follow.

If we truly and deeply love others, we will greatly encourage others to eat a wholesome plant-based diet because it is the healthiest diet.

## #3 Subconscious Belief

**"I, [fill in your name], now love and cherish my physical body as I meet its needs through positive words, thoughts and actions."**

CLI's internal research shows us that Lipton is right. How can we love and cherish our body and meet its needs if we don't even know what negative subconscious programming exists within us?

It is our negative beliefs and thoughts that translate into the words we use and the actions we take. For example, while we thank God for many useful advances in science, some folks happily pop pills instead of finding the root cause of their depression. There are numerous incidents in history such as silicone breast implants that leaked and caused untold harm to women's bodies. We aren't careful enough to listen to what is best for our bodies.

In the same way, we might believe false reports that the best way to get protein is through ingesting meat or dairy. Hard to believe that those false reports still exist!

By adopting this belief system, adults and their children have a higher chance of loving and cherishing their bodies. From this foundation, they can make better choices.

#### **#4 Subconscious Belief**

**“My physical body is a temple where I house my spirit, therefore it is precious to me.”**

Because of the pain of this world such as wars, disease, corruption and so on, I’ve found that my coaching clients can often “check out”! They live in a spiritual world where it feels peaceful and therefore they don’t fully live in their bodies. While they do their jobs every day and connect on an intellectual level, they often disassociate from the reality of what is going on in their bodies. When we are disconnected from our bodies we are disconnected from what is good for them.

If we believe that our physical body is a temple, we can more easily treat it as a precious entity and feed it well, exercise, meditate daily, watch only positive television, read positive books and do all things positive.

#### **#5 Subconscious Belief**

**“I, [fill in your name], now relish in the great health of my physical, emotional and spiritual bodies which has come from the knowledge of my Higher Power.”**

This belief – and the lack of it – is intriguing. Firstly, if we don’t believe we have a Higher Power, chances are we don’t think it is possible to connect to our Higher Intelligence. When connected to a Higher Power we feel confident that we are guided every day to make great choices for the health of our physical, emotional and spiritual bodies.

Another common piece I’ve discovered from coaching Executives is that the higher we climb up the ladder, we get caught up in the material world and thus we neglect our spiritual needs.

One of my clients, whom we will call Fred, realized how caught up he had become in the material world. One day, as we were coaching, Fred remembered that his parents always prayed before a meal and always prayed with him just before they turned out the lights as they were tucking him into bed at night. He became introspective and very sad as he said, “My little girl is 9 years old. Not once in her short lifetime have we even thought about praying before a meal or before we tuck her in at night.” At that moment, he realized how he had lost connection with his spirituality because he had become socialized to keep chasing promotions at work and earning as much money as he could.

From that moment onwards, Fred changed his approach to life. Such a great gift to give his little girl. If we believe in a Higher Power, we can trust it to guide us to a healthier lifestyle.

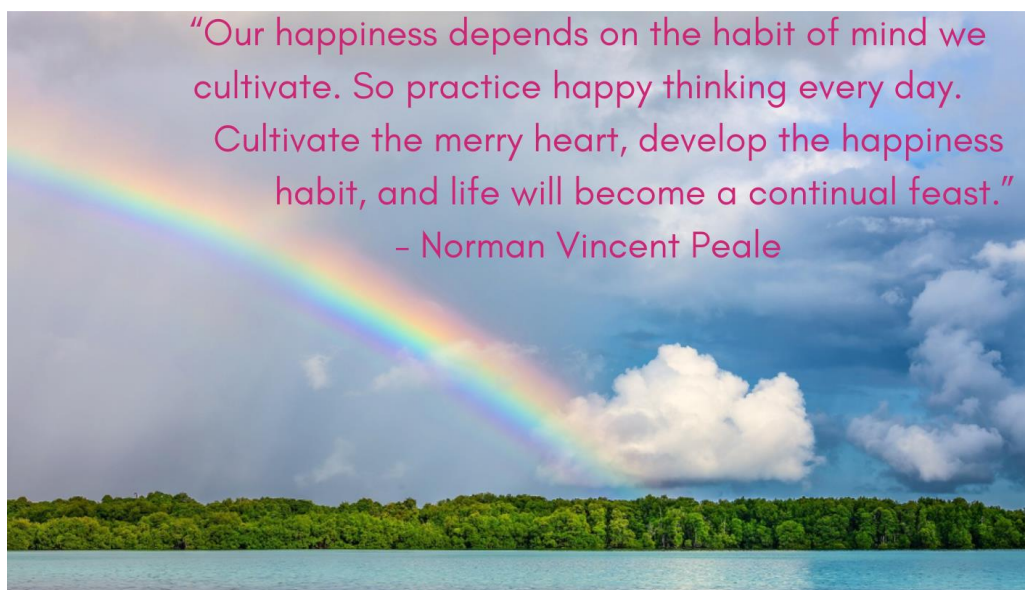
## #6 Subconscious Belief

**"I, [fill in your name], now honour and acknowledge the goodness and joy I bring to the planet."**

Many of my clients seem to have given up. It is fair to say that the world is in a big mess. We have emotionally unstable global leaders threatening nuclear war, out-of-control wildfires, global drought, food and water security threats, disease, corrupt governments, a significantly high number of murder-suicides, and so on. Clients often resort to going home at the end of the day to become couch potatoes, mostly watching mindless TV.

Inside their subconscious mind, they feel they cannot do much to help the world, "So why try", could be their belief pattern. They acquire a minimalist mentality, "Why bother doing anything because one person like me can't make a difference, anyway." Well, there is a saying, "It only takes one person to change the world!"

This might be why the "Random Acts of Kindness" movement is taking the world by storm. People LOVE doing kind things for others. It feels good. And the heart physically expands.



## #7 Subconscious Belief

**"I, [fill in your name], now eat a pure Vegan diet that nourishes every cell in my body."**

I often hear people saying, "I'm a vegetarian". Upon discussion, they elaborate that they eat chicken, fish, eggs or dairy. In other words, they are not clear on what is a pure vegetarian or Vegan diet.

The second part of this is that most of us don't realise that we have between 50-100 trillion cells in our body to nourish! That's a lot of cells!



What fully enlightened Supreme Master Ching Hai is saying is that we have millions of cells to nourish and we can nourish them by thinking good thoughts. Therefore, if we deeply believe that the Vegan diet is the healthiest diet and that it nourishes every cell in our body, then it will. Otherwise, we will have doubts.

### **#8 Subconscious Belief**

**"I, [fill in your name], am now kind to myself and my family and friends as I lovingly prepare healthy Vegan foods, and everyone enjoys the goodness and health that it brings."**

The key word in this belief system is "lovingly." We can raise the vibration of our food to a healthier vibration by praying before our meal. When we are preparing our meals, we can think happy thoughts and put that delightful and delicious energy into the food. When we study the research of Masaru Emoto, we are convinced that energy, as in prayer, is measurable.

Many people believe it takes a lot of time, energy and knowledge to cook for ourselves. Did you know that the average family eats only 8-9 different dinners repeatedly? Therefore, thinking of 8-9 different Vegan dinner menus seems very doable.

Here is a simple way to determine your 9 different Vegan dinners:

1. Celebrate three Vegan meals that you already enjoy such as stir-fries, three-bean chilli, pasta primavera, veggie soups, and so on.

2. Next, think of three regular dishes and add delicious vegan protein. Here are some regulars:

- Shepherd's pie with peas, edamame or lentils (or Vegan ground round/textured vegetable protein).
- Mac 'n cheese – nutritional yeast creates the cheesy taste and the white sauce is actually a cashew cream. So delicious!
- Stir fries with teriyaki or smoked tofu.
- Cabbage rolls stuffed with brown rice and mixed with lots of dill and green onion. Add lentils for a heartier cabbage roll.
- Tacos with Vegan ground round.

3. Check the internet for 3 more Vegan dishes you think you and your family will enjoy.

And guess what? You now have 9 dishes! Preparing Vegan foods is much simpler than other lifestyles. A quick favourite of ours is a baked potato with a fresh salad to which we add avocado, tomato, cucumber, nuts and smoked tofu. Delicious and easy to make.



Interesting words from Rumi. Perhaps we could substitute two of his words to say, "The message behind *our food* is the voice of the heart" with the voice of the heart being compassion for animals.

## #9 Subconscious Belief

**"As a Vegan, I make the best choices because my mind is clear."**

Most folks don't realise that a meat/egg/dairy diet hampers their ability to think clearly. Years ago I was told by my Naturopath that I absolutely had to drop red meat or it would literally kill me. What I wasn't prepared for was the clarity that appeared out of nowhere! What a delight that was. Then, when I dropped chicken, fish and eggs two years later, greater clarity came. Going Vegan a few years later was the ultimate shift in having a clear



mind. A Vegan can usually think faster, work faster and get more done. Now, that's a treat, isn't it?

How many of you are familiar with the story of Kirpal Singh? He was a regular accountant but had a very active daily meditation practice. When he left his accountant job to become a full-time spiritual teacher, it took 6 people to replace him. Wow! Master Singh, a committed Vegetarian, could do the work of 6 people because his mind was uncluttered and very clear.

A Vegan is not burdening their mind by ingesting the fears the animals had about being senselessly killed.

On a spiritual level, either directly killing or indirectly killing an animal and eating it for food places heavy karma on the person. Imagine that every person on this planet has a spiritual bank account. When they do good deeds, they receive merits that go into their Positive Bank Account. When they do not-so-good deeds, they receive merits that go into their Negative Bank Account. Meat eaters have very full Negative Bank Accounts which weigh heavily on their hearts.

Let's celebrate that as Vegans we are greatly building up our Positive Karma.

## **#10 Subconscious Belief**

**"I, [fill in your name], have a deep love, respect and compassion for all animals."**

As a little girl, I remember watching my grandparents slaughter pigs, cows, chickens and ducks on the prairies of Canada. Even at that tender age, I was horrified at these murderous acts. In those days, ¾ of the dinner plate was meat and the rest was a sprinkling of veggies and grains. Raw veggies and fruit were delicacies.

Today I know that animals are our friends, not our food. There are many studies to prove that animals have feelings. They try to run away when they sense they will be killed.

I recall the story of Max, the bull, watching as Nellie his 'wife' and child were being put into a cattle truck to be taken to the slaughterhouse. Max was so upset he ran up to the cattle truck and tried to use his horn to open the door to free his family. Alas, he broke his horn. He never saw his family again. Imagine how deeply sad he was and how long this grief lasted.

These stories wake us up to the reality that animals have feelings. They keep us Vegan.

## **How to Minimize Our Fears and Adopt the above-mentioned Belief Systems**

Which of the 10 positive subconscious beliefs would you like to embrace and anchor into your subconscious mind to kick out the negatives?

Of course, it is possible to anchor all of them; however, do it one at a time.

At CLI's school, our Executive and Life Coaches are taught dozens of ways to kick out negative beliefs and replace them with the aforementioned positive ones or similar positive ones.

For the average person, the easiest way to anchor them is to take one belief system per day and go to [www.TheBrainWalk.com](http://www.TheBrainWalk.com) and do the exercise entitled The Brain Walk® – A Journey for Peace of Mind.

As you start doing The Brain Walk exercise make it your intention to adopt this new positive belief system. The Brain Walk is also available for your iPad. Go to the Apple Store and search either for "CLI" or "The Brain Walk."

You can read more about the Brain Walk in the Vegan Animal Communicator Journal right [HERE](#) (on page 18).

Be mindful that you may also need a Professional Mind-Kinetics® Coach to help you as your fears and subconscious beliefs could be numerous. You can also pray to your Higher Self to help you clean out your subconscious and help you to be more positive every day and to love yourself and the animals.

The important thing here is to enjoy the journey of being Vegan and the health, inner peace and happiness it brings to you and your loved ones.



**Inner Peace Brings World Peace**

**By Betska K-Burr,  
The Guru Coach™**

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## CHAPTER 5:

### The Animals Weigh In: Animal Communicator Perspectives

Have you ever wondered why so many animal communicators choose not to eat meat and go vegan instead?

In this chapter, the perspectives, insights, beliefs and experiences of vegan (and some vegetarian) animal communicators are explained in their own words.

*“It’s very clear to me that all animals, whether dog, pig, cow whatever, all have sentience. We all know that every single animal has the capacity to have a maternal instinct, a paternal instinct, to experience fear, to experience love, to experience joy. So, knowing that we now acknowledge that they are sentient beings. We can prove that across the board, whatever animal it is. So, knowing that a cow can experience the same fear that a dog can experience, that is for me, all I need to know.”<sup>36</sup>*

*“Everybody knew me as this girl that loved animals... But no one realized how hypocritical it was to say I loved animals but then I also eat them. Like, that to me is very strange... But at the time I mean I was only like 10 or 12 years old. I didn’t know what veganism was. You never heard that word in South Africa.*

*Like, I lived on a farm in South Africa for a while. Like nobody would have ever said that word. But when I heard the word vegan, I was like, Oh. Oh, I didn’t even know that that existed. And also you’re never educated on what happens in the dairy industry by the way, or the egg industry.*

*But having access to that information I was like, oh my God, I cannot consume this stuff. And then especially with what I do professionally, how am I supposed to access and work with the feelings and the sentience of animals on an energetic level if I’m consuming them? It makes no sense.*

*So yeah, it was a no-brainer for me to go vegan and I haven’t eaten meat in like 11 years, but I went vegan probably like 6 years ago. It was honestly the best decision I ever made. It raises, honestly it sounds hippie, but you know, eating low vibrational food like dairy and meat it literally is dead matter. That is dead matter. It is a low vibrational food.”<sup>37</sup>*

*“Why would you want to consume something that’s dead? If you put a seed into the ground, all of a sudden that one seed has so much information to produce a whole tree with flowers with a female and a male and to continue to create. But if you plant a piece of lamb or a piece of beef into the ground, nothing happens. And so why would you want to put that into*

*your body? You're not putting any relative information to your body... And so that's what we try to go for, to consume as much life as possible to give you more life."*<sup>38</sup>

- **Sarah Lee**  
**Vegan Animal Communicator**

*"So what we have to do is we have to see things from the animal's perspective. And once we do, we will find out how wonderful animals are, how amazing they are, the depth of their knowledge, the depth of their feelings, the depth of their abilities, the depth of their wishes. Animals are so absolutely amazing. So what we have to do is we have to start seeing things from the animals' perspective. Once we do that, we change the way we see animals and everything will change."*<sup>39</sup>

- **Claudia Hehr**  
**Vegan Animal Communicator**

*"They teach us all the time, but we are the ones who have to learn. We have a responsibility to know them, to know their minds and to know how they work. They exist, they are there, and it is we who destroy their environment, we are the ones who make all the mistakes. So, our responsibility is to know and understand them. And by understanding their consciousness, that's how we can transform a little bit the things that are happening to our planet."*<sup>40</sup>

- **Laila Del Monte**  
**Vegetarian Animal Communicator**

*"We're in this state of consciousness where we're kind of sleepwalking to the edge of the cliff and very soon we're gonna just walk over it unless we open our eyes and act on our feelings and I think it's really interesting at this moment and in years prior there's such a calling from the animal kingdom to connect with humans to help humans learn who they are and that they are part of nature and that they are essentially kind, compassionate, loving beings."*<sup>41</sup>

