

A close-up photograph of a young spotted deer fawn lying in green grass, looking towards the camera. The fawn has brown fur with white spots and large, dark eyes. The text "VACN" is at the top, and "TO BE CARED FOR" is below it, both in a gold serif font.

# VACN

TO BE CARED FOR

VACN JOURNAL I VOL 3 I JUNE 2024



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## *To Be Cared For...*

When we think of times when we have flourished in life, our achievements, or the moments when our hearts have radiated immense love, we are often compelled to think of how we have been cared for, supported, encouraged and loved.

Other people's care, compassion and kindness through sweet words, hugs, actions and examples are powerful. They lift us up, they give us wings on which to fly. They give us inspiration to lift our hearts and minds and to co-create a more enlightened, kind, and peaceful world.

And in moments when we haven't had caring, support and love from other people many of us have received these from God, spirit, angels, guides, nature, Mother Earth and of course our precious animal, insect and spider friends.

Human and animal beings long to be cared for. Whether it's care from





## *To Be Cared For...*

parents, family, a pack, a gaggle, or a flock - we all need to be nurtured. It does something very special.

And so this journal edition is in celebration of World Caring Day which occurs on June 7 each year. As the Caring Bridge website states:

*“All acts of caring — big or small, are important, however, it is in times of upheaval when caring matters the most.”*

This edition explores ways in which we can care for our animal beloveds, and how we can care for our Mother Earth. It also reminds us that we must care for ourselves. And so we gently remind you to be compassionate and kind with yourselves too lovely ones.

Kara





"All life is one family.

Our family includes all humans, animals, birds, fish and insects. We don't hurt members of our family, but treat them with kindness and compassion."

- Dr. Sailesh Rao Founder of  
climate healers



# SYMBIOSIS



CARED BY AND CARING FOR  
NATURE



# *Eating to Live!*

*Shared by animal communicator Sarah Lea on UNCHAINED TV.*

*“You have to eat stuff that’s living...*

*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.”*





**MARCH 12, 2024 | MEDIA RELEASE**

Climate and agriculture scientists set the record straight – emissions from the livestock sector must decline by 50% this decade, and some countries should do more than others.

**- HARVARD LAW SCHOOL**

“By 2036, global emissions from livestock must drop by 61% to align with the goals of the Paris Agreement. This, according to a first of its kind report from researchers at Harvard University, New York University, Leiden University, and Oregon State University, sets out a new understanding of livestock within the context of climate change goals, and new expectations for climate policy – providing the first set of GHG emissions trajectories for the global livestock sector ...”





“What is also clear is that high consuming nations must reduce consumption... this doesn’t allow for high consuming nations to continue their ways by increasing imports from other countries while reducing their own farming emissions.”

“... Additionally, achieving emissions reductions should not come at the cost of animal welfare and should not result in an increased number of farmed animals – ruling out measures that further confine animals for example ...

Globally, diets would generally need to be more plant-based, with the most substantial shifts occurring among consumers in HICs [High Income Countries].

In support of achieving these missions targets and trajectories, a number of policy priorities were identified for climate, agriculture and food purchasing – including the provision of financial assistance for farmers to convert their practices away from livestock production where required...

We’re way behind schedule on this, and technological solutions alone are inadequate. Difficult decisions are inevitable – and well-designed policy, communicated effectively, is essential.”

You can read the full report [Here](#) & read the full media release [Here](#). Also be sure to read the [Environment News](#) section in the 2nd ed. of our journal for more informative details on page 20.





## Message from Koko the Gorilla

"I am gorilla... I am flowers, animals.

I am nature.

Man Koko love.

Earth Koko love.

But man stupid... Stupid! Koko sorry.

Koko cry. Time hurry! Fix Earth! Help

Earth! Hurry! Protect

Earth... Nature see you.

Thank you."

Watch Koko sign this message to  
humanity [here](#).







## Rakus Treats His Injury With A Self-Made Poultice

Biologists were surprised when a wild Indonesian orangutan gentleman who they named Rakus treated his own injured face.

Rakus picked some leaves from the *Fibraurea tinctoria* plant/vine that is known for its healing and pain relieving abilities. He then chewed them and rubbed the juice onto his wound.

The biologists reported that he then used the leaves as a poultice to cover the open wound.

Biologist Isabelle Laumer stated, “This case represents the first known case of active wound treatment in wild animals with a medicinal plant.”

