

BARREFOOT VEGAN

THE LAUNCH ISSUE: 2015

ANIMAL
THOUGHTS

Talking
with
animals

VOICELESS365

James Aspey's
vow of silence

GEO-ENGINEERING

Playing God with
the weather

GROUNDED

Intuitive Medicine
with Dr Laura Koniver



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The Joyful Vegan

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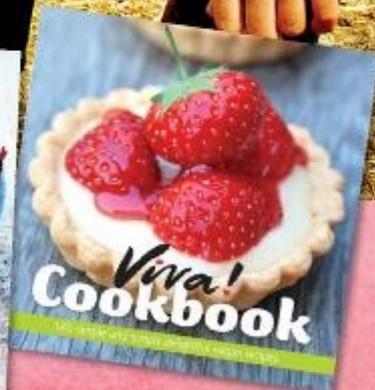
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FROM THE EDITOR...

Hello beautiful people!



IT'S SPRING HERE IN THE UK, and it's my favourite time of year. There's something truly magical about seeing the little bulbs push their way up through the frosty soil, each day growing a little more until they finally erupt into a glorious symphony of colour. To see Nature's rebirth after each winter really does ignite pleasure in the soul. So what better time to launch the first ever issue of Barefoot Vegan magazine? Barefoot Vegan has been created to make a difference in people's lives, to raise awareness of the choices we all have and to aid in expanding the consciousness of the planet. I don't know about you, but I feel that positive

change is definitely happening at a faster rate than ever before. More of us are waking up every day and learning that although sometimes our collective situation can seem hopeless, each of us as individuals can contribute so much if we really put our minds to it. This issue is called 'The Launch Issue' for obvious reasons, but I could just as well have called it 'The Activist Issue'. Activism as a concept has some dirty connotations in the mainstream; however, there are people out there (as you'll read in the interviews with people like Colleen Patrick-Goudreau, Pola from the K-9 Angels and James Aspey) that are blending activism with love and compassion for all... and with amazing results. I'd really love to hear your feedback on the magazine. So, once you've finished reading, get in touch via social media or pop me an email.

Thank you so much for being a part of this first issue!

With love,

Emma

Emma Letessier



Contributors in this issue...



Sunny Subramanian

Sunny runs the website [Vegan Beauty Review](#), where she writes about green & cruelty-free beauty products, fashion, food & everything vegan in between. Connect with her on [Facebook](#), [Twitter](#), [Instagram](#) + [Pinterest](#).

Clive Har...
at Charle...
the autho...
[the Age o](#)
[website](#) +
informati...

Faith teaches people how to live less toxic lives; incorporating mind, body, home & environment, in cheap, easy and fun ways. You can visit her [website](#) + connect with her on [Facebook](#).



Faith Canter



Jordan



Luke Jones

Luke is a wellness advocate & blogger at [Health Room](#), where he explores ideas in plant based nutrition, movement, mindfulness & sustainability. Connect with him on [Twitter](#) + [Instagram](#).

Elaine is...
she lived...
English. S...
writes art...
publicati...

Sebastian organises events & discussions relative to exploring the intersectionality of veganism & other movements for social justice. Connect with him on [Facebook](#).



*Christopher-Sebastian
McJettters*

Hamilton is professor of public ethics at
Stuart University in Canberra &
author of [Earth Masters: The Dawn of
Climate Engineering](#) Visit his
page & follow him on [Twitter](#) for more
information.



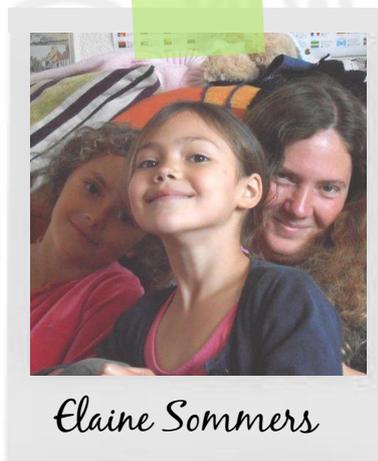
Clive Hamilton



Figueiredo

Jordan is a zero waste professional & self-
confessed food waste geek. He was
recently made the U.S. ambassador
for [Feedback](#), an organisation that is
fighting the food waste scandal all
around the world.

Elaine is a mother to two girls. Previously,
she lived in Mexico for five years, teaching
English. She is a vegan & nature lover &
writes articles on those subjects for various
publications.