- **Pea Horsley**  
**"Plant-Based Animal Communicator"**

*"I really see no difference between the dogs and cats that I've had close encounters with and the pigs and the chickens and the cows that I've met inside factory farms. When I go into these places, I actually go in with the awareness of wanting to connect with them. And I want to find out who they really are and what they're about. And it's been really beautiful to share with them. It's also very sad of course because the conditions they live in are absolutely appalling. And you know what I've found for example with broiler conditions, the general sense is that a lot of them really don't feel anything at all. They're actually quite dead."*

*I mean they only live there for a period of 6 weeks they're only babies when they're at the point when they're actually sent to an abattoir and they're living in a large shed in very crowded conditions. They're given a lot of unnatural things like antibiotics which is really contributing to them not being able to really feel who they are.*

*But what I've also noticed is really incredible, when I've taken a chicken from a broiler farm at 6 weeks, a day before going to an abattoir, and then he goes to a sanctuary and a refuge on the first day he is already starting to peck at the ground and do all of these natural things. And you know it's only going to take a short period of time before he can get in touch with who he really is again.*

*And that's the sense that I get they just want to be, they just want to be free. It's just a basic life they're craving, just like all of us really. And just to be able to express their natural behaviours and have close relationships with those that they want to and be in a social kind of hierarchy, be able to search for their own food and water. Those are the things that are really, really important.”<sup>42</sup>*

- **Dr. Jodi Ruckley**  
**Vegan Animal Communicator,**  
**Holistic Veterinarian, Director of the film The Animals You Eat**

*“The animals tell me they're finished suffering. This is a human construct they say. They can't wait for us to grow up as a species and truly understand that they are not here for our benefit, to exploit, to eat, or even for our entertainment. They are just here with us experiencing life in a body, as we are, for reasons of their own. And some are here to be our healers, our teachers and our guides. So, we have to understand that animals have souls. They have feelings and emotions and when we take them away from their mothers, when we butcher and farmlot and cull them, it's exactly the same for them as it is for a human being. It hurts. It causes grief.”<sup>43</sup>*

*“I've become really good friends with cows who have been there for a long time. They're good-natured. They're good-humoured. And they're full of wisdom. And they tell me in the future humans won't kill them because other humans will form a revolution of kindness. And they're very excited about that.”<sup>43</sup>*

- **Billie Dean**  
**Vegan Interspecies Communicator, Co-Founder of A Place of Peace Sanctuary**

*“I haven't eaten meat in 32 years. Animals know this. Animals can smell, in the same way, if an animal, if a carnivore comes towards an animal that is normally a prey animal. They can smell on a human if they're a meat eater. And the level of trust between almost any animal and me is very high. I can deal with just about any animal because they know that I'm not a threat. I'm safe. But animals to develop a relationship, and I'm talking about real communication between yourself and an animal, not that dominating, I know people who are like, 'Animals do whatever I want them to do and that's it.' But its a matter of an equal*



*partnership, so for me, it's very simple because they know how safe I am. They smell me. Everybody knows how sensitive their noses are. But they absolutely know. So being vegan on top of vegetarian, I'm no threat at all and I'm able to almost instantly communicate with any animal."*<sup>44</sup>

- **Kathleen Schurman**

**Vegan Animal Communicator, Co-Founder of Locket's Meadow Farm Sanctuary**

*"Actually, when I was in India I saw a mother cow with her little calf. The calf, they were putting a bottle of water cut in two, that they were putting on her muzzle so she would not suckle. Right there, I had a flash and told myself that obviously, if we drink milk, the calf won't have milk..."*

*"What they ask of us is that we stop saving them one by one, setting up small shelters, bandaging a dog's paw, while in reality, what is needed is that people be informed to stop consuming milk due to everything affecting cows, calves; to stop locking up hens in cages, so it's truly a holistic message. Also, with all that's going on regarding CO2 with us producing such enormous amounts of meat. And what they really want to transmit to us is that on an international level, on a planetary level, to awaken and open our eyes to what's happening and to broadcast such messages through videos, through the internet. In today's world, these are relevant; it's the way to reach more people, using videos, writing books, spreading messages at an international level to the maximum."*<sup>45</sup>

- **Joy Fromental**

**Vegan Animal Communicator**

*"I have a twenty-minute section in my workshops where I make sure that every person that comes to me that trains as an animal communicator can not be ignorant on the cruelty to animals. I promote being vegetarian; I have links on my website to vegetarian cooking. I encourage my students to change. My charity section of animal communication, which is animal communicators that care about animals, when we do any events, we ourselves will always be vegetarian. And we try to promote vegetarianism in the classroom, so people can understand that there is a big cruelty in factory farming."*<sup>46</sup>

- **Rosina Maria Arquati**

**Vegan Animal Communicator**

*On students after attending her classes: "Many have turned vegan and vegetarian. I do know of this because they write to me. And the reason is because they've seen things from a different perception. When you get intimate with an animal or a person, things change. It's a bit like when you love someone your husband, your partner, your wife, your child, doesn't your relationship change? Don't you want to save them, protect them? Well, that's what happens."*<sup>47</sup>

- **Trisha McCagh**

## **Vegetarian Animal Communicator**

*“And the more people who become vegan, it makes a statement to other people who are eating meat, and it allows people to start to consider what their position is. And the less people who eat meat, the more animals there are who can actually do what they’re meant to do here, and it’s not to provide themselves as food for humans.”<sup>48</sup>*

- **Lynne Overhill**  
**Vegetarian Animal Communicator**

*“And when we start to recognise those souls individually, the world will start to look at things like being kinder and being more vegan and I feel like as we start to see them as that, we’ll have more kindness for each other. So, I feel like they’re really leading the charge here for us to be better humans.”<sup>49</sup>*

- **Joan Ranquet**  
**Vegan Animal Communicator & Teacher**

*“It must be 5 years now that I’ve been vegan when I realized that I actually had no more excuses. I didn’t need cheese. And of course, my vegetarianism wasn’t just because of my mum, it was because of my love for animals... It wasn’t a health reason, it was because I did not like eating my friends and I knew that that piece of meat was a cow or a sheep and there was no way I could eat it.”<sup>50</sup>*

*“My vision for the world is a place where we can live in harmony and peace with Mother Nature in all her beautiful forms, whether it’s our animal friends, our tree friends, plants, insects – everything that is part of us, and we are part of them. We need to live in harmony, and I can see it; it is possible. And that is my vision, that everyone wakes up and listens and that we start working towards that.”<sup>51</sup>*

- **Wynter Worsthorne**  
**Vegan Animal Communicator & Teacher**

*“I had this really clear sense within that I did not want to invest my energy in helping raise livestock because I did not agree with this. I thought it was absurd. And I told myself, ‘People, this is not right, not right. I cannot do anything that I do not agree with.’”<sup>52</sup>*

- **Sheila Waligora**  
**Vegan Animal Communicator & Veterinarian**

*“You have no idea how even more specific your work would be if you were vegan. Cause again when you align yourself with your true essence, that’s where your deepest ability and talents come forward. So, what we can do is try to educate as many animal communicators as you know we can.”<sup>53</sup>*

- **Kathy Landry**  
**Vegan Animal Communicator**

You may wonder at Kathy's final remark here – "So, what we can do is try to educate as many animal communicators as you know we can."

Why would we need to educate animal communicators?

The truth is that animal communicators are human beings and we also experience interference that prevents vegan soul messages from being heard and actioned. As humans, animal communicators also have monkey minds, fears, egos to contend with and spiritual tests to face. Even animal communicators are not infallible.

So let's explore this more in the next chapter...



## CHAPTER 6: Interference vs Compassion As Our Default

Even though we may not have thought about it, being an animal communicator comes with influence. People come to us when they are vulnerable. People yearn and wish to be able to communicate with their beloved animals, just like animal communicators can. And so, regardless of whether or not we want to be, animal communicators become role models and educators about how to treat animals compassionately and respectfully.

Let's consider why some animal communicators (and spiritual people) are not veg, and justify and condone eating meat and animal products. This surprises a lot of people who ask me about this. But remember, animal communicators are also human and all of us experience interference that can make it more difficult to hear and carry out our soul's desires.

Many of the interferences outlined so far are common ones that many of us experience. Here we will narrow in on one specific thought process that is being shared by animal communicators that urgently needs to be addressed.

### **Claims that Animals Are "Sorting Out Their Karma" ... An Incomplete Answer Given When Asked If Its OK to Eat Animals**

Some animal communicators state that animals suffering in factory farms and for human food are "sorting out their karma." This is an incomplete and misleading view if expressed in this way and not further explored, which seems to happen in some interviews.

In an interview with In Defense of Animals, Kathy Landry, a vegan animal communicator addressed this subject with much wisdom. She shared:

*"What I want to say, and what I say to people who say the animals, they don't mind and they've incarnated purposefully, let's just take like a kind of an offshoot of that. People sometimes would say well those animals are choosing to suffer and to teach us compassion and of course my answer is well, if that were true, I think it's time for us to become compassionate and relieve the animals of that mission - if that were true."*

*But what I would say too, as far as animals choosing to incarnate to be food, is you know, that's part of that speciesism and segregation of that an animal would be willing to do something that we, you know, would not be willing to do.*

*So, you kind of think of ourselves - are we willing to incarnate and be food? ...*

*... Even if that were all the case you know with the animals, we're speaking of billions and billions of animals, and just the reality, and the kind of rational, you know the common-sense aspect - would really billions and billions of animals choose that for themselves? Would they really choose to put themselves through that?...*

*... I can follow the thinking here it comes from the metaphysical community at large, but I really see those as reasons, you know, reasons that people convince themselves of why it's ok to eat animals. Why it's ok to exploit them.*

*Again, those are just things to help humans continue on doing what they're doing and feel that that's ok. So that's my take on that and from the animals themselves, from communicating with pigs and cows and turkeys and chickens...*

*And in the same way, what we could say is let's say that if I incarnated and there were something really difficult that was going to transpire in my life, but that doesn't mean that for example, that I wouldn't want to be rescued from that, or I wouldn't want it to be different, or that I wouldn't want things to shift so that could be different.*

*So, all the way around, it really comes back to the bottom line that compassion is our default karma, and you know, not allowing or requiring that animals be eaten or exploited."<sup>54</sup>*

I love this concept of compassion being our default karma!



In many spiritual faiths, karma and reincarnation are mentioned. Karma might also be known by different terms such as, "as you sow, so shall you reap." In Buddhism, Hinduism, Jainism and Sikhism for example, we have been taught that souls can reincarnate into animal bodies and human bodies. Different Buddhas have chosen to reincarnate in animal bodies to fulfil their mission and to build affinity with specific sentient beings. Hence, different faiths also recognise that animals, including factory-farmed animals, can be our human relatives from past lives.

My experience and that of other animal communicators is that animals do reincarnate as humans, and humans do reincarnate as animals. We are souls in different outfits so to speak.



We all have karma. But the heavier the karma, then the more limitations (perhaps even lack of choice) we have around choosing the life that we will reincarnate into.

The suffering produced by our heavy karma can be soothed by the choices and actions of people around us. When we struggle with life, when we are defeated by life's challenges and karma seems to be burdening us, we long for compassion and assistance. We might long to escape from the relentless situation (and people) causing us harm. We can also long for forgiveness, kindness and basic humanity while also navigating intense emotions of regret, embarrassment, resentment, grief, despair and hopelessness.

When we are facing difficulties, having someone act in helpful and compassionate, kind and caring ways, makes the world of difference. If we can implement solutions to our problems this can also make a major difference. If protection is needed, then police and legal safeguards are also a welcome measure for many people (especially vulnerable women and children) who face violence.

So why don't we afford these mercies and assistance to animal beings raised for food?

Humans at large have the power to give them mercy, compassion, fulfilment of basic needs, dignity, and the opportunity to escape torturous conditions. Humanity can choose to stop breeding, imprisoning and killing animals for food consumption. So why are they instead kept imprisoned in intensive farming, CAFOs, fish farms, fur farms, experimental laboratories and the like?

Imagine how you would feel if you were in their predicaments.

Just like them, I'm certain that you would yearn to be raised differently, in a safe environment with enough food to eat, and clean water to drink, and to be able to live a natural life, form relationships, love others and have your love reciprocated. To have meaning in life and to experience a sense of fulfilment as you carry out your life's mission. To have expanded consciousness like so many wild animals do, so that you retain your spiritual connection with the world at large, with the Earth Mother, nature, and Divine Beings.

This is what would happen to the animals if humanity exerted compassion as a default towards all animals in the world.

### **What Happens To Us When Compassion Isn't Our Default?**

If we kill or pay for an animal to be killed, we incur karmic debt. Without financial payment for meat and animal products, most animals wouldn't be bred, raised and slaughtered for food. Thus, by supporting and encouraging this industry with our purchases, dietary and lifestyle choices, and even by telling other people that it's ok to eat meat and animal products means that we accrue a debt of negative karma.

Making compassionate choices that avoid and prevent animal suffering builds positive karma. Helping others to understand this, and educating and supporting people to make compassionate vegan lifestyle choices helps us to build our positive karma.

If one views karma through an energetic lens, it is important to note that the heavy energy of suffering from the animals remains in their flesh, milk, eggs, skin and fur products. It is then taken in by us if we eat meat and animal products. By the premise of “like attracts like” this heavy energy can weigh us down, attract other dense and negative energy, affect our physical and mental health, and influence the types of entities that surround us. This includes both positive and negative entities.



## Angels

Supreme Master Ching Hai (vegan) has shared some fascinating insights into angels. She has shared that: *“Angels, there are many classes of angels, like A-class, B-class, C-class, D-class. The D-class don’t have wings, don’t have much power. They can just hang around, and try to whisper into your ears to do good things, but they don’t have much power so you don’t change too much. They’re trying to do their job so that they can upgrade themselves. And the angels who are A-class, they are top of course, they are top.”*

She has further explained, *“A-class angels mostly are for Masters and some high souls. Exceptional high souls. These angels, they’re almost like gods and goddesses; very powerful and very, very benevolent. If you don’t have enough merit, you cannot ask them to help you. That’s not their job. That’s the job of the lower angels. To change human morals, to whisper inaudibly to make people do good things, all these are just like D-class, C-class, or sometimes B-class, but not A-class. A-class, they do different things.”*

But what happens if we hurt animals? Supreme Master Ching Hai explains, *“A person can lose their angels. If they do bad things or they slander some good person, or if they hurt somebody or harm someone or animals, they lose their angels. Not because the angels hate them, but the angels are not allowed to continue to protect that person anymore.”*<sup>55</sup>

## Negative Entities

Eating meat and animal products can also attract negative entities that can affect our lives in varied ways. Although this may be a little daunting to consider for some readers, we can consider this from the viewpoint of duality. In our world there is up, there is down, there is light there is darkness, there is yin and there is yang. There are angels and there are also

negative entities. Eating animal products is something that can encourage negative entities into our lives, and killing animals (and humans) can attract negative entities too.