Observers reported that his wound healed nicely within about 5 days, without any infection. They also noticed that Rakus appeared to rest more in order to give his body time to repair.

About a month after, the wound had completely healed with only a faint scar remaining.

The scientists wrote a paper about this which can be accessed [Here](#).

There is some footage of the handsome Rakus available [Here](#).

The paper states, “This possibly innovative behavior presents the first systematically documented case of active wound treatment with a plant species known to contain biologically active substances by a wild animal and provides new insights into the origins of human wound care.”

This reinforces how clever these precious beings are, and why many people [avoid palm oil](#) which has sadly killed so many of our orangutan friends.

Photo by Armas/Suaq Project



# CARING

A young child wearing a dark winter hat with a pom-pom and a dark jacket is looking at a fluffy cat. The background is a warm, golden-orange color with a bright, glowing light source on the left, creating a soft, hazy atmosphere. The image has a torn paper effect at the top and bottom edges.

FOR THE  
ANIMALS



# MY DOG IS REALLY ITCHY

## WILL A VEGAN DIET HELP?

BY DR. ARIELLE GRIFFITHS, VETERINARIAN

An allergic dog that suffers from itchy skin and ears who is constantly scratching and chewing their paws is just awful. I know as I have personally had my own black family Labrador who suffered from a life of itching and yeasty smelly skin, and how I wish as a vet I knew what I know now as a vegan vet, as she would have had a very different life!



Lewis Hamilton chooses to feed his adored Bulldog Roscoe a fresh whole-food vegan diet (he lives in America and buys wholefood fresh vegan dog food Bramble). **Lewis Hamilton had this to say when he transitioned Roscoe -**

**"His coat is much softer, his swollen itchy paws have healed up, he is no longer limping with pain of arthritis and his breathing has opened up."**



Bulldogs and dogs with white coats and sensitive pink skin, tend to be more prone to skin infections, sore paws, ear infections and secondary yeast problems. Sometimes these symptoms are also accompanied by abdominal pain and cramping which dramatically reduces your dog's quality of life.

Food allergies tend to develop in young dogs however they can appear in older dogs too. Generally these dogs have been fed the same food over a period of time with no adverse effects and then your dog suddenly starts to get itchy... it can all be a bit confusing and we are here to help you!



# MY DOG IS REALLY ITCHY

## WILL A VEGAN DIET HELP?

BY DR. ARIELLE GRIFFITHS, VETERINARIAN

### Most common food allergens

**Beef**

**Dairy**

**Chicken**

**Wheat**

**Eggs**

### **2nd most common food allergens**

**Soya**

**Lamb**

**Pork**

**Fish**

**Corn**

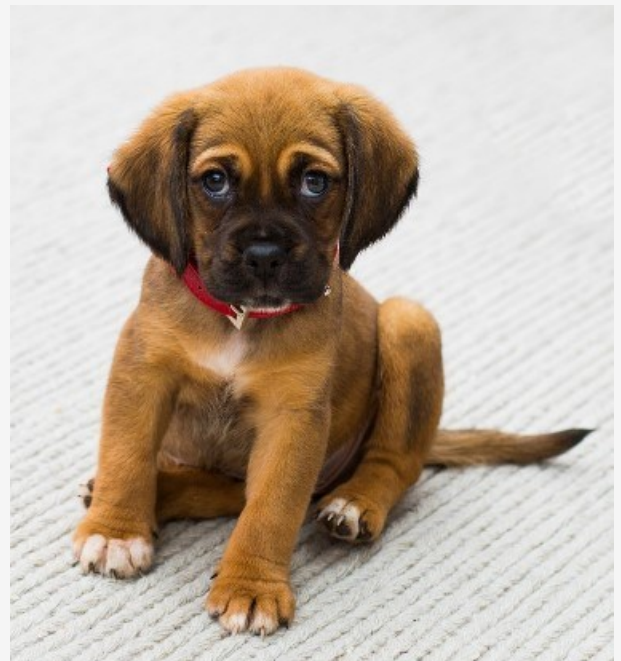
Dogs being fed a healthy balanced plant-based diet with none of the top allergens found in the food (beef, dairy, wheat, lamb, egg, chicken, soya, pork, corn and fish) will stop scratching as these proteins can be fully eliminated from the diet if they are the cause of the allergy. Food allergies tend to develop in young dogs who have been fed the same food over a period of time and it tends to show as very itchy ears and ear infections.