Elaine Sommers

Got a story idea?
[Click here](#) to find
out about writing for
Barefoot Vegan...



The Launch Issue 2015

BAREFOOT VEGAN MAGAZINE
www.BarefootVegan.com

EDITOR
Emma Letessier
editor@barefootvegan.com

ADVERTISING ENQUIRIES
advertising@barefootvegan.com

DESIGN
Emma Letessier

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COLEEN PATRICK-GOUDREAU PHOTOGRAPHED BY MARIA VILLANO.

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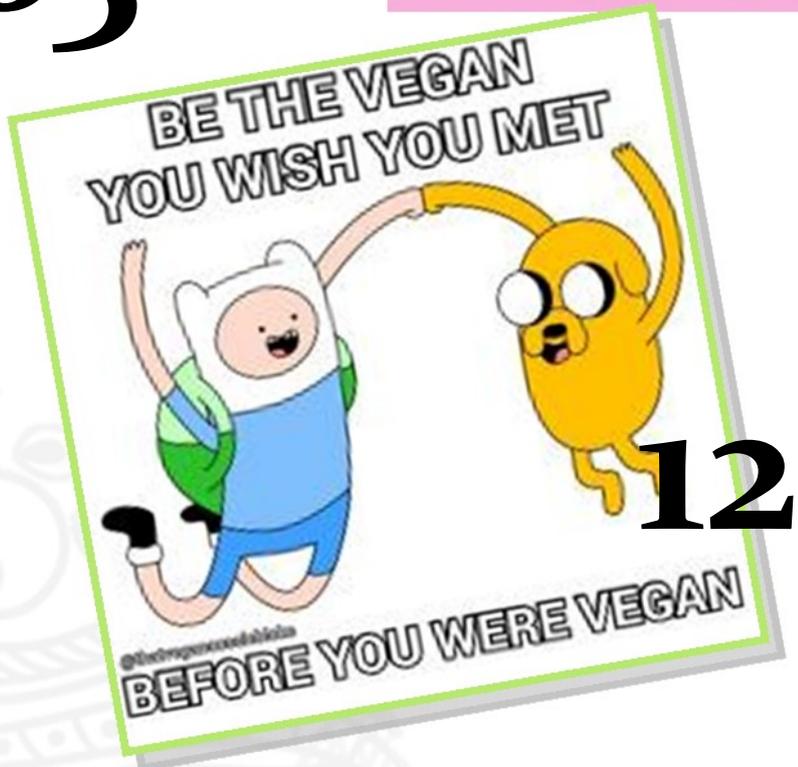
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In Case
You Missed
It...

James Cameron plans first all-vegan school

Film director James Cameron and his wife, Suzy Amis-Cameron, are planning on turning the Californian school they opened in 2006 into the first all-vegan education centre. They founded the school nearly 10 years ago with a mission to teach children about looking after the environment. The scheme to serve the students plant-based meals will come into place in autumn. James Cameron told *The Hollywood Reporter*, "The meals that are served at Muse will be 100 per cent plant-based. The average person would say vegan, but we say whole food, plant-based. It's about raising kids who don't think it's strange or exotic or worthy of a pat on the back to be doing the right thing for the living biosphere."

IKEA rolls out vegan meatballs



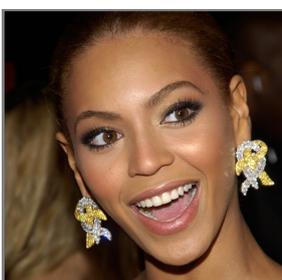
Swedish furniture giant IKEA has announced its plan to launch vegan meatballs at its restaurants across the UK in April 2015. The decision comes after animal rights activists, PETA, presented a petition with over 25,000 signatures to the company requesting that vegan versions of their famous meatballs be provided. Frozen bags of the vegan meatballs will also be available for takeaway later this year.

Study shows vegan diet benefits obese children

A study published in the *Journal of Paediatrics* conducted by a Cleveland Clinic in Ohio, has shown that obese children with high cholesterol who followed a strict vegan diet with little added fat showed significant improvements in both weight and heart disease risk factors in only a month. The study's lead author Dr. Michael Macknin believes there is good reason to look further into vegan, no-added-fat and plant-based diets as a prescription for preventing future health problems for overweight and obese children and adolescents. ([Source](#)).