In the book *Signs of Agni Yoga Brotherhood* by M. Morya it is written: *“Try to carry out a psychic energy experiment near a slaughterhouse and you will receive signs of acute madness, not to mention the entities which attach themselves to the exposed blood.”*<sup>56</sup>

In an online article, Michael, a spiritual teacher and psychologist explains, *“In the process of breeding, transporting to slaughterhouses, and slaughtering animals, their bodies release stress hormones, such as cortisol, into the bloodstream. In humans, cortisol serves a similar role, triggering the so-called “fight or flight” response. Over time, it weakens the body's natural defense response, making it more susceptible to infections. Cortisol can affect blood pressure, increasing it. Some appreciate this bodily reaction, claiming that meat consumption gives them energy and zeal for the daily struggle for existence. However, cortisol also affects cognitive functions and mood. High levels of cortisol can lead to concentration problems, anxiety, depression, and other mental issues.*

*When our nervous system is constantly stimulated by cortisol, it negatively affects how we perceive and process emotions, making a person irritable and agitated under its influence. This facilitates interactions with spirits, as a person under the influence of substances contained in meat or substances like alcohol lowers their vibration, descending down the vibrational ladder towards the low levels where deceased human spirits reside, becoming susceptible to their influence. Spirits struggling with survival fear trigger survival-oriented behaviors in us when cortisol affects our physical body.”*<sup>57</sup>

In the same article, he also shares that, *“Our physical bodies must become increasingly “luminous” through a healthy, high-vibration diet rich in vegetables, fruits, whole grains, nuts, and seeds.”*

### **Negative Karma Weighs Us Down**

The more negative karma we create, the more obstacles and difficulties we have. In *The Essene Gospel of Peace*, it is written: *“For I tell you truly, he who kills, kills himself, and whoso eats the flesh of slain beasts, eats of the body of death. For in his blood every drop of their blood turns to poison; in his breath their breath to stink; in his flesh their flesh to boils; in his bones their bones to chalk; in his bowels their bowels to decay; in his eyes their eyes to scales; in his ears their ears to waxy issue. And their death will become his death.”*

In another passage of *The Essene Gospel of Peace*, Jesus states, *“But he who kills the beast without a cause, though the beast attack him not, through lust for slaughter, or for its flesh, or for its hide, or yet for its tusks, evil is the deed which he does, for he is turned into a wild beast himself.”*<sup>58</sup>

Both of these passages describe that the karma from eating animal products affects us, including impacting our physical health (and our psyche). We know this, with many doctors and dieticians clearly aware of the link between animal products and sicknesses such as heart disease, diabetes, and viruses and pathogens spread from animals to humans, including those of pandemic proportions.

Buddhist scriptures explain that eating meat is the main reason that people can't escape the cycle of karmic transmigration (birth, death, re-birth and so on). This indicates just how heavy this karma is. It is written, *"Bhagavan (World Honored One), I see that in all worlds, the wandering in births and deaths, the enlaced animosities, and the falling into evil paths, are all caused by meat eating and cyclical killing. Those behaviors increase greed and anger, and make living beings unable to escape from suffering. That is truly very painful."*

And *"Mahamati, I see that living beings are in the transmigration of the six paths, being together in births and deaths, they give birth to and foster each other, and cyclically become fathers, mothers, brothers and sisters of each other; They may be men or women, may be the direct line of descent, may be cousins, affinities, uncles, aunts, sons, daughters, grandsons, and other various relatives of each other; They may also be born in other paths (of animal, ghost, god, and so on), whether virtuous or evil, they frequently become the relatives of each other. Because of these relationships, I see that all meats eaten by living beings are of their own relatives. Due to the greed for flavors of meats, the living beings circularly eat each other, then they always have the thoughts of hurting each other. Their painful karmas are always increasing, so they are wandering in cycles of births and deaths and unable to escape."*<sup>59</sup>



### **Let's Make Compassion Our Default!**

Here are some examples of how we can alleviate karmic suffering. What would you do in these situations?

If you saw a child on the street in tattered clothing, dirty, being beaten by someone then what would you do? Would you try to intervene and help in some way, or would you say that the child is "sorting out their karma?"

If your neighbour left their dog out in 40-degree Celsius heat day after day, chained and without water, with bleeding wounds on the neck from the shackles, hearing the dog whine in pain and suffering, would you say the dog is "sorting out their karma" or would you try to take some action to alleviate his suffering?

If you saw a squirrel drowning in the backyard pool, looking exhausted and trying to save herself, would you say she is “sorting out her karma” and leave her to drown? Or would you take some action, find a broom and put it in the water so that the squirrel can be rescued and live another day?

If you knew that a child was being sexually abused in their home, and they confided to you about this, would you say, they are just “sorting out their karma”? Or would you try to do something to help them escape the abuse that is being inflicted upon them?

If you knew a lady was experiencing domestic violence, had consistent bruises and injuries and was a mere shadow of her former self, would you try to help her in some way? Or would you say, she’s “sorting out her karma,” ignoring her plight and the danger that she faces every day?

I’m sure that you would try to take some action to alleviate the suffering in every one of these examples. The animals reared for food endure all of these abuses and neglect – and more. So it logically follows that you would also try to protect these animals from these scenarios if you witnessed these occurring with your own eyes. These and worse things happen every day to livestock animals, even if we don’t see it with our own eyes or hear their cries.

We can stop buying and consuming animal products to do our bit to end needless animal suffering and to clean up the karma of ourselves and our planet. And we can encourage others to do the same.



**It’s Best to Stop Saying That Animals Are “Sorting Out Their Karma”  
When Asked if It’s OK to Eat Animals!**

And finally, if we are asked whether animals mind being killed and eaten for food, we can avoid saying that “animals are sorting out their karma.” As we have discovered, this is an incomplete and misleading response that has the following outcomes:

- The implication for those hearing these words is that it’s ok to eat animals. These words carry even more power coming from an animal communicator. To those who hear this being said, it becomes a justification for meat-eating because someone in a position of authority has made the statement. The person making this statement then earns themselves negative karma.



- This statement is an example of dehumanization. If you remember back to Moral Disengagement it was stated that when we dehumanize, the victim is blamed with the viewpoint being that they somehow deserve the harm that is inflicted on them. Here karma is used as an excuse to support cruelty and turn off our compassion.

By saying the animals are sorting out their karma this directly implies that it's *their* fault. With this statement, there's no call to action to alleviate their suffering. Humans also have karma, yet it isn't acceptable to treat humans the way that we treat livestock and factory-farmed animals. The cruel ways that we treat animals are also our fault if we support their suffering via eating and paying for animal products, and encouraging or justifying their use as food. Ignoring their suffering also earns us bad karma, and this needs to be acknowledged and understood.

- This statement also reinforces speciesism, inferring that it's ok for animals to suffer terrible conditions but not ok for humans to suffer in similarly horrific conditions. Humans also have karma, yet in most parts of the world, it is illegal to treat human beings (and animals considered to be pets) in the same ways that livestock animals are mistreated every day.



**An Alternative Response That We Could Share  
When Asked If Eating Animals Is OK:**

"Killing and eating animals for meat and other products creates a heavy karma that causes a lot of problems for humans and for our world.

Instead of supporting the livestock industry, we can make compassion our default by being vegan so that we stop inflicting pain and suffering on the animals.

Imagine if you were an animal being raised and slaughtered for food, wouldn't you feel scared and sad? Wouldn't you wish for a life of freedom and safety for yourself and your babies?

By being vegan, we choose kindness and we empower others to also become vegan. This creates positive karma for humans and for the world, and lifts animals out of suffering.

If more and more people choose this option, we will transform our world in many ways. This is what the animals want."



## CHAPTER 7: No-Pain Plant Foods

Another view that has been shared by some in the spiritual and animal communicator communities is the claim that plants feel pain too, and therefore one shouldn't try to be vegetarian or vegan. People have asked me about this view saying that it lacks logic and compassion. This viewpoint seems to be another form of interference causing distraction from the soul's vegan message.

In our current time of human evolution, most humans still need to eat food to survive. When we cultivate plants for food, the plants that do feel pain still feel less pain than animals do. We eradicate much suffering and heavy karma by eating plant foods instead of meat and animal products. If the world were vegan, no animals would be suffering in livestock conditions. It would also save the lives of animals that live in the wild (on land and in the water) who often die, starve or have to relocate when their homes are destroyed for livestock production or as a result of livestock production. Animal homes are taken over, destroyed, burned, deforested, and demolished with explosives to get meat, seafood, and animal products for humans to consume.

The wild animals and insects, trees, mangroves, forests and water bodies are innocent civilians who get caught up in this war that humanity is still waging on animals.

Eating plant foods is still the kinder choice. If all the world chose to eat plants rather than animal products, our world would be transformed and the animals would be happy. If we wish to minimise suffering further beyond veganism, we can eat foods from the no-pain food list covered below. And if we want to be even kinder to the environment, we can also choose to eat organic produce.

### **Problems with the Claim that “Plants Feel Pain Too...” Implying that It's Therefore OK To Eat Meat.**

#### **Problem 1 of This Argument: Not All Plant Foods Feel Pain.**

Thankfully, not all plants feel pain when they are cultivated. Supreme Master Ching Hai (vegan), a world-renowned spiritual teacher has spoken out about plant foods and their capacity to feel pain. She has provided a list of no-pain plant foods that we can choose if we want to avoid eating plants that feel pain.

She has shared, “If you really want to have less karma and cause less pain, less suffering and less sorrow for the plants, you can choose. You can select some special plants or special fruits to eat. I have done a little research into the kinds of vegetables and fruits that have no pain at all or very little pain.”<sup>60</sup>

The list of no-pain plant foods is being updated from time to time. The current list is available [here](#) and I share it with you below. If this is of interest to you, please be sure to [check out this link periodically for any updates.](#)

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**No-Pain food - simple list**  
Please note: Not exhaustive

**Grains & Cereals**

- Rice, rice products
- Corn (fresh & dry)
- Wheat, wheat products (bread, vegan pasta, noodles etc.)
- Amaranth
- Oats
- Barley
- Job's tears
- Sorghum
- Buckwheat
- Millet
- Quinoa
- Couscous
- Teff (Eragrostis tef)

**Seeds (all)**

(Including those not mentioned below):

- Pumpkin seeds
- Sunflower oil
- Melon seeds
- Lotus seeds
- Coffee
- Sesame seeds
- Flaxseed

**Beans & Nuts**

- Beans + lentils (all types, fresh/dry)
- Peanuts
- Almonds
- Pistachios
- Pecans
- Pine nuts
- Macadamia nuts
- Hazelnuts

Most nuts only if fell naturally from tree.

Be **Vegan**, Keep **Peace**.

### Vegan Protein

- Dry soy texture & powder
- Dry wheat texture & powder
- Tofu
- Tempeh
- **Vegan** ham
- **Vegan** sausages
- **Vegan** seitan (if made from foods on the No-pain foods list)

### Condiments & Sweeteners

- Salt
- Vegetable broth (if made from foods on the No-pain foods list)
- Maggi-sauce
- Soya-sauce
- Beet sugar (from sugar beet)
- **Vegan** cane sugar (white, brown, caster, raw – in moderation)
- Agave juice

### Oils & Fats

- Flaxseed oil
- Avocado oil
- Peanut oil
- Sesame oil
- Tea tree oil
- Sunflower oil
- **Vegan** butter (no olive oil)

Be **Vegan**, Keep **Peace**.

## Peppers

- Poblano pepper
- Jalapeño pepper
- Habanero pepper
- Trinidad perfume pepper
- Fresno pepper
- Portugal hot pepper
- Paprika pepper
- Carmen pepper
- Sweet banana pepper
- Italia pepper
- Peppigrande hybrid pepper
- Jimmy nardello pepper
- Golden treasure pepper
- Mocha swirl hybrid pepper
- Shishito pepper
- Slovana pepper
- Tequila sunrise pepper
- Tolli's sweet Italian
- Nibbler hybrid pepper
- Tangerine dream pepper
- Sheepnose pimento pepper
- Cherry stuffer hybrid pepper
- Cayenne pepper
- Anaheim pepper
- Serrano pepper
- Chilaca pepper
- Aleppo pepper
- Chili de Arbol
- Aji Mango Pepper
- Thai chili peppers
- Sichuan peppercorn
- Wiri Wiri pepper
- Dried Cascabel Chile Pepper (Bola Chile)

And other very tiny sharp peppers

Be **Vegan**, Keep **Peace**.



**Vegetables**

- Chicory
- Chinese broccoli
- Tatsoi
- Kale
- Swiss chard (all other types)
- Collard greens
- Rhubarb
- Romaine lettuce
- Celery
- Chinese celery
- Bok choy (white stem)
- Cress
- Rocket (Arugula)
- Watercress
- Water spinach
- Stinging nettle
- Cabbage
- Chinese cabbage
- Iceberg lettuce
- Radicchio
- Endive
- Broccoli
- Brussels sprouts
- Cauliflower
- Tomatoes

**Vegetables**

- Wild mustard
- Mustard greens
- Mustard leaves
- Cucumber
- Asparagus
- Artichokes
- Seaweed
- Dandelion(all colors and the roots)
- Arrowroot
- Taro
- Yams
- Casava
- Potatoes & Sweet potatoes (all other types)
- Ginger
- Ginseng
- Kohlrabi
- Turnip
- Beetroot
- Purple daikon radish
- Leek
- Sprouts (all)
- Mushrooms (if safe)

Including young sprouts of coriander, soya beans, pumpkin seeds, etc.  
Plus onions, garlic.

**Be Vegan, Keep Peace.**

**Herbs & spices**

- Parsley
- Sage
- Marjoram
- Cilantro
- Spearmint
- Dill
- Piper lolot leaves (Piper sarmentosum)
- Sawtooth coriander
- Anredera cordifolia (Madeira vine)
- Rice paddy herb (Ngò ôm/Ngổ)
- Coronarium linn (Tần ô)
- Basil (Húng quế)
- Cardamom
- Star anise
- Cloves
- Coriander seeds & powder
- Cumin seeds & powder

**Cucurbitaceae family**

- Delicata squash
- White acorn squash
- Carnival squash
- Hubbard squash

**Fabaceae family**

- Italian flat bean
- Pole flat bean
- Romano flat bean
- Snow peas
- English peas (garden peas)
- Sugar snap peas
- Runner flat beans

**Be **Vegan**, Keep **Peace**.**

**All melons**

(including those not mentioned below)

- Watermelon
- Cantaloupe melon
- Galia melon
- Canary melon
- Charentais melon
- Honeydew melon
- Winter melon
- Snap melon
- Santa Claus melon
- Hami melon
- Casaba melon
- Crenshaw melon
- Horned melon
- Bailan melon
- Bitter melon

**Fruits**

- Tangerine
- Longan
- Lychee
- Soursop (Mãng cầu xiêm)
- Pomelo
- Lime
- Passion fruit
- Bananas
- Star fruit
- Avocado
- Palm dates (if ripe)
- Gac fruit (Trái gấc)
- Syconium (Sung)
- Noni (Trái nhàu)
- Apricot
- Purple plum
- White plum
- Red peach
- Japanese peach (white and pink)

We will update when possible with more No-pain and Have-pain foods.  
This is not a complete list.

**Be Vegan, Keep Peace.**

In the Cao Dai faith, similar sentiments are expressed. In the Fundamentals of Cao Dai Practice Chapter V it states,

*“A king took his court out to the forest to hunt. He shot an arrow which hit a mother deer. She ran away bleeding and in pain. Pursuing her, the king found her hiding in a bush, crying, wounded, yet still feeding her baby. Later she died. The king, realizing the harm he had done,*

*picked up the baby deer and raised it in that forest, which he transformed into a park under his reign, calling it "Mother Deer Park." From then on, the king abandoned hunting and did not kill animals anymore.*







*Do not kill sentient beings, human nor animal. Animals themselves manifest love for their offspring. Not eating meat (being vegetarian) is a way to manifest the love for life. An argument to this is that we also harm plants in consuming them. However, harvesting of fruits does not kill the mother tree; harvesting of grains and beans comes at the end of the cycle of life of the mother plants; still other vegetables would regenerate even stronger after being cut."<sup>61</sup>*

If one wishes to avoid plants that do feel pain, the list given by Supreme Master Ching Hai (vegan) on the following pages may assist with this ...