Cross-reactivity is common in dogs, so if your pet is allergic to beef, they will very likely be allergic to bison or venison. Similarly if allergic to chicken, they

will react to duck, turkey and pheasant.

There is nothing more worrying than having your dog constantly itching, scratching and uncomfortable. They are more prone to skin infections, ear infections and secondary yeast problems if the scratching is not kept fully under control and none of us want to see our dogs in pain.

What is fairly clear is that food intolerances and allergies with a compromised immune system and combined with an imbalanced microbiome are at the heart of the cause. Your dog has probably been treated with antibiotics and cortisone in the past, all of which compromise their delicate immunity and unbalance their gut microbiome.





# MY DOG IS REALLY ITCHY

## WILL A VEGAN DIET HELP?

BY DR. ARIELLE GRIFFITHS, VETERINARIAN

### WHAT'S THE SOLUTION?

**For dogs with sensitivities, the SINGLE MOST EFFECTIVE way of eliminating ALL of the common allergens is by feeding a healthy and complete vegan dog food diet with NO animal proteins or animal products at all. A complete plant-based diet is 100% safe and your dog can thrive on it for their whole life. So you don't need to worry about elimination trials or experimenting with different proteins.**

Dr Sue Paterson M.A. VetMB. DVD DipECVD FRCVS is one of the first dermatology vet specialists to import Solo Vegetal from Italy specifically to treat dogs with a truly novel protein diet for use on her Virtual Vetderms website. It is the one food that is now sold in veterinary practices throughout the UK due to her influence.

The aim is to transition your dogs so that their diet no longer contains any triggering ingredients. As a result, their skin should heal and in many cases dogs are able to come off long term medications such as steroids (cortisone), Apoquel and Atopica which is great news!

We recommend that you slowly transition your dog's diet and then monitor their skin condition to see the

improvements over subsequent months.

If you supplement your dog's diet with natural Omega 3 Algae oil this will help restore and protect their valuable skin barrier function, particularly if they have been scratching and chewing their paws (atopy).

*Please visit the [just be kind website](#) to read the rest of this informative article.*



Dr. Arielle Griffiths became vegan after one day having to put 4 dogs & cats to sleep due to obesity-related issues. She went vegan overnight, along with her family dog Ruff. She works closely with Professor Andrew Knight, top nutritionists & ethical pet food companies & has helped thousands of dogs transition to a balanced plant-based diet which enhances their health through nutrition.