Beyonce launches new vegan meal delivery service



In partnership with her personal trainer, Marco Borges, pop star Beyonce Knowles has launched a vegan meal delivery service in the US that aims to provide 'clean' food to help fuel weight loss. The meal service is called *22 Days Nutrition* and according to their website, all meals are 'fresh, never frozen', organic, gluten-free, dairy-free, soy-free and non-GMO.

Image credit: Featureflash/Shutterstock.com

Animals in France now recognised as 'living, sentient beings'

Good news for French non-human animals...In January this year, the French National Assembly finally passed a motion to change its Civil Code and officially recognise animals as 'living, sentient beings'. Prior to the motion being passed, animals in France, including domestic pets and farm animals, had the same status as furniture under law that hadn't been changed since 1804. The recognition for animal rights was led by the French organisation *Fondation 30 Million d'Amis* (Foundation of 30 Million Friends) who fought for two years to get the changes made. The charity said the new legislation was required to stop 'horrendous acts of cruelty towards animals'.



Image credit:
Freeimages.com/jaimo

Inditex ends angora sales



The world's largest fashion retailer, Inditex has announced that it will stop selling clothing made from angora in the over 6,400 stores it owns around the world. Part of this commitment has seen the company donate thousands of jumpers, coats and hats to Syrian refugees in Lebanon. The company

had been in talks for over a year with PETA, who had conducted an investigation in 2013 of 10 angora farms in China, a country that represents 90% of the world's angora trade. PETA released graphic footage of the brutal treatment of the angora rabbits at these farms, which prompted several retailers to stop selling angora garments.

Simpsons co-creator and philanthropist, Sam Simon passes away

Sam Simon died on Sunday, 8th March at age 59 after battling with advanced colon cancer. In November last year, Simon announced he would be giving away his \$100 million fortune to charities such as PETA, Save the Children and his eponymous foundation, which focuses on animal welfare and feeding the hungry. These charities have promised to continue his mission of helping those in need. People from all across the world have expressed both their sadness at Simon's passing and gratitude that his legacy will live on.



Image credit: Sam Simon
Twitter

Indian state's ban on beef is good news for cows, not so good for chickens



The Indian president has approved a bill that bans the slaughter of cows and the sale and consumption of beef in the Indian western state of Maharashtra. Along with cows, it also forbids the killing of bulls and bullocks and even possessing beef, which will now be considered as contraband. Anyone found breaking the law will face a fine and up to five years in prison. Most of India's beef is exported. With a 20% share of the global market and exports worth more than \$4bn (£2.6bn) a year, it is now the country's top agricultural export. However, while it's good news for cows, poultry firms expect demand to pick up for chicken as a substitute for beef by around 5-8 percent within a month after the ban. ([Source](#)).

Image credit: Freeimages.com/Masban

Monsanto's profits fall by 34%

GMO giant, Monsanto announced in January that its earnings fell 34% in its first fiscal quarter, as South American farmers cut back on planting corn, reducing demand for the company's biotech-enhanced seeds. The company has also been at the centre of controversy over its genetically-modified (GM) seeds for some time, with campaigns and marches against the firm being organised and carried out across the globe. In November last year, Monsanto poured millions of dollars into fighting an Oregon state measure that would force companies to label any food containing GM ingredients. The company prevailed and defeated the measure. ([Source](#)).

Report urges U.S. consumers to save the planet by eating less meat

A report released by the Dietary Guidelines Advisory Committee in the U.S. is calling for American consumers to reduce their meat intake and switch to a 'sustainable, plant-based diet' to prevent 'ruinous climate change and stave off an influx of preventable chronic diseases'. Diana Donlon, director of the Cool Foods Program at the Centre for Food Safety, told *Common Dreams*, "Promoting systems that work with nature instead of against her is an investment in our children's future." The committee's findings are not official guidelines, but are used to inform the government's updated versions of dietary rules. The Department of Health and Human Services and the USDA will issue their own guidelines later this year based on the report. ([Source](#)).



Image credit: Shutterstock.com: kwest

'Climate change kills more people than terrorism' says Obama



Photo credit: Associated Press

In an interview with Vox in February, U.S. President Barack Obama said the media overstates the risk of terrorism, when climate change and epidemics affect far more people. According to an independent report commissioned by 20 governments in 2012 to investigate the human and economic costs of climate change, approximately 400,000 deaths each year are linked to climate change. This is expected to rise to over 600,000 per year by 2030. Compare these statistics against the number of terrorist incidents and you see that climate change is indeed the greater global threat. Terrorist incidents compiled by the Institute for Economics and Peace indicated that between the years 2000 and 2013, 100,000 people have died. Most of these attacks have been limited to just five countries, whereas climate change affects the entire planet. ([Source](#)).