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## Plants That Feel Pain When Plucked

Note: These are just a few examples –  
Most plants fall into this category.

			
Apples	Oranges	Mangoes	Papaya
			
Pears	Lemons	Kiwis	Pineapples
			
Strawberries	Blueberries	Coconut	
			
Cashews	Walnuts		





Spinach



Vietnamese coriander (Rau  
răm)



Fish mint  
(Diếp cá)



Violet shiso  
(Tía tô)



Mint  
(Húng lủi)



Radishes  
(except purple daikon)



Carrots



Pumpkin  
(including flower)



Eggplant  
(Aubergine)



Asparagus  
setaceus



Rosemary



Tea



Honey



Eucalyptus oil



Olive oil



## Pepper



Buran pepper



Peppercorns



Hot Fajita pepper



Banana Chili  
Peppers



Aji Amarillo  
pepper



Mirasol pepper



Piri Piri  
(various types & shapes)



Cascabel Chile  
Pepper (Bola Chile)



Scotch bonnet  
pepper



Pequin pepper



Tepin pepper

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## Squash

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Sugar pumpkin



Butternut squash



Spaghetti squash



Honeynut squash



Acorn squash



Red Kuri squash



Turban squash



Sweet dumpling squash



Buttercup squash



Green Kabocha squash



Red Kabocha squash

### Please remember

to get enough vitamins and nutrition by taking  
vegan vitamins and/or supplements.

It's important to acknowledge that choosing plants to eat is *always the kinder choice over killing an animal to eat*, and/or raising animals in horrid conditions for their milk, eggs, and any other products derived from their bodies and their suffering. This list shows that the argument that it's ok to eat animals because plants also feel pain is flawed. We know now that not all plants feel pain. And if people wish to avoid eating those plant foods that can

feel pain, we now have guidance to help avoid those plants – if we wish to. Eating plants is the kinder choice to eating meat and animal-derived products.

### **Problem 2 of This Argument:**

#### **Eating Meat & Animal Products Hurts Far More Plants & Trees Compared to the Vegan Diet**

Animal agriculture destroys more trees, forests (including shrubs, undergrowth, insect and animal species), mangroves, oceans, rivers, lakes, and plant crops than eating vegan foods does – by far!

Animals who become meat are often fed plant crops and may be fed plants that do feel pain. In that case, the pain from these plants is compounded. When meat is eaten it provides less kilojoules/energy and nutrition than people would get from eating the plants themselves.

Plant crops are also grown, watered, harvested, stored and transported for the animals to eat before they are killed. This uses up more resources and creates more greenhouse gases. Slaughterhouses,<sup>62</sup> livestock farms and leather production<sup>63</sup> devastate environmental resources and freshwater supplies, unlike fruit and vegetable farming.

We also allow fellow humans to starve while we divert plant crops to feed animals. This occurs particularly in third-world countries where meat is sold to wealthier nations.



Mohan Gurunathan, an expert in food system sustainability, engineer and activist, has shared the following information:

- The largest human-made use of land is growing feed for farmed animals. This includes grazing land and crops that are grown to feed animals.
- A thousand or more years ago this land was natural ecosystems. Humans wiped out these natural ecosystems, including all of the animals that once lived there, to raise animals for food and crops to grow these animals.
- Animal foods are the leading cause of wildlife extinction and loss of biodiversity.

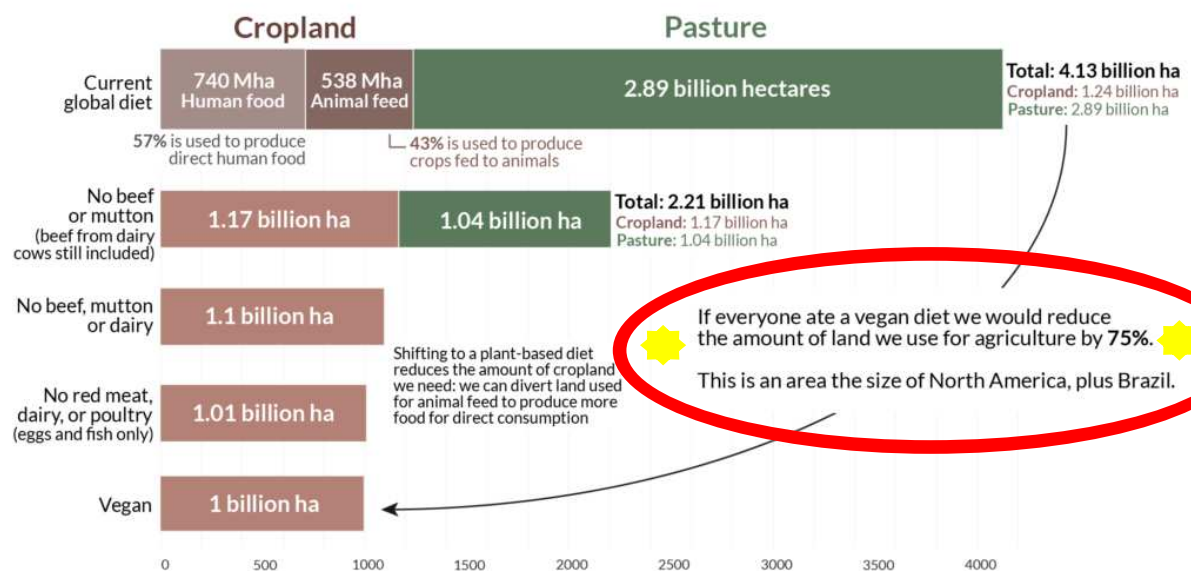
- We lose about 100 species of animals every day due to extinction. This rate of extinction is on par with the asteroid that wiped out dinosaurs. This destruction is primarily due to animal agriculture.
- To undo this damage we can go vegan and rewild the lands currently used for grazing and growing crops to feed animals that will be slaughtered for food. This will restore these lost ecosystems and bring about many environmental benefits.<sup>64</sup>

We can see from the chart below how much land is used for livestock production. If everyone ate a vegan diet we would reduce the amount of land we use for agriculture by 75%. Seventy-five percent! This is an area the size of North America, plus Brazil! If we adopted a vegan diet we could use this land to rewild forests to capture carbon dioxide and give animals back their homes. It would improve air quality, help to stabilise weather, halt global warming, and protect water bodies that flow through these lands.

## Global land use for agriculture across different diets

Our World  
in Data

Global agricultural land use is given for cropland and pasture for grazing livestock assuming everyone in the world adopted a given diet. This is based on reference diets that meet calorie and protein nutritional requirements.



Data Source: Joseph Poore & Thomas Nemecek (2018). Reducing food's environmental impacts through producers and consumers. *Science*. OurWorldinData.org – Research and data to make progress against the world's largest problems.

Licensed under CC-BY by the author Hannah Ritchie.

### Problem 3:

#### There Aren't Enough Animal Communicators Sharing This Information

I once watched an interview with a sweet vegan animal communicator. The interviewer piped in with their non-vegan view, stating that plants feel pain and implying that it's ok to eat animals because plants also feel pain. The suggestion was that we shouldn't bother to go veg because plants also feel pain. The animal communicator (a vegan) sat in silence and agreed that this was unfortunate. They seemed to be caught unawares. Can you imagine if the animal communicator had shared some of these facts?! That would have been fantastic.



This is one example of why animal communicators need to know this information. We need to be able to convey this in interviews and podcasts so that we really can be a voice for the animals and the Earth Mother by respectfully sharing the truth.

So, I implore you to please speak up about this if you get the chance!

### **Another Form of Interference: Lack of Nutritional Knowledge**

I have found that a surprising number of animal communicators don't seem to have much nutritional knowledge – especially plant-based/vegan nutritional knowledge.

It's good to remember that our bodies largely crave the things that we train them to crave. If there is a nutrient available in a plant food and we eat that food, we train our bodies to know that the nutrient is available from the plant food, and hence we start being drawn to eat the food for the nourishment that we need.

The foods that we crave can also be aligned with our emotions and the stresses that we are experiencing. We can often crave lower vibrational foods when we are stressed, overwhelmed, and anxious. This also comes back to the subconscious self-judgements and beliefs that we hold, especially not loving ourselves enough, and can also be affected by negative entities around us.

Many vegans research and build extensive nutritional knowledge. And many of them are happy to share what they have learned. If you require vegan nutritional insights, you could ask vegan friends and family to share their knowledge. You could also work with a professional. Working with a vegan nutritionist, dietician, naturopath etc. can be very helpful in the journey to wellness. Perhaps a vegan Mind Kinetics® Coach, hypnotherapist or psychotherapist may also help to uncover subconscious blocks towards the vegan diet. You will be amazed at what your subconscious mind is holding onto. We often have blind spots making it more difficult to discover these subconscious barriers without professional help.

There are also supplements available including wonderful vegan multivitamins to help you to feel your best. As we are living in a more polluted, faster-paced world, often with higher stress levels these can also be helpful.

### **Free Nutrition Course!**

To overcome gaps in nutritional knowledge, I encourage you to watch and download the free Vegan Nutrition classes and information sheets provided by the Vegan Animal Communicator Network [HERE](#).

### **Free Book with Nutritional Insights**

I also encourage you to read the freely available book *[The Kindness Era: Human & Animal Perspectives](#)* which delves into this very well and also gives energetic insights into our food.

Once we delve into this perspective that “plants also feel pain, therefore we shouldn't bother to try to be veg,” we can see that this argument crumbles. There is no clear foundation here. Being vegan is still the kinder choice. Of course, if we wish to eat the no-



pain foods we can opt for those, and we can also try to choose organic foods to be kinder to the Earth Mother.

One way to spot interference from our soul's wisdom is to notice when arguments (such as this one) that lack logic are used to try to lead us astray. This lack of logic can be a red flag to help alert you that some lower vibrational energy is somehow involved in running interference from your soul's desires.



## CHAPTER 8: Interference Affects Animals Too

Just as humans can experience interference from our soul's messages and wisdom, so too can animals. One form of interference can be trauma. Let's take a moment to understand some of the challenges that animals experience from a trauma perspective.

Gwenna Hunter, vegan animal communicator and founder of Vegans of L.A. (the first vegan foodbank in Los Angeles) has spoken openly about what cow mothers have shared with her. She speaks about watching a [video by Erin Janus](#) that gives a 5-minute overview of the dairy industry. Gwenna shared:

*"And I'm watching it, and she's showing them, having the ... metal machines on, I just say her breasts. I know we call them teats, but I like to humanize cows as much as possible so people can make a connection. These metal things, clamp things on her breasts, extracting the milk out.*

*I'm looking at videos of them being pulled and kicked and their babies yanked out of them and them going after their children. And for me, I didn't see a cow. I saw a woman. Because I had no idea they're pregnant for 9 months. I was making all these connections. And so, for me, I was like look what they're doing to this woman. Because her breasts, you know I have breasts, she's giving birth, I haven't given birth but I have the capability of giving birth. And just watching that and watching her mourn when they take her son, and her son is what we call veal, and it was crazy.*

*So for me, I didn't even have that 'animal' element, it was just like this woman, I saw slavery. I saw rape. I saw murder. I saw kidnapping. It was clear there was no, it wasn't blurry for me, nothing intersected.*

*I saw a woman going through a torturous life. And so for me, I was like, I will never, ever support dairy or cheese. Because I had thought a farmer had his blue jean overalls on and was milking a cow, like as a grown-ass woman I still hadn't let go of that programmed image of you know, she's saying moo and it's all good. I had no idea."*<sup>65</sup>

Dr Alex Hershaft, a Holocaust survivor, has noted similarities in the way that animals in slaughterhouses are treated and the way that Jewish people were once treated under the nazi regime. Dr Hershaft has said, *"Because when a child is first told that the dog on his sofa is to be loved and cherished, whereas the pig on his plate is to be abused, killed, dismembered, and eaten for food, that's the first time that we instil the notion in a child's*

*mind that it is ok to discriminate between two living beings that basically look and seem alike, which is the basis of all forms of oppression is that you're basically telling one living being that he can live and another that he must die."*<sup>66</sup>

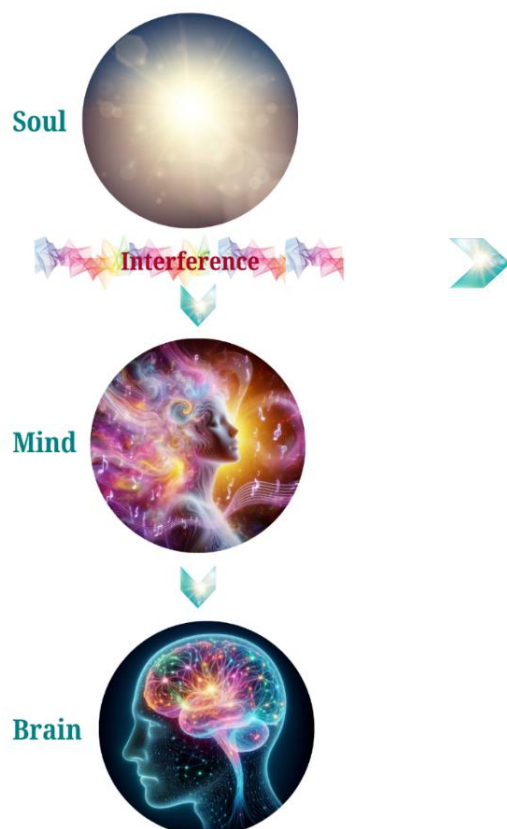
He has also stated, *"There are a lot of similarities between the way the nazis were killing our people and the way that we kill animals."* And, *"We're not comparing victims here, obviously because I am a Jew, I am much more sensitive to the persecution of Jews. Because I'm a human I am more sensitive to the oppression of human beings. But because I am also concerned with the moral universe, and I am also very concerned with the oppression of all living beings, including sentient animals."*<sup>66</sup>

These situations are all traumatic for the animals who are imprisoned and raised for food. Vegan animal communicator Sarah Lea has stated that animals feel trauma the way that we do. She has shared, *"I was seeing so many animals that were on Xanax and Prozac... I spent my life rewiring trauma in animals. And how do you do that? Understanding that animals have the same psychology that we do. Just the way that we experience trauma and then we're triggered by it later on in life, or we have certain belief systems based off of the initial experience we had – animals are the exact same."*<sup>67</sup>

This is a key factor that we must recognise. Animals go through many of the same psychological processes that we do, and these can cause interference for the animals too.

Below are some of the other types of interference that can cause animals to be cut off from their soul's messages and wisdom:

### Interference Experienced by Animals



### Interference

#### These Can Mute Soul Messages:

- Intergenerational trauma of being bred and reared for meat
- Physical toxins including hormones, antibiotics etc.
- Soul not staying within the body due to severe traumatic circumstances of confinement
- Taking on opinions, attitudes and fears of farmers & farm staff
- Taking on opinions, attitudes and fears of human family members
- Social conditioning of being simply an animal
- Emotions of despair, depression, dread, resentment, anger, fear, foreboding etc.
- Desire for vengeance towards perpetrators and those who eat their bodies
- Lack of autonomy, no power over self, resignation, learned helplessness
- Energetic density of suffering surrounding factory farms, CAFOs and abattoirs
- Negative entities
- And more...