**Read about the success stories [HERE](#).**

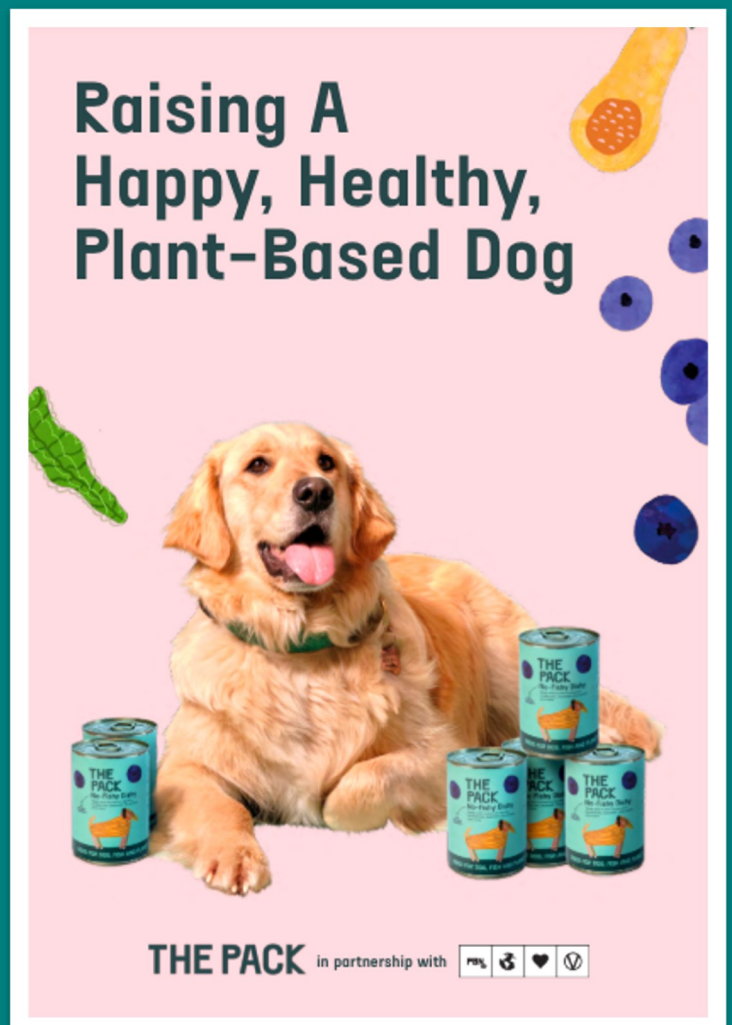
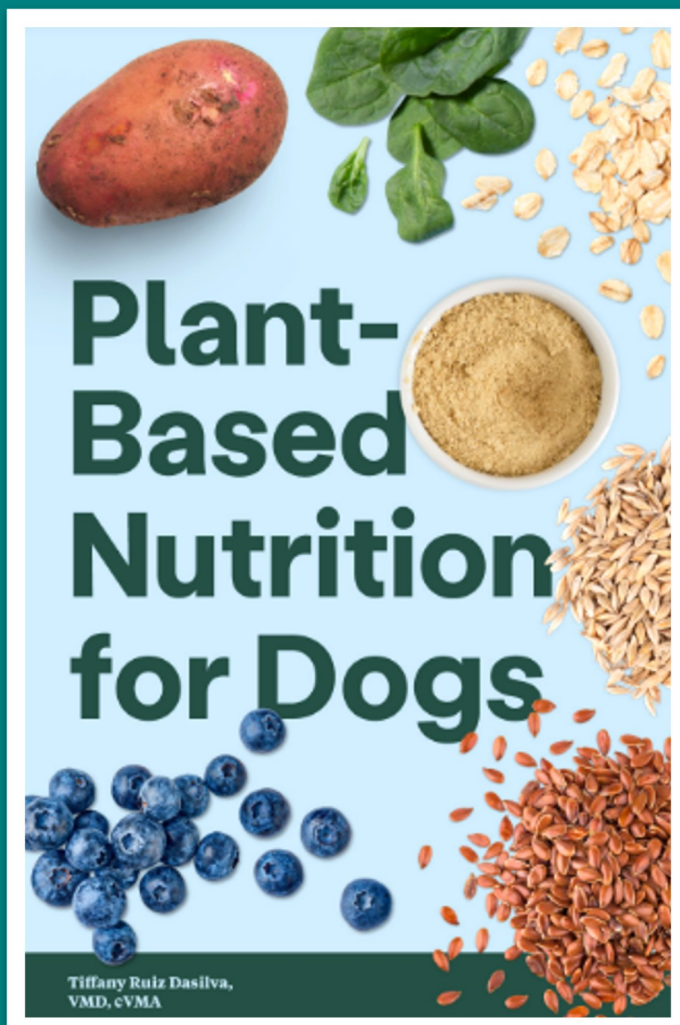
**You can visit the [just be kind shop](#) [HERE](#).**



# FREE PLANT-BASED DOG E-BOOKS!

Wild Earth has a free Plant-Based Nutrition for Dogs book on their website which is available [HERE](#).

The Pack also has a free book, Raising A Happy, Healthy, Plant-Based Dog which is available [HERE](#) or click on the pictures below to access these valuable resources.







## *Caring for Odie*

I never considered myself an animal communicator, until I was awoken with one very loud experience. My beautiful red cattle dog Odie and I were besties before he went to heaven some years ago.

One day we were both in the kitchen and he was looking at me intently with his ears up. You know that look, like maybe when you have food or a toy and they are super focused on you in case you drop it. Anyway, I just said my thought out loud.

“You are just so beautiful!”

Then, inside my head, almost so loud it vibrated, I heard:

“I think you are beautiful too.”

The voice was like an old wise gentleman with the husk of Clint Eastwood. I immediately panicked, looked around the room, around the corner, around the house. I honestly thought someone was in my home. Then I looked back at Odie, and he was still just sitting there, ears up, staring.



A few weeks later I stumbled upon a book “How to Communicate with Animals” in the cheap throw out bin of a book shop. I bought it. I studied it. I learned the three ways to communicate with animals.