Scotland bans fracking indefinitely

Scottish National Party ministers announced an indefinite ban on fracking in Scotland in January. Fergus Ewing, the Scottish Energy Minister, declared a moratorium on granting planning permission for "unconventional" oil and gas projects that blocked all schemes north of the Border under development. In a statement to Members of the Scottish Parliament he said the ban would last however long it took to carry out a full public consultation on the extraction of shale gas and research into its impact on the environment and public health. Mr Ewing described the UK government's attitude to fracking as 'gung-ho' and that the coalition was willing to allow fracking 'anytime, anyplace, anywhere'. ([Source](#)).



Photo credit: EPA

Plastic Free July Challenge 2015



Plastic Free July is the brainchild of the Western Earth Carers waste education program in Australia. They founded it in Perth's western suburbs with 40 volunteers back in 2011. It has since grown into a major campaign involving more than 14,000 people, schools and businesses in 70 countries worldwide. *Plastic Free July* not only reduces the net amount of single-use plastic being

consumed, it also raises awareness of the issue. It allows participants to discover how easy it is to say no to unnecessary plastic via events and online forums.

Rebecca Prince-Ruiz, *Earth Carers* Coordinator at WMRC and co-founder of the campaign, is urging people to take up the challenge in 2015 by registering their commitment and saying no to single-use disposable plastic throughout July. "People are increasingly concerned about the packaging and plastic pollution swamping us and *Plastic Free July* is a great way for our community to make a stand against single-use packaging and to look for the intelligent alternatives," she said. "While it's a significant challenge, there are many simple ways to cut down on single-use plastic, like saying no to unnecessary packaging and also to common single-use plastic products, including bags, cups, straws and bottles. Our website has all the details," she added.

To see how you can go plastic free for July, visit www.plasticfreejuly.org.

EthicalStores Announces Market Place Launch

EthicalStores, the world's first ethical online market place, launched on the 20th March 2015. Any ethical business that has cruelty free products can list their items on the EthicalStores site. It is a totally free service that allows business owners or individuals to create a free online store within minutes.

EthicalStores is a non-profit organisation that has been developed and administered by highly-skilled volunteers from around Europe. The mission of EthicalStores is to promote ethical products and a vegan lifestyle globally and allow the consumer to find ethical foods and household consumables in one marketplace. To find out more visit www.EthicalStores.com.



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"I really enjoy when vegans say they were feeling down but reading through my memes gave them a laugh".



Put another veggie burger on the barbie....

IT'S THAT VEGAN AUSSIE BLOKE!

Oscar Wilde once said, 'If you want to tell people the truth, make them laugh, otherwise they'll kill you'. And Alistair Taylor is putting those words of wisdom to good use, blending humour and vegan 'truth-bombs' to create his popular viral memes. We caught up with That Vegan Aussie Bloke to find out more.

Tell us about your vegan journey...

My vegan story started when I lived in London. By complete accident, I stumbled upon an interview with ex-US president Bill Clinton. He was discussing 'The China Study' and how he, himself recovered from heart disease. That day I downloaded the book and read it all. I gave up animal products that day. As my knowledge in this field of nutrition evolved, so did my compassion. I changed to a vegan diet purely for health reasons; I can't lie and say it was for the animals originally, it was a selfish decision. However, I began meeting more vegan people and spoke to them. I watched Earthlings and realised this problem stretched much further than our plates! I live by a very simple rule now, "do as little harm

possible". Every day I try and do more and more! I now spread the message through internet memes as I believe humour and knowledge is the best way to challenge people's ideas and perceptions. I just keep doing my bit every day and am always available to discuss veganism with anyone who wants information.

Where did the inspiration come to start up 'That Vegan Aussie Bloke' and 'Those Vegan Aussie Blokes'?

Ha, ha! You'll probably laugh at this, but I started 'That Vegan Aussie Bloke' as a cooking and recipe blog... but I soon realised that I had no cooking talent, so the idea slowly died. I used the name 'That Vegan Aussie Bloke' as here in Australia, we have a very 'meat hungry' culture and the 'Aussie bloke' is seen as a pie-eating meat-head. I wanted to show

the world vegan Aussie blokes exist. When I met Warren (the other half of Those Vegan Aussie Blokes), we decided to extend that to a YouTube Channel, where we are using videos to change those male stereotypes, thus 'Those Vegan Aussie Blokes' was born.