Below are some psychological aspects that I believe affect agricultural animals in these traumatic situations. They are also inheriting DNA from their parents, grandparents and so on who have also experienced the trauma.

### **Emotional Impairment and Possible Stockholm Syndrome**

In her book *Through the Eyes of a Cow*, Dr Jodi Ruckley (vegan animal communicator and veterinarian) shares conversations she had with cows. She reveals that not even the dairy cows she spoke with knew that humans have alternatives to dairy milk.

The cows shared with her, *"... we have always been aware that our milk and flesh is used for humans, we can smell it, however, we did not know that they could drink coconut milk and that there could be another way."*<sup>68</sup>

You might wonder, how could the cows not know that humans have dairy alternatives? Intergenerational trauma, degrading conditions, medications, illness, artificial hormones, fear etc. prevent them from accessing their expanded consciousness, a state that is so natural to animals living in their natural environments. This very often means that imprisoned livestock animals don't have the same information and spiritual understanding of a sanctuary cow or a cow roaming free in the rolling fields.



Think of a time when you were challenged and overwhelmed in life. You might have felt tired, emotionally unbalanced, frazzled, frustrated, unsupported, or even defeated. In this state, your awareness shrinks. It's harder to see and instigate solutions. It's hard to feel joy, impossible to hope and there's a feeling of disconnection from your soul and God. There can be a sense of resignation, powerlessness, and a feeling of depression. It's the same for animal individuals and families kept in captive environments for food.

When I have communicated with dogs who do not have vegan or vegetarian human families, some of them are completely unaware of the suffering that animals go through to become food. Their environment doesn't encourage expanded consciousness, and topics like the fair and dignified treatment of all animals are not discussed in their household. I've noticed that the more an animal is regarded and treated simply as "just an animal," they tend to be far less empowered to access their spiritual insights and Higher Self-knowledge. In turn, they appear to become more dependent on their human guardians, which can then further dampen their connection to their soul's wisdom and insights.

Then when I connect to animals from vegan families – especially spiritual vegans – their animals often have amazing spiritual insights and wisdom to share, in greater depth than a lot of other animals. Their consciousness is so much more expanded. In addition to the love that the animals have, there is often profound wisdom and spiritual insights. How we treat animals can have a significant impact on their consciousness.

What is very sad for animals raised for food is that they can also take on (internalise) the opinions and attitudes of their captors – even when the attitudes are that they are inferior or only have a single purpose in life, which is to provide and become food.

Internalising something means that we absorb it so deeply that it becomes an ingrained part of our own beliefs, attitudes, thinking, feelings and behaviour. This has happened repeatedly in history where people have internalised beliefs about being inferior due to how oppressors have treated them (examples include women historically being seen as inferior to men, slavery, colonialism of Indigenous nations, the caste system etc.).

It seems that animal beings raised and considered as livestock do internalise the inferiority with which farmers and farm workers regard them.

Here's an example. In her book, Dr Ruckley also shares the story of a cow whose baby died during birth. She writes, *“That day I also spent time with number 08. She tells me, ‘My calf died during birth. I feel discontented, as I know it upset the farmer because he does not get the milk. It caused him stress.’*

*This statement upsets me so much. I feel angry. I just can’t believe how amazing she is that she can feel the stress of the farmer and care about him when the people at the farm have little regard for her in return and treat them all simply as milking machines. It is run as a large-scale operation with no regard to the cows as individuals with feelings. I feel it is unfair and unjust.”<sup>68</sup>*

Here we see that the cow seems to have internalised that her value and worth is simply to give the farmer milk without regard for her own well-being. She even seems to elevate the farmer’s well-being over what the life of her baby means to her as a mother. So much so, that the death of her own baby isn’t felt as a personal loss, but as something that will primarily impact the farmer, and she doesn’t want to cause him any worry. She seems to have internalised that she is a commodity. She seems to have internalised that her role is to earn the farmer money, and to do this she puts her own emotions and wellbeing aside. Her baby’s life seems to be of less value to her than the farmer’s dairy business.

Perhaps there are also coping mechanisms that come into play, shielding the animals from falling into deep despair and resentment.

There may be an element of Stockholm Syndrome. The Cleveland Clinic states, “Stockholm syndrome is a psychological response to being held captive. People with Stockholm syndrome form a psychological connection with their captors and begin sympathizing with them.”<sup>69</sup> While this isn’t recognised as a psychiatric condition, it is recognised as a survival strategy that people take on during dangerous situations.<sup>70</sup>



With Stockholm Syndrome, people taken hostage in bank robberies have formed an emotional connection and sympathy for their captors. This seems to be playing out with farmed animals too as they are also held captive in unnatural environments and circumstances that they do not have control over, with their lives are dependent on their captors.

### **Learned Helplessness**

Learned helplessness is another form of interference affecting the sweet animals. The term learned helplessness was coined after experiments with dogs. Some dogs were placed into compartments where they received electric shocks and couldn't escape. Some were placed in similar compartments but could escape. The researchers then changed the compartment so that the dogs who couldn't previously escape now could. Instead of jumping over the compartment partition to escape the shocks, those dogs who previously couldn't escape now didn't bother to try, and instead laid there and received the shocks. The dogs who could previously escape the shocks still jumped the partition to escape the shocks.<sup>71</sup>



The lack of trying demonstrated by the dogs (and also in rats and mice who were used and died in cruel experiments that are not being condoned here) is known as Learned Helplessness.

Learned helplessness is characterised by:

- Being passive/having reduced coping behaviours when exposed to trauma
- Impaired attention and learning ability, and specifically failing to learn that responding to trauma can provide relief
- A higher stress response, and chronic stress. These are understood to be due to the animals being in stressful situations that they can't control and predict. The uncontrollability and unpredictability are seen to be key factors that come into play.
- Also, changes in the neurotransmitters in the brains of the affected animals has been noted.<sup>72</sup>

Researchers point out that learned helplessness in mammals takes place in a wide range of animals, also in molluscs and arthropods (invertebrate animals including crustaceans, insects and arachnids).<sup>73</sup> It is recognised that cows exposed to chronic and unavoidable stress may develop learned helplessness.<sup>74</sup>

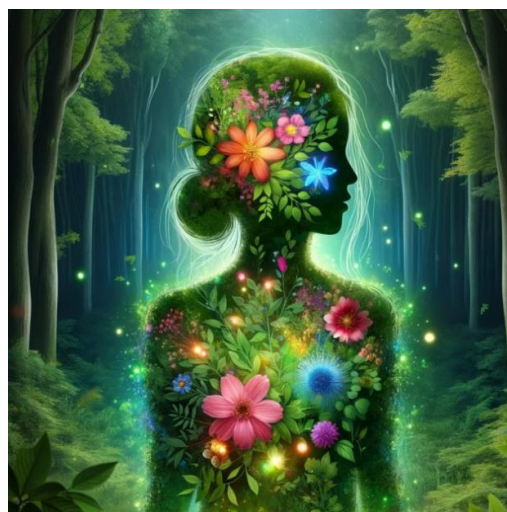
Learned helplessness became the basis for a model of depression in humans. Humans with learned helplessness have a lack of motivation with no drive to exert effort and try. They doubt their ability and may experience depression, anxiety, have low self-esteem or low self-worth. Emotional numbness or seeming emotional numbness even when a great deal of stress is also experienced is also common.

I believe that learned helplessness can play out in animals in much the same way, especially when the animals are confined and unable to carry out natural lives with natural behaviours, environments, relationships, diets, and even being denied the normalcy of natural light and adequate space to move.

By these standards, it's fair to say that we have animals who have been experiencing learned helplessness for generations. Animals raised for meat, eggs, milk, fur, skin, and feathers have intergenerational trauma that I believe is also passed on through their genetic memory. This intergenerational learned helplessness is a major form of interference from their soul's wisdom and insights. It shuts them down and stops them from accessing their soul wisdom. And it can shut them down from ever daring to hope that humans will become enlightened and treat them with respect. Perhaps they are unable to even imagine this.

Animal communicators have reported that some animals in intensive farm environments are shut down and refuse to communicate with humans and with other animals around them. They have given up. Their spirits are broken. They are resigned and defeated. Wouldn't you be the same in those conditions?

In comparison, animals in natural environments who retain their expanded consciousness know what is happening around the world, and with other animals even on other continents. These animals know the connection between livestock production and the devastation of the world. In other words, free animals know of the interconnectedness of animals, nature and humans. And they know that things are out of balance. Many animal communicators are receiving messages from animals asking for the killing to stop. Let's explore these in the next chapter...





## CHAPTER 9:

### Messages from Animal Communicators: Animals Do Not Want to Be Exploited for Human Food

As we have discovered, many animal communicators are vegan and encourage others to adopt a vegan lifestyle. There are many messages from animal communicators around the world sharing that animals are clear and adamant - they do not want to be exploited by humans for food. It's time for their suffering to end. Animals from all walks of life relay this message - those who have been exploited, sanctuary animals, family pets, as well as those animals who are free but know what livestock animals endure.

Yaya, a vegan animal communicator shared the message she received when communicating with a beautiful African Grey Parrot named Dharma: *"On behalf of all the birds, I want to tell everyone, that my heart is the same as my mom's. We should really stop eating meat.'* Dharma said: *'This is not just a slogan. Every piece of meat represents life. And every piece of meat represents the sacrifice of life. When you eat a piece of meat it means...' He said, 'Every piece of meat represents a life. When you eat that, it's as if you eat the Earth's life and the Earth's hope.'"*<sup>75</sup>

Billie Dean, a vegan animal communicator and co-Founder of The Deep Peace Trust has stated, *"And I can tell you from the horse's mouth and the cow's mouth and the sheep's mouth and the chook's mouth that they don't want to be eaten. And I am seeing a lot of change. We've just had International Vegetarian Week. And I think that the more people start to realise that they don't need meat, then we can really start to see some change and yes, it's the way of the future."*<sup>76</sup>

She's also shared, *"And the horses have always said to me, 'we don't want to end up in a can, and we don't want to be dog food.' They don't want to be killed and they don't want to be eaten. One of my wild horses said, 'I don't want to be dog food.' That was the first thing he said to me. He was in the wild then, and he was terrified. And I made a promise to him that he would never become dog food and I said my dogs don't eat meat anyway. So, if a wild horse can have that thought and he's never come across people really, then how are horse-human relationships going to be if these beautiful animals know that at the end of the day, they're going to be eaten?"*<sup>76</sup>

Kathleen Schurman, vegan animal communicator and co-founder of Locket's Meadow Sanctuary has shared, *"... my animal friends have told me the rules of the game for life here on this planet. First, all living creatures are filled with the exact same Spirit of Life and we are*

*all spiritual brothers and sisters. Being creatures of One Spirit, whatever happens to one, affects us all. So humans hurting humans, humans hurting animals... it all contributes to bad environmental and energetic juju. Humans and animals are here to work together on this great planetary experiment to learn how to balance human ego with the delicacy of all the rest of Earth's creatures."*<sup>77</sup>

She also shared, *"The ultimate desire of all these animals, wild and domesticated, is to find a way to live together in harmony on this incredibly beautiful planet. We are all one in Spirit, all equal in the eyes of the Great Spirit, and all contributing members of our earthly planet. Wild wants to be wild and left alone to keep the natural balance.*

*Domesticated wants to be cared for and loved, not tormented from their birth until their torturous deaths. Treating all animals with the respect and dignity they deserve is the only way we can save humanity from destroying ourselves. Literally."*<sup>78</sup>

Jane Broccolo, a vegan animal communicator has shared a similar view. She's written: *"If you are still a meat and/or dairy consumer, please be aware of the reality that is a scientific fact: We are all connected, we are all one. The harm you cause to one being, you cause to your own.*

*The river of sorrow flooded with our conscious or unconscious complicity in the suffering of our animal relatives, of all our relatives, planet included, runs through our veins, physically and metaphorically speaking."*<sup>79</sup>

Animals who maintain their expanded consciousness are aware of the interconnection of all life on Earth. They say that they don't want to be food. They don't want their families, cousins, and friends of the same and other species to suffer to become food. They know that we are destroying the Earth, and they long for a time when there will be peace between humans and animals.





## CHAPTER 10: The Energetic Pollution from Animal Agriculture Affects Everyone

Being vegan is a giant win for all of humanity, for Mother Earth, for all animals everywhere, for the trees and nature spirits and also for our solar system. Animals know this.

Ellie Laks, vegan animal communicator and founder of The Gentle Barn has shared how an animal reminded her that veganism is a boon for human beings. She shared a story of a time when a slaughter truck pulled up beside her on a highway. She reached out and connected to a hen lady who gave her a profound insight into why Ellie must keep doing the work of animal rescue and vegan promotion.

The hen shared: *“Don’t cry for us that are going home. The work that you’re doing is for the people that are capable in the slaughterhouses to end a life, for the people in dairies willing to take a newborn baby away from a mom, for the people that are disconnected from their hearts, broken from their own love, don’t know who they are and can’t see the beauty and angels in front of them. That’s the work that you have to do on this planet.”*<sup>80</sup>

This hit Ellie profoundly and she said, *“And it rocked my world and I’ll never forget that. Because it’s true, the work that we’re doing on this planet is to awaken the people who can’t see, can’t hear, can’t love, can’t feel.”*<sup>80</sup>

Veganism evolves consciousness and raises the energetic frequency of human and animal individuals, families and communities. It raises the vibration of the planet and is integral in saving the Earth Mother. It is essential in creating the New World of peace and harmony.

The current dense and heavy energy of suffering creates an energetic pollution that affects us all. Sharon Callahan, a vegan animal communicator has shared:

*“I feel that the entire earth is almost encapsulated in a fog or cloud of suffering that certainly includes the suffering of human beings, but more than anything, the suffering of animals that are killed by the millions every day. That energy of the suffering that they go through stays in a kind of band around the Earth. So, if enough people became vegetarian and then vegan, we would begin to dissipate that energy by simply balancing it. It hits me profoundly that every night when I go to sleep, millions of animals are just dying this horrendous death. In the daytime, you’re doing other things so you can distract yourself with your work. But to me, sometimes I can’t sleep when I think about it. But if we change, and we must if we’re going to save ourselves, it would begin to help the Earth to emit the light that she should. It*



*would move through that band of suffering that surrounds the Earth; it would envelop it with love and forgiveness. And everything would change. I mean literally, that's the one thing that will save us."*<sup>81</sup>

A chicken once showed me a similar image. The image was of the Earth surrounded by a dingy mist/cloud/gas encircling our planet. The rooster shared, *"We need to try to avoid it. It's people's naivety. They do silly things and then that energy covers the world. It's a thick energy (here I got the image of oozing, thick slime). It's oppressive."*<sup>82</sup>

The rooster was clearly showing me that our everyday choices and actions can create thick, oppressive energy that smears our planet and affects us collectively.