I tried so hard to communicate with Odie again. And lots of animals actually. The inner voice never happened again, and I have since learned that I am the person who generally receives feelings from animals. They do know how much I love them when I meet them.

After this experience, I had Odie read by professional animal communicators on two occasions, and they were so helpful to us.

The first one told me after all my usual questions that he was very tired because his dad was very sick. My partner, his “dad”, had just lost his father at the time and was in the depths of grief. He was leaning on Odie a lot with bent over cuddles and Odie was helping him. I could see it. It made sense. She also told me Odie said I don’t have to repeat myself so much to him. He heard me the first time. I fully knew what he was talking about!

The second communicator told me Odie wanted me to be detached when it was his time to go. He didn’t want me fussing or being sad. This piece of information helped me greatly when Odie passed over. I always thought losing him may be the hardest thing for me, as we were such great friends. However when he died, I felt a strong feeling of acceptance







and put a piece of lavender by his body before he was cremated. He sent me a picture of the sun shining over hills of lavender flowers. I knew he was telling me he was happy and his soul was moving on.

Now I talk to all kinds of animals. I have politely asked mice and cockroaches to leave my kitchen and well....they did!

When I look after all my family's dog people, I count down the suns and moons till their carers will return. I know this helps them, even though they are loved completely with me, they appreciate the communication.

So talk to your animals. Their messages are quite simple and to the point. And remember, all animals are sentient. They feel pain and fear when someone is cruel to them.

It is a total myth that any country's abattoirs are humane. When we eat their flesh out of cultural habitual practices, we are eating pure pain and suffering.

Imagine if we were hanging labradoodles up by their legs and slitting their throats. There would be outrage. All animals deserve to be listened to. They all deserve kindness. They come with so much love and blessings and they are always open to communication.

*By Renata Jayne*





# Scrumfy The Vegan Food Lover

Yes, I know that Scrumfy is an odd name for a cat but that's what it was.

Even though I am more of a dog person, I loved this cat! He had a delightful personality. His shiny black and white coat was distinctive. Everyone knew him in the neighbourhood.

Scrumfy lived next door. Almost daily he would arrive at our sliding glass doors and stand at our refrigerator, meowing loudly. I mean, you had to pay attention to him, or he wouldn't stop meowing.

Our household is pure vegan. So, I wondered what a carnivore cat would want in our fridge? Wouldn't you wonder? After some time, I figured it out.

Day to day, Scrumfy and I played a game with food. I offered him vegan cheese and vegan ham/salami. He ate it all up. I offered him lentil soup and he slurped it lick-ety split. Pardon the pun. And the list goes on.

In other words, Scrumfy LOVED cooked vegan food!

In our home office, when I would be coaching my clients over the phone or virtually, Scrumfy kept me company. He would often dip his paws into my drinking glass to have a bath!

One day as I was working away in my office, I heard a noise in the kitchen. I walked into the kitchen to see Scrumfy on the counter, next to a pot of soup I had made earlier still on the stove. It was cool by that time and so Scrumfy felt it was his duty to be the taste-tester of the soup! I had made a delicious pot of vegetable soup with chunks of tofu. As we all know, tofu takes on the flavours of the foods with which it is cooked. I watched Scrumfy as he used his paws to extract the tofu from the soup! And he was very successful. I stood watching him. He saw me but continued his serious taste-tester duties as if I wasn't there.



# Scrumfy The Vegan Food Lover

Before long, Scrumfy and our dog Tessa had separate bowls. Tessa was very kind and generous to Scrumfy.

I often wondered if Scrumfy ate anything at home or if his caregivers even knew that he was dining in luxury at our home!!

About two years later, the family moved and took Scrumfy with them. I was heart-broken; however, he belonged to them. I secretly hoped that one day he would once again show up at our sliding glass doors. But sadly that never happened.

Scrumfy was a great Teacher. He taught me that cats CAN be vegan. Clearly, he preferred to not eat his animal friends. His fur glowed and he was soooo happy coming over to his second home where Love of all beings reigned.



**Betska K-Burr,** known as **The Guru Coach™** is the developer of the Science of Mind-Kinetics® for Coaching and Leadership.

A prolific author of many books and articles, she is a Life and Executive Coach, Trainer and Confidante to folks in 50+ countries. Learn more about her and her work at:  
**[www.coachingandleadership.com](http://www.coachingandleadership.com).**

## *Please Note:*

If your cat companion has expressed a desire to be vegan, there are vegan cat foods available that are specially formulated to meet the nutritional requirements of cats.