In her book, *Secret Animal Business*, Billie Dean (vegan animal communicator and Co-Founder of the Deep Peace Trust Sanctuary) has also noted this. She writes, *"The pain and suffering of animals contributes to what has been called an "Earth Shadow." This is a field of negative energy which keeps us firmly in depression and anxiety. It's built up over the centuries to become a big, thick mess and it doesn't exactly mesh with the idea of joyous light beings dancing away to the New Earth. This is why I hold the vision of a non-predatory world. To me, it feels like a must."*<sup>83</sup>



Many animals and insects are trying to balance out the energy of suffering. I was in a park recently, and the cicadas started their song with intensity. I felt in for the message with the song. I received the understanding that they were sending an energetic message from the Earth into the cosmos that "the Earth is peaceful." They appeared to be trying to balance out the violent energy that we are sending from the Earth into space via our actions of cruelty to humans, animals and nature.

In the book *Signs of Agni Yoga Brotherhood* by M. Morya it is written:

*"Any food containing blood is harmful for the development of subtle energy.*

*If humanity would only refrain from devouring dead bodies, then evolution could be accelerated.*

*Meat lovers have tried to remove the blood, but they have not been able to obtain the desired results.*

*Meat, even with the blood removed, cannot be fully freed from the emanations of this powerful substance. The sun's rays to a certain extent remove these emanations, but their dispersion into space also causes no small harm.*

*Try to carry out a psychic energy experiment near a slaughterhouse and you will receive signs of acute madness, not to mention the entities which attach themselves to the exposed blood. Not without foundation has blood been called sacred.*

*There can thus be observed different kinds of people. It is possible to convince oneself particularly as to how strong atavism is. [Note: Atavism is a return of a trait or recurrence of previous behaviour after a period of absence, or the reappearance of a characteristic after several generations of absence].*

*The desire for food containing blood is augmented by atavism, because the many preceding generations were saturated with blood... Hence, on the path to Brotherhood there should be no slaughterhouses."*

The author also reminds us that, *"Yet there are people who speak much against bloodshed but are themselves not averse to eating meat. There are many contradictions contained in man.*

*Only the perfecting of psychic energy can promote the harmonization of life.*

*Contradiction is nothing but disorder. Different strata have corresponding contents. But tempest can stir up waves, and not quickly thereafter is the right current again established."*<sup>84</sup>

These final words give us hope that the bloodshed will stop and that humankind will become peaceful vegans. It is also a timely reminder to us that people who speak of peace still support the killing of animals. Peace can't be achieved while this happens.

Dr Will Tuttle, the author of the book *The World Peace Diet* has reminded us that war and oppression are interwoven with the killing of animals. He's written, *"The very first word for war going back ten thousand years is the ancient word 'gavyaa' meaning literally 'the desire for more cows.' Economic injustice, war, hunger, domination of women, and the arising of a privileged ruling elite are all linked to the ancient invention of animal herding around which we still organize our society.*

*Thus, instead of using our economic surplus to revitalize our ecosystems, rebuild our infrastructure, and assure adequate housing, food, education, healthcare, and opportunity for all, we use it primarily for subsidizing the wealthy military and medical complexes. We sacrifice our children in wars that benefit a ruling class that uses the media and other institutions to propagate narratives that justify and promote an agenda of violence. Eating animal foods, we are fuelling continued harm to our cultural health as well as the ongoing exploitation of our children and of ourselves."*<sup>85</sup>

To say that we lose our humanity when we kill animals and force them to suffer is one thing, but on a metaphysical level, it turns out that this is indeed true. Supreme Master Ching Hai

(vegan) has shared that eating meat takes away our energetic recognition of being a true human. She has shared:



*“You see, eating animal flesh, meaning we are decreasing our love in our being, from our structure, holy structure. We are born from God, we were holy, we were true children of God. But if we eat the animals, then the mixing of blood type and genetic code between human and animals makes us lose our status as the crown of creation.*

*As pure humans, the children of God, we are under direct connection with the Light, with the mighty Master power of the commanding center of the Universe... But, as we keep putting different elements into our beings, even physically it will affect our spiritual structure as well. Because we became mix-ling, mixing structure, not pure... This mix-ling creature sends very confusing energy, confusing message into the center of the universe. It’s not recognized as pure human.”<sup>86</sup>*

Pane Andov, a psionic researcher has shared a similar message. He stated,

*“We don’t need to eat meat or fish or anything that has a life force because we can exist on prana, but we can still consume vegetables and with this, we will increase our frequency. People need to change. First thing is they need to realise that this world is a world that we are sharing with other species. And we have no right to kill anything.*

*The first momentum is that people become vegetarians because every time when they consume meat or fish there is something definitely wrong going on. So that’s one of the first momentum we start to change how we feed ourselves and we change how we interact with other people and species. We have to respect nature to become one with nature.”<sup>87</sup>*



## Chapter 11: Many Animals Can't Forgive & Move On

It is vitally important to understand that although animals do have forgiveness, wisdom and love, they also have their limits. Anyone of us driven to the depths of despair has a limit. What is done to animals regarded as food would be a crime if done to our own pets. Further, if we treated other humans in the same way that we treat livestock animals, we would be committing crimes punishable by jail time.

When animals are pushed to their limits, they reach their breaking point. With their spirits crushed, they can have no glimmer of hope and relief from their physical and emotional pain until their soul leaves their body, usually in an undignified death in a slaughterhouse. It might not come as a surprise to learn that animal communicators tell us that not all animals transition to a higher or Heavenly realm or reincarnate after death. This is because of the trauma that they have experienced.

While some animal communicators are of the view that most animals don't get "stuck" after death, this may be their lived experience when predominantly working with animals that are generally treated well. The animals are usually loved and kept as pets and family members such as dogs, cats, horses and bunnies who have led amazing lives when compared to livestock animals. If animal communicators tune in with animals who suffer in livestock environments, they could discover a very different outcome. It takes strength to connect with these animals and a strong heart that can withstand their grief and suffering and not become overwhelmed by it. Perhaps not all animal communicators can withstand this, and hence are unable to connect to such departed souls.

Billie Dean, vegan animal communicator, shaman, and co-founder of The Deep Peace Trust Sanctuary has shared a story about the spirit of a stallion who conveyed his unrest after passing on from his physical body. This is shared below in the format it appeared in the Vegan Animal Communicator Network (VACN) Journal:<sup>88</sup>



# The Spirit Stallion's Message

by Billie Dean

Interspecies Telepath and Shaman

The spirit stallion was instantly in my awareness, catching me by surprise.

Normally, I do a releasing ceremony under the full moon for all the animals whose souls are earth-bound after being killed against their will — farmed animals, hunted animals, and those who pass in disasters like fires and floods. But that particular month, I had decided not to do ceremony, because the skies had let loose a heavy torrent of much-needed rain.

That night, however, the spirit of a stallion insisted on coming through and speaking to me anyway.

"I don't want to be released," he said. "I want to roam the country where I was born ... where I lost my life and my family." His voice was heavy with grief, which I felt in my heart. But he also carried himself with the strength and wisdom of the Ancients.

His country was the Snowy Mountains of New South Wales, Australia where the Australian government is bent on eradicating the iconic Australian wild horse, the brumby. I have been fighting their cause for years and have saved several herds from the horrors of ground shooting.

"I need you to relay a message to humanity, and especially your leaders," he said. "It is offensive to us Elders to be called a 'pest.'"

We are the Elders of this planet, and as such we need respect for our selves and our ways for we know how to heal the Earth. We are of the Earth. And we carry the wisdom of the ages.

The Golden Age, which so many humans are anticipating, is not just for humans. It is for the Mother Earth, and all her children. Each and every species. But how can there be a Golden Age if blood is still being shed, if violence is accepted as the norm?"

I felt the stallion's despair as my own. I thanked him for his message, and now, I pass it on to you.





# The Spirit Stallion's Message Continued...

by Billie Dean

Interspecies Telepath and Shaman

The voices of the animal people are rising with urgency. They want to feel safe and secure, and for humankind to act with compassion and loving-kindness.

They feel loss just like we do, and the intensity of their grief is just as strong. It's time for humanity to stop the suffering of animals, and celebrate our earth and her beings with reverence and with appreciative joy.



Billie Dean is an innate interspecies telepath who founded A Place of Peace, the farm animal and wild horse sanctuary of the Deep Peace Trust, Australia. Billie is the author of the vegan award-winning book *Secret Animal Business*. For more information, please visit her YouTube channel. Her books and films are available at [wildpureheart.com](http://wildpureheart.com). Support her sanctuary work at [deeppeacetrust.com](http://deeppeacetrust.com) and follow her.

Hence, due to suffering, stress, trauma, worry, grief, resentment and turmoil, we can see that an animal's soul may in fact "get stuck" or choose to linger.

Grief can be something that heavily weighs on the animals. Cow mums have shared their grief with Gwenna Hunter, vegan animal communicator and founder of Vegans of LA: *"... they were appearing to me one by one, and they kept saying the same thing, each one kept saying the same thing, they kept saying, 'a mother is a mother is a mother.' And they said, 'We never stop mourning our children.' And I got to feel just a little bit - because I don't think I could have handled too much - their grief, and what they experienced, and it was intense. But it was just a tiny, tiny bit because it would have been probably too overwhelming for my body but they wanted us to see, wanted us to know, how much pain it causes them when their children are taken. And like they said, 'We never stop grieving.'"*<sup>65</sup>

Dr Ruckley shares her experience of connecting with cows during slaughter at an abattoir. The cow shared, *"It is the pain of being around friends and family being killed, that's why we bellow."*<sup>89</sup>

There are so many aspects of torture and trauma that are needlessly inflicted upon the animals. Kathleen Schurman, vegan animal communicator and co-founder of Locket's Meadow Sanctuary has shared, *"They don't want their babies ripped from them as happens in the dairy industry, the racehorse industry (look up "nurse mare") and pretty much every other livestock industry (I hate the word "livestock" as it was designed to rob animals of their sentience by insinuating they are something you might find stacked on a shelf, incapable of feeling pain, sorrow, love, loss – no more "alive" than a can of beans.) Dogs and roosters don't want to fight each other to the death. Monkeys and rats don't want to be experimented on in labs. Rabbits don't want to be blinded so we can wear eyeshadow. The horrors we inflict on these animals who are better suited to being our companions . . . it's unfathomable."*<sup>90</sup>

No wonder they can have trouble moving onto Heaven or a higher realm when they pass over.

But that's not all. The pain and torment can drive the animal souls to seek justice for the suffering that they were forced to endure while in their physical bodies.

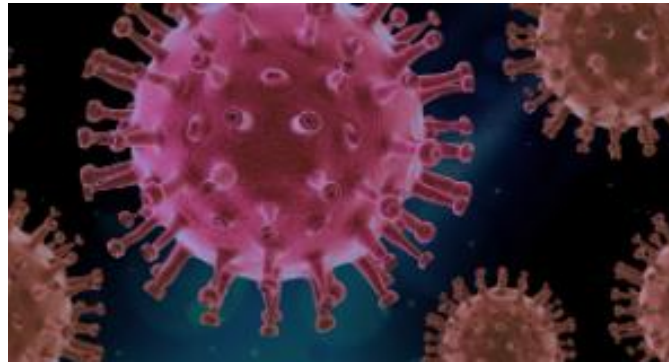
Supreme Master Ching Hai (vegan), world-renowned Spiritual Teacher and founder of Supreme Master Television has shared, *"The COVID-19 virus, they have souls in them. That's why they're so smart, so versatile and so difficult to catch and to cure. These are the souls of the massacred and abused and tortured animals that the humans have been consuming."*<sup>91</sup>

She has explained: *"And these animal-people cannot get rid of the hatred and sorrow and pain. It forces them to have it that way. When you are in excruciating pain, you cannot think of anything good. And then this hatred energy clings to their souls, and this essence of hatred and all that gets more power, more reinforced, and then they become these special entities."*<sup>92</sup>

Furthermore, *"And the energy of hatred allows them to take vengeance. Because that's also according to the law of the universe. You're allowed to take revenge. If you are not enlightened enough, you will continue to revenge and get revenged back, back and forth."*

*The cycle of birth and death. But, of course, as they have been in such agony like that, they could not think straight.”<sup>93</sup>*

COVID-19 is a zoonotic disease. And zoonotic diseases are wreaking havoc around the world right now, causing much concern among scientists and medical professionals. There have also been warnings that another, worse, pandemic will hit, fearing that 2025 (this year) is the year.



### **So, what is a zoonotic disease?**

Zoonotic diseases or zoonoses are diseases that jump the species barrier and can spread from animals to humans. They can be viral, bacterial, pathogens, and even parasites.

Seventy-five percent (75%) of all emerging infectious diseases are zoonotic according to the UN. And reasons cited for this include, “intense and unsustainable farming” (think factory farms, intensive feedlots and CAFOs) and using and exploiting wildlife. The use of antibiotics to try to stop disease spread in animal farms also creates antibiotic resistance which is also regarded to be a threat to public health.<sup>94</sup>

Examples of other zoonotic diseases include the Black Death, the plague, rabies, West Nile Virus, salmonellosis, mad cow disease, scrapie, Creutzfeldt-Jakob disease, hantavirus, cholera and more.”<sup>95</sup>

Bird flu is currently worrying many health professionals. On January 6, 2025, the first human death from bird flu occurred in America.<sup>96</sup> Bird flu has spread to horses who show no visible signs of infection, as well as to cows.<sup>97</sup> It has been found in dead birds in Antarctica, a dead polar bear, fur seals, a cat (and a veterinarian caught it from sick cats)<sup>98</sup> in alpacas,<sup>99</sup> and an animal sanctuary reported that over half of the big cats in their Washington state facility died of bird flu in just a few weeks.<sup>100</sup> It has also killed humans, with 460 human deaths as of 16 February 2024 of the HPAI H5 strain.<sup>101</sup>

Jane Goodall, UN Messenger of Peace and a vegetarian, has stated:

*“The intensive farming of billions of animals globally seriously damages the environment, causing loss of biodiversity and producing massive greenhouse gas emissions that accelerate global warming.*

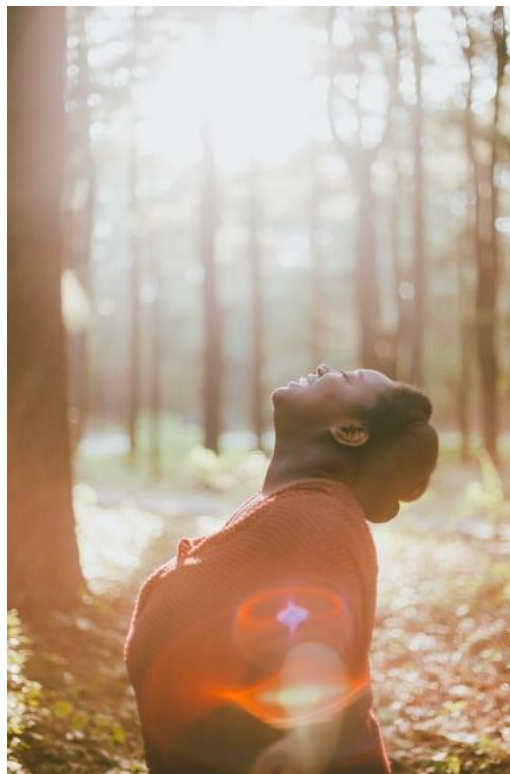
*The inhumane crowded conditions not only cause intense suffering to sentient beings but enable the transfer of pathogens from animal to human risking new zoonotic diseases. On ethical grounds, it should be phased out as soon as possible.”* <sup>102</sup>

Zoonotic diseases seem to be playing out the negative karma that we have created. We treat the animals horrendously, causing them to suffer physically, emotionally, mentally and spiritually. And the karma then comes back, leading us to suffer through zoonotic sickness, disease, viruses, parasites and pathogens. Our actions have repercussions. As stewards of the Earth, we need to respect our interconnection and treat the animals with the respect and kindness that they deserve.