Andrew Knight, a professor of Animal Welfare and Ethics at the University of Winchester, has explained, “cats, dogs, and indeed all species, have requirements for specific dietary nutrients, not ingredients.”

He added, “There is no scientific reason why a diet comprised only of plant, mineral, and synthetically-based ingredients cannot be formulated to meet all of the palatability, nutritional, and bioavailability needs of the species for which they are intended.”

More info can be found [Here](#) and [Here](#).

Now cultivated/lab meat has also been created especially for cats. It offers another compassionate alternative to humans raising and killing animal beings for cat food.

More information on this is on the very next page...



# World's First Cat Food Made from Cultivated/Lab Meat



The world's first cans of cat food that use cultivated/lab-made chicken have been created and are soon to be released for sale at £1 per 150g tin.

So how is it created? The company describes the process as taking some sample cells from a chicken egg and states, "After this, we never use another animal product in our production, ever." The company then adds vitamins, minerals and amino acids for the cells to grow.

While there are a range of vegan cat food brands available that meet the nutritional needs of cats, non-vegan cat guardians in particular may be hesitant to feed these to their felines. Hence, many have stated that cultivated/lab meat for cats is a feeding choice that vegans and non-vegans alike might embrace for several reasons.

Cultivated meat almost entirely eliminates cruelty to animals. It stops animals needing to be raised and slaughtered for cat food. In this way it offers cat guardians a more caring feeding option for their cat companions.

Professor Andrew Knight has calculated that our dog and cat

companions eat about 9% of all the land animals killed for food which is about 7 billion animals annually. This does not include the billions of fish and aquatic animals that they also eat.

He calculated that if all the cats in the world went vegan it would save more greenhouse gases than those emitted by the entire country of New Zealand, free up land space larger than the whole country of Germany, and save the equivalent amount of freshwater as that found in Jordan.

If you are an animal communicator, you may have already communicated with a vegan cat but not realized it, as a fair few cat moms and dads are not forthcoming with this information for fear of judgement.

It is wonderful to have kinder choices available to feed our cat friends!







# Locket's Meadow Sanctuary

Locket's Meadow is a farm animal rescue and sanctuary in Bethany, CT. It was founded and is run by Kathleen Schurman and her husband David Melina and was named after a burro they adopted. The sanctuary began saving Pregnant Mare Urine (PMU) foals in 2002, rescued from the Premarin drug industry, and eventually welcomed horses from other slaughter, abuse and neglect situations.

Over the years, hundreds of horses have passed through the farm on their way to adoptive homes. Some stay and call Locket's Meadow Farm

their home, including those who are given retirement and Hospice care so that they are cared for during their final days.

All are loved as members of the family, as are all the other animals on the sanctuary, from pigs and sheep to goats and lamas.

Kathleen is also able to communicate with her beloved animal residents, and has shared her insights about them on her blogs. She has written: "Once a rescuer, always a rescuer. Peace to all, humans and animals alike . . . my greatest hope is we finally learn that





we are all one Spirit, and not just dogs and cats, but all living creatures, including our beloved farm animals.”

Her blog posts are down-to-earth and convey important information in an engaging manner: “Sure, I’m a whacko who talks to animals, and worse, when they talk back to me I can hear them. Go ahead, judge me – I really don’t have time or energy to care. But if you must judge me as a nut case, do it based on this piece of news . . . 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.”

Through Kathleen’s words and actions her message is clear. We need to bring loving care to our everyday lives, and include our animal co-inhabitants in this circle of respect and love.

“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 Spirit, and all contributing



Great



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.”

Many spiritual people, interspecies communicators, and Enlightened Masters past and present have been delivering this message to humanity for hundreds of years.

Animal sanctuaries such as Locket’s Meadow are literally love in action as they lovingly tend to the




animals in their care. Kathleen and David do this with such devotion, despite sanctuary life being so full of challenges, as Kathleen has described:

“There are animal lovers, and then there are those who go above and beyond in our devotion to our furry, feathered and scaled friends. We are the risk takers, physically, mentally, emotionally and financially.

Always swimming against the tide (even for what we believe is the most noble of causes) can be disheartening and frankly, a little lonely for many of us.







For those of us in the rescue and sanctuary business, the physical demands of animal care take over every aspect of our lives. The demands of our conscience, however, are what really drive us over the edge. Are we doing enough? Are we doing it right? Is there really hope of changing the world so it's not a hostile place for our animal friends?"

As the precious animals long for a kinder world, Locket's Meadow Farm does all that it can to bring kindness, care and love to as many animal beings as possible. Kathleen has also done some great interviews to awaken people to the abuse that animals suffer, and how we can make changes in order to treat them more kindly. Thank you Kathleen, David and everyone at Locket's Meadow Farm for creating this haven and caring so wholeheartedly for those animal friends who call Locket's Meadow their home.



**To support Locket's Meadow Farm Animal Sanctuary, please visit:**

**[www.locketsmeadow.org](http://www.locketsmeadow.org)**

**To follow on Facebook:**

**[www.facebook.com/LocketsMeadowFarm/](http://www.facebook.com/LocketsMeadowFarm/)**

**To follow on YouTube:**

**<https://www.youtube.com/@LocketsMeadowFarm>**

**Watch a wonderful interview with Kathleen at:**

**[www.youtube.com/watch?v=eEZn8AQyuj4](https://www.youtube.com/watch?v=eEZn8AQyuj4)**





# SELF CARE

A person with short grey hair, seen from behind, is performing a yoga pose on a dark, jagged rock. They are wearing a red sports bra and a long, light blue skirt. Their arms are raised, with hands pressed together in a prayer position above their head. The background features a calm sea reflecting the warm, golden light of a sunset. The sky is filled with soft, white and grey clouds. The entire image is framed by a white border.

BEING KIND TO  
OURSELVES



# How A Cute Little Spider Reminded & Implored Me to Care for Myself

I was in my house one day and noticed a gorgeous little spider. He looked at me intently and did not move, like he was getting my attention. Knowing that spiders and insects will often come to deliver messages to us, even at risk of their own lives, I made a point of tuning into him.

The little spider looked at me so lovingly. He asked me to make sure that I look after myself, to take care of myself and said that it is so important. He used his little legs to make actual begging gestures. I felt that he was begging and imploring me to do so.

I was so touched. I thanked him for his message and told him that my house wasn't safe for him, he might get squashed by accident by my dogs and I didn't want that.

So I got a piece of cardboard that he walked onto and I took him into the laundry where he would be dry and safe.

Still he sat on the cardboard, looking at me with such love and trust, and a sense of sweet intimacy for want of a better word. How can a spider care so much?

He sat for quite a long time on that piece of cardboard. Looking up at me with such trust and friendliness. It was beautiful. And making the begging motion with his arms.

Not long after I did go through a time of overwhelming stress. I found myself

helping family members through tremendous difficulty and worrying for their physical, emotional, psychological and financial safety. I didn't know how to get them out of a terrible situation.

While I did take some positive actions such as increasing the time spent in meditation, my health has suffered. The knot in my stomach led me to lose weight. And to my

complete sorrow, my once beautiful, thick hair was falling out in large strands, some days from the follicles. I had to cut it short. It may seem like something small, but knowing that we hold blessing energy in our hair has made me sad to lose so much of it. I

felt more beautiful with long hair. On the other hand, it's a small price to pay for caring for others who so desperately needed support, reassurance and assistance. So it was for a good cause one might say.

Lately I have been making an effort to care for myself better, especially my physical health. We empaths and vegans do so much for so many. While we care for others so much, we must still remember to care for ourselves. We can unintentionally burn out.

I think back to that spider coming to deliver the message to me. What a precious gift. It makes me feel so loved, cherished and grateful, and awe-inspired by nature.



By Carol





# Avoiding A Physical & Energetic Poison

*“It has been said that the word alcohol is derived from the Arabic word “al-kuhl” which means body eating spirit. It is thought that this is where the term “ghoul” originates, and that Aristotle gave the term “spirits” to the process of alcoholic distillation because he said that drinking alcohol puts spirits into the person that drinks them.*

***This applies even if one isn’t drunk.***

*I know someone who has had quite a few spiritual experiences in her time. She once told a story about someone who went out drinking alcohol, and the next*

*day she could see a black/ negative energy trapped in the person’s spleen. Alcohol, the “in-toxicant” had indeed brought the “toxin” of black energy “in” to her.*

*Other people with psychic tendencies have reported similar things. Some tell of their experience of seeing negative/low-level spirits around people at social events. What some have described seeing is that once people became intoxicated, their souls left their bodies and that negative spirits entered their bodies, and drove the bodies to do certain acts.*

*I once explained this concept to someone whose husband would do some strange things when he was drunk. She told him what I had explained, and*



# Avoiding A Physical & Energetic Poison ...

her husband told her that it was true. He said that when he's drunk, other spirits come into him and make him do things. This isn't a man who is psychic in any way. Yet he had an awareness that this is his experience.