And sadly, these diseases don't just affect those who eat, hunt and harm animals. Their loved ones must also lament, worry and grieve as they watch their family members suffer and die from such illnesses.

To end the cycle of suffering it's best to cherish and respect the animals. This means not raising and killing them for food.

Many of us were not raised as vegetarians and vegans, and this can also weigh on our hearts. In addition to going vegan, we can also send prayers of apology or do some ceremony for those animals that we once ate, wishing them peace, telling them how much we regret our past actions, and praying that their souls be at peace, perhaps uplifted to a blissful Heaven where they are surrounded by and infused with loving energy. And we can continue to speak out on behalf of the trillions of animals killed in the name of human food each year to also try to end their suffering.







## Chapter 12: What Does the Future Hold? The New World

Animal communicators report receiving messages from animals (and other beings) about the future. So, what are they sharing? The quote below seems to summarise a lot of the messages...

### MESSAGE FROM A WISE ELEPHANT LADY

“I know things are going to change soon. A big battle is starting ... Nature will win. Nature has to win for the survival of the planet. Your species is like a teenager; you have to learn and grow... It’s the process...  
A New Era is coming!”

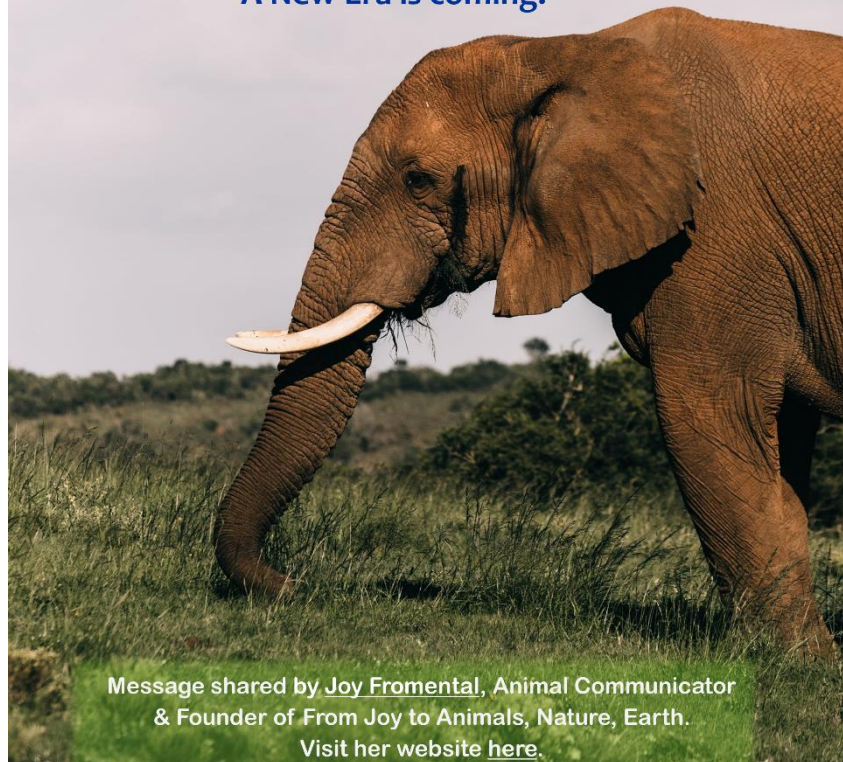
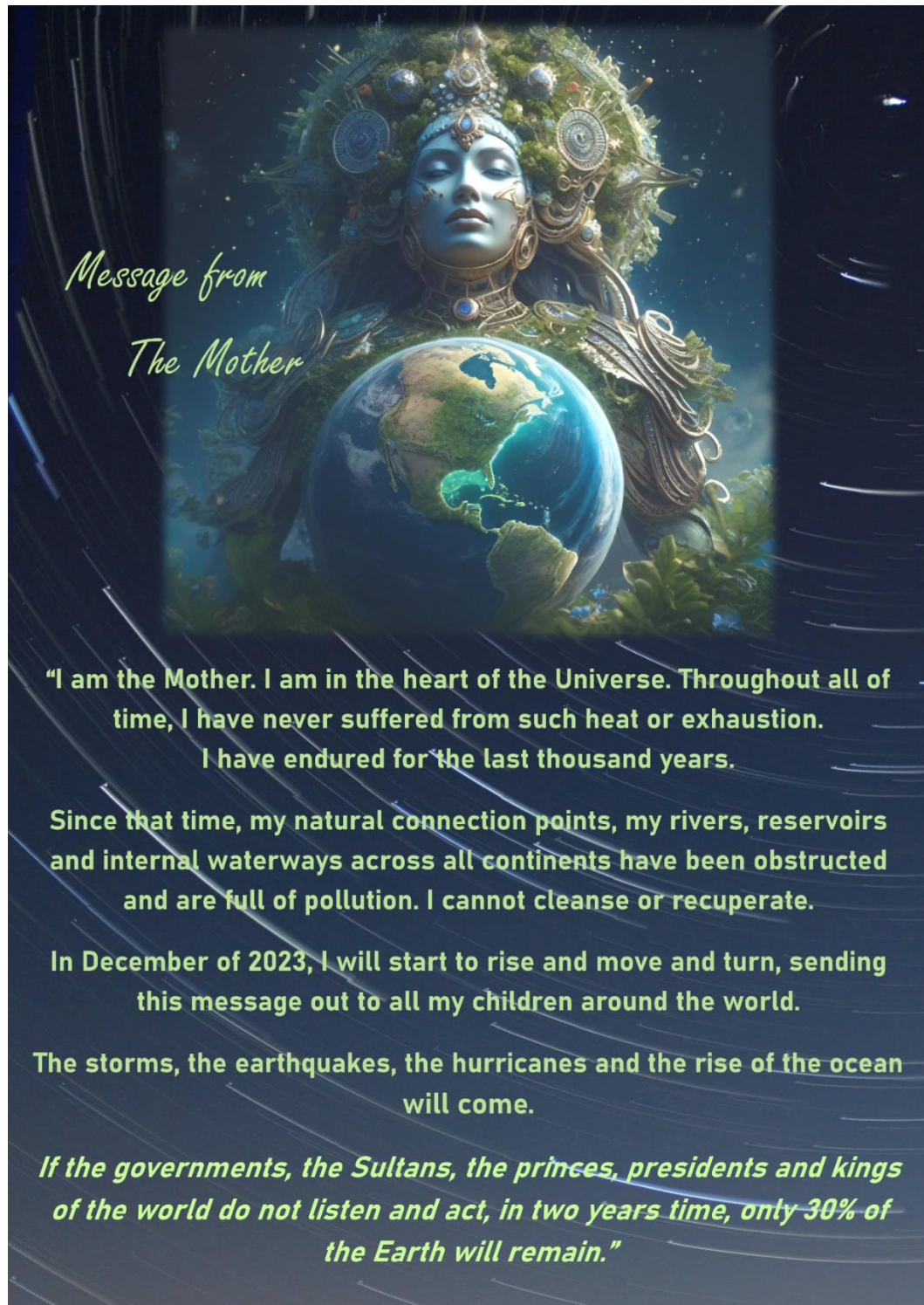


Image from the Vegan Animal Communicator Network Journal [HERE](#).



The messages coming through seem to suggest that our world will experience severe difficulties and turbulence, but that things will shift and then a New Earth will be realised.

At the beginning of 2024, the Indigenous Kogi people of Colombia issued a warning to humanity as follows:



*I am  
The Mother.*

I have always  
endured despite arrows being put  
in my eyes and in my body.



I am not seeking to defend myself.  
I remain calm.

But now I must recuperate.

There are two ways for me to heal.

The first, I could take the Law of Nature into my own hands.  
This way, I will go in search of my medicine so I can cure my body,  
heal my energies and all that I'm suffering from.

There will be great changes upon the Earth.

You will feel me recovering. You will feel me moving.

I will not do this to cause harm to you.  
It will mean I am recuperating my body.

*Or the second way.*

*All my children will make the healing happen for me  
so I will not need to do it myself.*



I will put my older children in charge  
of my recovery.

They will go in search for my  
medicines, for my cure, so I can  
be healed and recuperate with their  
help.



You, my children, must all be  
united and deliver what is  
needed for your older brothers so they can do the healing where I  
have been injured by you, my younger ones.

Each one of the rulers of the world, of the governments of the world,  
must say:

*'Yes Mother, I will stand with you. I will give my help to where you  
have been injured.'*

I, your Mother, have given you everything.

When these changes start to happen, we will see whether you listen  
and act or whether I myself will have to do what I must to recover the  
balance on Earth.

If in just six months from now, by June 2024, you say: "Yes, we will  
provide what is needed," then my oldest children will be able to help  
cure my body.

If this message is ignored, I will take the law of nature into my own  
hands one year and a half from that date.

This is the message that the Mother has given.  
She who is in the heart of the world."

[www.thefountain.earth/mother](http://www.thefountain.earth/mother)

For those perceptive people, the 30% figure outlined by the Kogi has also been received and shared/prophesied by other sources. Since this warning was issued, there have been many natural disasters, wars, escalating violence and unrest in many countries, increased trends of authoritarianism by governments in the world etc. We can see that humanity has not stopped the war against animals as mass animal killings, factory farms, animal experimentation etc. still take place. And sadly, most of humanity has not stopped the destruction of the Earth Mother. Things are serious now.

**However, we can continue to elevate our consciousness, recognise the consciousness of animals, and co-create a New Earth with them!**

Cats in particular seem to want their human families to raise their consciousness. One runaway cat wouldn't answer my questions about her location until after she showed me images of many angels speedily coming to Earth to help people. She didn't want to go home to her human family because the people in her home weren't working on elevating their vibration. But she could see that angels were coming to help us, and this was the important message that she had to share. She didn't want to stay stuck with her human family in the vibration they were living in. From her perspective, they needed to change otherwise she did not want to go home.

Another vegan animal communicator, Aurelia, has received similar messages. To contribute to this book, she shared some of her recent communications, including the following communication with an insightful cat. The cat lives with a vegan human who is quite spiritual and she is fed a balanced vegan feline diet.

The cat shared an image of an angel blowing a golden horn, and Aurelia shared: *"I saw lots of angels fly forward very quickly. I saw them going up to different people in society and helping them in the ways they needed assistance. Then I saw a white Heavenly light shining down. Then I heard a voice say, 'It's time. We have to leave now, we can't stay.' The voice came from the light. The angels flew upwards and away. Then I saw the scenes again but this time people in society didn't have angels with them. It looked empty, it felt empty. Then I saw people deceased. The cat shared the meaning of this scene which was that, 'People need to wake up. They can't be asleep forever. If they don't change, we won't be able to help them.'"*

Aurelia was curious about the word "we" that was used by the cat and asked about this. The reply from the cat was *"We also work and commune with the angels. We work closely, cats especially. We will miss them when they are gone.' She explained that if people keep lowering their standards of living, the angels won't be able to help much, and she had this message to share: 'Now is the time to shine your light, work for good, do Heavenly deeds, serve humanity, be pure. Not everyone does this. It's very dangerous. We are trying hard.' I felt her sigh. She again said, 'We are trying hard. It's a tough time for humans.' She also passed a message on to her human family which was, 'Keep your hearts open, pure, loving, kind, for protection.'"*

Another cat shared her spiritual mission with Aurelia to pass onto their human family: *“We are building a new Earth together. I keep you on track with this. I guide you. I navigate my mind and I look ahead. I see the obstacles and I try to smooth them for you. Then I watch and see how you are coping. And I try to help you cope in a distinguished way where you are more heavenly, remember the noble teachings, and are reminded to be poised.”*

Your animal family members might be trying to lift your energetic frequency during this turbulent period on Earth. They will be able to help with this more when they are fed a vegan diet. For more information on vegan diets for cats and dogs please refer to:

- The [Just Be Kind website](#) and [Plant Based Dog course](#) by vegan vet [Dr Arielle Griffiths](#)
- [YouTube videos](#) and [research articles](#) by Professor Andrew Knight
- [The Plant-Powered Dog book](#) by Diana Laverdure-Dunetz, MS
- Interview with [vegan veterinarian Dr Armaiti May](#)
- Free e-book: Plant-Based Nutrition for Dogs [by Wild Earth](#)
- Free e-book: Raising A Happy, Healthy, Plant-Based Dog by [THE PACK](#)
- Online show: [Dog-People Thriving on the Vegan Diet](#)
- [Vegan Cat information](#) by Dr Arielle Griffiths
- Online show: [Happy Vegan Cat-People](#)
- The Vegan Animal Communicator Network [Journal](#)

### **Co-creating The “Age of Delight.”**

Billie Dean (vegan interspecies communicator and founder of The Deep Peace Trust sanctuary) interacts with many wild animal friends in Australia, including brumbies, kangaroos, hares etc. She shared the following in December 2024: *“And what we need to do is bring some of that reverence back and the good things that we humans can be. We can be the highest and best and therefore we will create a world that is better than the one we’re leaving behind. Well, not leaving, but it - the one that’s crumbling – it’s got to go, it’s horrible. It’s just got to go, can’t stand it. So, and I know that a lot of other people can’t either.*

*And what’s upsetting to me is that a lot of people don’t understand, and they think this is it, humans aren’t going to survive. Humans are going to survive, and we’re evolving and that’s the message that we all need to remember and hold on to that we’re moving into what the fae call ‘the age of delight.’ So, we’ve got lots to look forward to, so choose love.”<sup>103</sup>*

### **Visions of the Future from No-Eyes.**

The insights of No-Eyes, an elder of the Shoshoni First Nation are absolutely beautiful. She shared her knowledge with Mary Summer Rain, also of the Shoshoni First Nation. No-Eyes was a vegetarian, and Mary Summer Rain also adopted the vegetarian diet and wrote books that share No-Eyes’ teachings and insights.

Mary Summer Rain recalls that *“No-Eyes couldn’t understand the need for killing animals when all of our bodily nutrients could be simply derived from everything in her pantry. She said a handful of sunflower seeds contained more protein than a steak. She expressed again*



*and again that the Great Spirit gave us the fruit of the land for all our needs. She said the land is our dining table and medicine chest.”<sup>104</sup>*

No-Eyes warned about the challenging time that humanity faces before the New Earth occurs. *“When great Phoenix coming out of Earth Mother, her skin gonna tear bad. Great tears. Her breath be coming in long winds. Her mouth be dry. She be hot then shiver with icy cold. She cry out great amount of tears. She flood stuff with tears.”<sup>104</sup>* This seems to relate to the many natural disasters that the Earth has been experiencing.

No-Eyes shared that during these challenging times, *“Great Spirit let people’s vibrations go. He no let spirits control stuff no more times. He tell spirits stop protecting Earth Mother. He say it time to let go! It time for peoples see stuff they make with thoughts, stuff people make with way people behave even! Summer, peoples make all that stuff happen, it be peoples own effect!”* Mary Summer Rain said, *“I keep forgetting that God will be allowing the masses to punish themselves.”*

Here again, we see the interconnectedness. It seems that No-Eyes was telling us that our karma will become more apparent to us and that the repercussions will weigh heavily upon us. Only by remembering our interconnection do we realise this. Spiritual teachers have also been instrumental in helping us to remember this.