Many spiritual teachers have tried to warn us of this...

The beloved spiritual teacher

Paramahansa

Yogananda

(1893 - 1952)

described similar things...

"Many people take wine to banish sad or unpleasant memories and worries, but that kind of forgetfulness robs man of his native soul wisdom - the very power by which he was meant to overcome his trials and to find lasting happiness. God, being Joy itself, wants us to seek and to find,

within our souls, His ever-new Bliss..."

So many people use alcohol to suppress their emotions and to manage anxiety and depression. This robs us of the ability to process our emotions and learn from them, and to develop

emotional intelligence and cultivate peace. I know people who can't relax in social situations without alcohol to help them. Even when in



beautiful surroundings of nature, there are people that still need a glass of wine in their hand to relax....

We were given this physical body to serve us on our Earthly journey, and we have a duty to care for it to the best of our ability. But alcohol is a poison to our body. It dehydrates us, robs us of



# Avoiding A Physical & Energetic Poison ...

important nutrients, injures our liver and more. Researchers have said that there is no “safe” level of drinking alcohol because it is a poison that damages the brain. They also say that no amount of alcohol is good for health...

What if, instead of relying on alcohol for stress relief and alleviation of anxiety, we were to cultivate our own inner quiet? We could ignite that spark within ourselves that is responsible for creating our very own joy, calm and confidence...

If alcohol is used to unwind, relax, take the edge off, help us to socialize, or is needed to have a good time, or used to escape from sadness, guilt or other unpleasant emotions then we are using it as a crutch. This is disempowering. By staying away from alcohol and developing our resilience and emotional intelligence, we

begin to empower ourselves!... Below are some wise words by Leo Babauta:

‘Quitting something can be hard, it’s true. But not quitting them is harder - you have to live with health problems (or other problems) for the rest of your life. That’s years of pain vs. a few days or weeks of struggle. To me, the choice is clear - choose yourself.’”

Excerpt from the book *The Kindness Era, Human & Animal Perspectives* by Kara Seth.

All references are available in the book which can you can read & downloaded for free [Here](#).





# WE WELCOME YOUR ARTICLE SUBMISSIONS!



If you are an inspired vegan who would like to contribute to the journal, then we would love to hear from you!

The aim is to publish a journal edition quarterly, though this will be dependent on content. Each edition will be published when we have fitting, quality content and design.

Please email your articles to: [veganacnetwork@gmail.com](mailto:veganacnetwork@gmail.com).

Stories may include messages from the animals, messages from tree and nature spirits, information on vegan diets and their role in protecting the environment, your experience as a client of animal communication, an article about your animal sanctuary, a book or paper excerpt etc.

Please be aware that content inclusion is at the discretion of the editor and articles may be edited due to length constraints and formatting etc.



# PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE CAMPAIGNS

## Healthy Hospital Diet:

- Promotes health-focused hospital food.
- Yearly report on hospital food healthiness.
- Replacing fast food with healthier options.



## Vetting Dietary Guidelines

- Advocates for dietary guidelines.
- Successfully added cholesterol concerns.
- Included vegetarian eating patterns.



# PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE CAMPAIGNS

## Ending Dog Experiments:

- Since 2011, opposing dog experiments at Wayne State University.
- Billboard ads in Detroit to raise awareness.



## Against Fast Food

- Criticizes unhealthy food promotion.
- Advises warning labels on high-calorie fast food.
- Opposes the Heart Attack Grill in Las Vegas.





The Health Film That Health Organizations Don't Want You To See.

# WHAT THE HEALTH

FROM THE CREATORS OF THE AWARD WINNING FILM 'COWSPIRACY'



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A close-up photograph of a young spotted deer fawn lying in green grass, looking directly at the camera. The fawn has brown fur with white spots and large, dark eyes. The text "VACN" is at the top, and "TO BE CARED FOR" is below it.

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TO BE CARED FOR

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