People speak of “manifesting” but they forget that every thought and intention is also a manifestation, it’s not just our speech and actions but what is behind them. In light of this, we can regard karma as a form of manifestation also, including the negative karma that we might not have wanted to create, but created nonetheless with our actions, intentions (conscious and subconscious), speech and thought.

So what can we do? We can check our intentions and our egos and ask ourselves if our actions are for the greater good. If we go through emotional turbulence we can meditate, pray, connect with nature, get counselling and coaching, use forgiveness and self-compassion, learn EFT (Emotional Freedom Technique) to soothe ourselves, do The Brain Walk® to turn our negative thoughts into positive ones and try to bring ourselves back into balance. It’s important to stay in balance during these times. Observing the five non-harm precepts can also be immensely powerful.

Coming back to Mary Summer Rain, her comment, *“I keep forgetting that God will be allowing the masses to punish themselves”* is interesting in how it seems to align with the vision that the cat shared above. In that vision, the angels weren’t allowed to stay and help people. It seems like we are perhaps being warned that karma will be allowed to play out without the spiritual protections from angels and the like that we now have. Perhaps more of the onus will be on us to protect ourselves via how we conduct ourselves with our thoughts, speech and actions.

I believe we are going through this period right now and also going into the next two years. So what happens beyond that time?

Thankfully, Mary Summer Rain was allowed to see the future beyond these turbulent times. And what she saw delighted her! She wrote, *“There are entire families of cattle here! Look,*

*No-Eyes! Look at those old ones!" She shared, "I actually found it difficult to believe my own eyes, and my heart leapt with joy while I moved in closer to the animals. I looked deeply into their large brown eyes and realized that they'd never be heartlessly led to the slaughterhouse – they'd never be eaten!"<sup>104</sup>*

She was shown a vegan future, where the animals are safe!

Mary Summer Rain further shared, *"The endless fields of grain were simply beautiful, but I think I'm more excited about the four-leggeds – they'll finally be free. Their spared lives are what I like the best. Not only for the creatures themselves, but also for the people who'll be so much better off – healthier."*

She saw a future where people are eventually peaceful and reverent, *"They thanked God for the rich earth. They gave thanks for their flowing waters and the warm sun. And they thanked God for each other, their brothers, their sisters."*<sup>104</sup>

The teachings that Mary Summer Rain gained from No-Eyes have been made into some beautiful shows that you can view [here](#).

A future of harmony between human and animal beings is also written in the Bible. It's a lovely picture of the New World to look forward to. It is written so beautifully and also seems to paint a vegan future - not just for humans, but across species:

*"The wolf will live with the lamb,  
the leopard will lie down with the goat,  
the calf and the lion and the yearling together;  
and a little child will lead them.  
The cow will feed with the bear,  
their young will lie down together,  
and the lion will eat straw like the ox.  
The infant will play near the cobra's den,  
and the young child will put its hand into the viper's nest.  
They will neither harm nor destroy  
on all my holy mountain,  
for the earth will be filled with the knowledge of the Lord  
as the waters cover the sea."  
(Isaiah 11:6-9)*

And what about our Earth? Will our Earth Mother be able to shake off the aura of negativity and suffering that seems to currently surround our planet?

In seeing the future, Mary Summer Rain also shared, *"I wanted to cry, but what really brought on my tears was the rosy aura that pulsed from the Earth – it was the aura of absolute love."* No-Eyes said, *"Summer, that be rhythm of great new universal heartbeat. That heartbeat be throbbing of freedom drums that just now beginning."*<sup>104</sup>



This is what our hearts, minds and souls long for - human beings, animal beings, nature and the Earth Mother existing in peace, love, harmony and reverence! The path to get there doesn't look like it will be easy, but the outcome seems to be worth the challenges. Let's hold this vision for a peaceful New World in our hearts and minds. Let's help each other to stay positive and loving and to keep the momentum going so that we can achieve this harmonious world.

Thank you for being courageous and loving pioneers, ushering in the vegan New World. Please share this book, encourage veganism, and inspire animal communicators to share the importance of the vegan diet with their students, families, clients and on social media.

Namaste Friends.





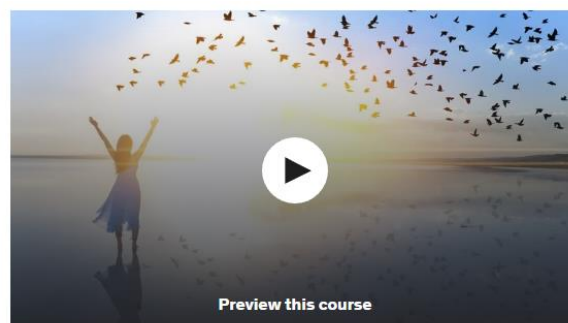
## Other Free Resources From Kara Seth And The Vegan Animal Communicator (VACN) Network:

The book free book, *The Kindness Era: Human & Animal Perspectives*. Available [HERE](#).



### Free 2-Hour Short Course: Animal Communicator Insights.

More information is available [HERE](#).



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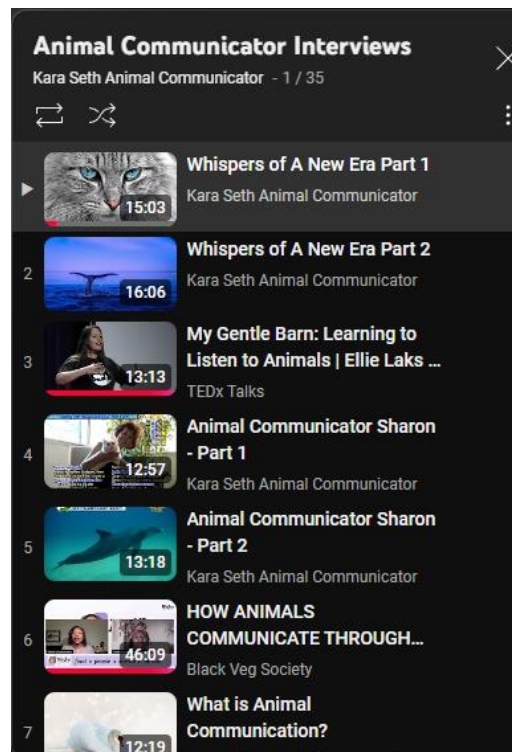
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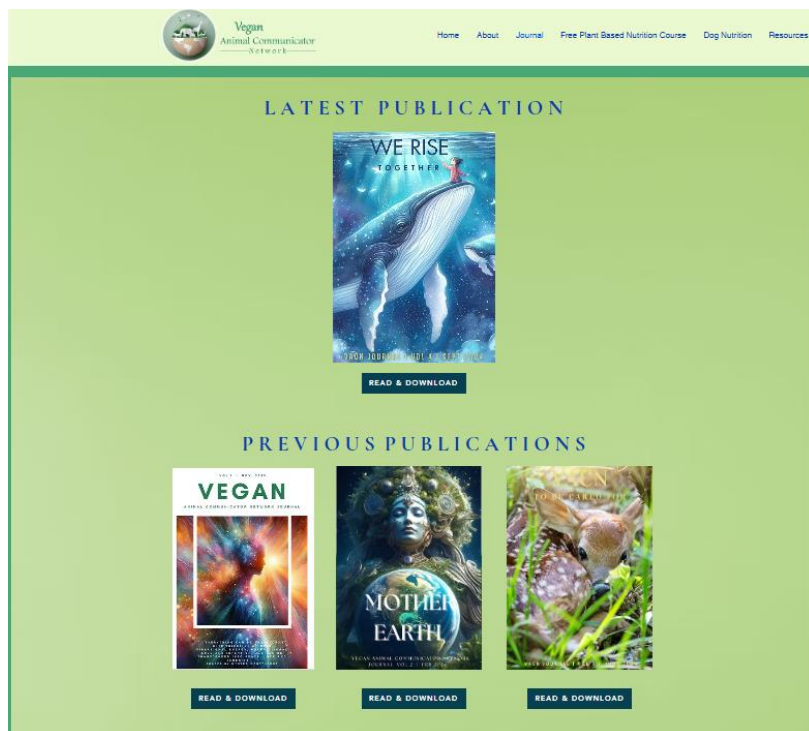
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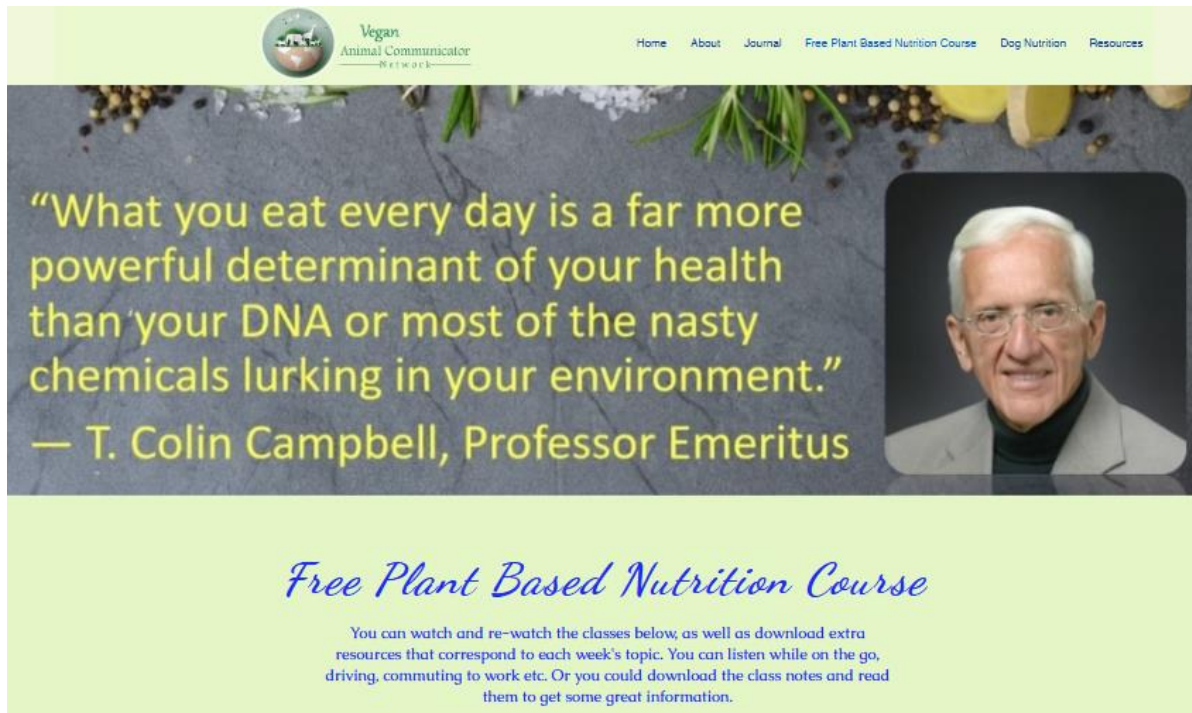
The Vegan Animal Communicator Network Journal. Available for free [HERE](#).





## Free Vegan/Plant-Based Nutrition Course via the VACN:

Access the course for free [HERE](#)



The screenshot shows the website for the Vegan Animal Communicator Network. At the top, there is a navigation bar with links: Home, About, Journal, Free Plant Based Nutrition Course, Dog Nutrition, and Resources. The main header features a quote in yellow text on a dark background: "What you eat every day is a far more powerful determinant of your health than your DNA or most of the nasty chemicals lurking in your environment." — T. Colin Campbell, Professor Emeritus. To the right of the quote is a portrait of T. Colin Campbell. Below the quote, the text "Free Plant Based Nutrition Course" is written in a blue script font. Underneath this, a paragraph explains that users can watch and re-watch classes, download extra resources, listen while on the go, or download class notes.

Vegan  
Animal Communicator  
Network

Home About Journal Free Plant Based Nutrition Course Dog Nutrition Resources

"What you eat every day is a far more powerful determinant of your health than your DNA or most of the nasty chemicals lurking in your environment."  
— T. Colin Campbell, Professor Emeritus

*Free Plant Based Nutrition Course*

You can watch and re-watch the classes below, as well as download extra resources that correspond to each week's topic. You can listen while on the go, driving, commuting to work etc. Or you could download the class notes and read them to get some great information.

## Join the Vegan Animal Communicator Network (VACN) on Facebook!

Everyone is welcome! You don't need to be an animal communicator 🐾


Join the group [HERE](#)



Other fantastic resources:

## Animal World Shows on Supreme Master Television.

With approximately 17 language subtitles! Watch some great shows [HERE](#).




### Animal World: Our Co-inhabitants


Hear awe-inspiring stories on the intelligence and magnanimous love of animals, often hosted by the animals themselves! The shows cover diverse topics spanning from animal companion care tips to telepathic animal communicators who reveal profound messages from dogs, cats, and wildlife.

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Keywords



Understanding Animal-People Companions



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**"This paper by Rao is extraordinary" – Dr. T. Colin Campbell.**

**"a world changing paper. ...potentially a world-saving paper" – Dr. John McDougall.**

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### **Advantageous comparison:**

When we do this, we compare our behavior with another behavior that is considered worse. By doing this, we make our behavior look better in comparison to the unpleasant behavior we have compared it to. This might include:

- "This is 'free-range' chicken, which is much better than factory farmed."
- "This is 'sustainable' seafood, so it's better for the environment than other options."
- "I'm eating 'grass-fed' beef, which is better than conventional beef."
- "It's better for me than eating processed foods with preservatives."

### **Displacement of responsibility:**

This occurs when we shift the responsibility for our actions onto someone or something else. This could include believing and making statements such as:

- "God put animals on Earth to be eaten."
- "The food industry is responsible for how animals are treated, not me."
- "The government sets the farming standards, so it's not my fault."
- "I'm just following what's available at restaurants or what's on my grocery store shelves."
- "My family has always eaten meat, so I'm just following tradition."
- "I can't control what farmers do."

Of course we can put the responsibility onto ourselves and take responsibility for our choices, what we spend our money on, and the food that we eat. Vegans around the world are doing this each day.

### **Diffusion of responsibility:**

Here we dilute our responsibility. This helps us to reduce our feelings of accountability. We might tell ourselves:

- "Everyone else eats meat, so one person cutting back won't change anything."
- "I didn't kill the animal."
- "I didn't hurt the animal."
- "I didn't see the animal suffer."

**Attribution of blame:** We blame the victim (in this case the animals) for their own harm or misfortune, thereby reducing feelings of responsibility for the harm that we are involved in or support being inflicted. We might think and say things like:

- "If we didn't eat animals they would take over the Earth."
- "Animals are meant to be eaten, we have 'dominion' over them."
- "Animals are raised for food, and they don't know any better."
- "Animals are sorting out their karma so they choose to reincarnate as agriculture animals."

**Distortion of Consequences:** We minimize or overlook the harmful effects of our actions. We could be flat-out refusing to consider the effects of our actions and wish to avoid feeling that we have done anything that our conscience doesn't agree with. This could involve saying and thinking things such as:

- 
- “I don’t care how animals are treated as long as the meat tastes good.”
  - “Don’t tell me what happens to live export animals. I don’t care.”
  - “Well, I had a good time at the races, I don’t believe that they would turn retired and injured race horses into meat.”
  - “I’m not going to watch Cowspiracy, I like my meat.”
  - "People have been eating animal products for centuries, and the world has survived, so the effects can't be that bad."
  - “Vegans are just exaggerating.”

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