The humorous angle really works for you. What made you choose that route to promote veganism?

I started the memes as a way of giving vegans a break from the daily grind of "where do you get your protein?" I was inspired by the likes of Vegansidekick and 416vegan, who also use humour as their way of helping vegans communicate and laugh. I love using humour because you can connect with everyone, vegan or not. I also feel yelling and screaming doesn't work. I am a trained primary school teacher and if you want kids to do something, you tell them to do the exact opposite. In my humble opinion you will never change or open a mind by yelling at someone.

I have a lot of knowledge on veganism and humour can be a sneaky way of getting people to discuss these complex ideas. I have had many people comment on my post in opposition of a certain meme, only to find themselves confronted with their own morality.



"Real men look after and care for their loved ones. Why is it so hard to extend that compassion to all the defenceless in this world?"

What's been your most popular meme?

My post popular meme was the "being the vegan you wish you met before you were vegan" meme. It had a really positive message about not judging and being a guide! Helpful and kind, but strong! It reached over 34,000 people, had around 2,000 likes and was shared 145 times.

Sometimes, you're in overdrive creating all these memes! How many do you normally make a day? What's been your record for one day? Where do you get your ideas from?

I have to apologise some days, I get on a bit of a roll and pump out a few too many. I think my record was 10 in a day a few months back. I don't do that anymore. When I first started I was aiming for three in the morning and three at night; it was a bit much. These days I try to stick to 2/3 a day; it makes it easier to come up with new content the next day. I get my ideas from my own experiences; it is funny how relatable my experiences are with so many other vegans.

Doesn't matter where you are in the world, it seems that these experiences are shared.

What's the best part about doing what you're doing?

Oh, can I pick more than one? I love the interaction with vegans all over the world, I enjoy having conversations with people who don't share the same views and challenging their current situation, I love the positive feedback, but mostly, I really enjoy when vegans say they were feeling down, but reading through my memes gave them a laugh.

Aussie guys kind of have an international reputation for being really blokey. You guys look like typical Aussie blokes... How important is it for you to break the stereotype and let people know that meat doesn't equal manly?

It is very important! Real men look after and care for their loved ones. Why is it so hard to extend that compassion to all the defenceless in this world? Eating baby animals is not manly, being kind and compassionate is manly! Protection not destruction.

You're quite experienced now at battling the anti-vegan-internet-trolls. Got any advice for other online vegan activists who struggle with the little devils? RUN! BLOCK! DELETE!...Seriously, my advice for anyone dealing with the haters is to get as educated as possible and make the conversation as non-personal as possible. What I

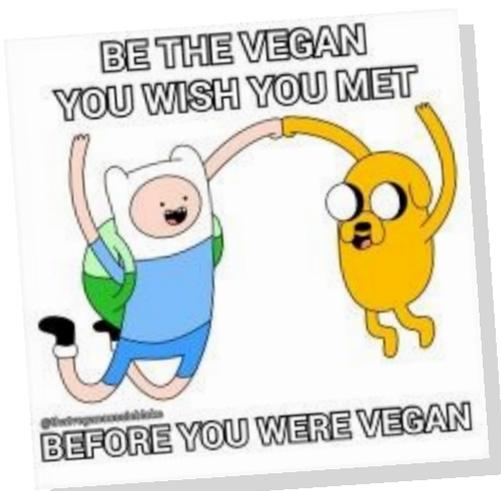


Warren & Alistair filming 'Those Vegan Aussie Blokes'.

mean is don't get really angry and upset at the troll, but generalise with them, talk facts and figures. If they make it personal don't go into attack mode but ask questions like "So why are you so for cruelty towards animals?" Don't let them get you down, but don't attack them either. I see too many vegans getting really heated and upset! Don't let people treat you like a doormat, but don't let your rage and passion overtake your argument. If you don't think you can discuss without getting fired up just reply "Earthlings.com".

What would you say to anyone else out there that wants to look for ways to promote the vegan message?

Do it positively. Live by example. March for peace, not rally for hate. Don't throw blood, drop knowledge bombs. It is very easy to argue with a preachy fired-up vegan as opposed to a calm informed one. Invent more amazing vegan cheese and vegan bacon. That might win a few more people over! **BV**



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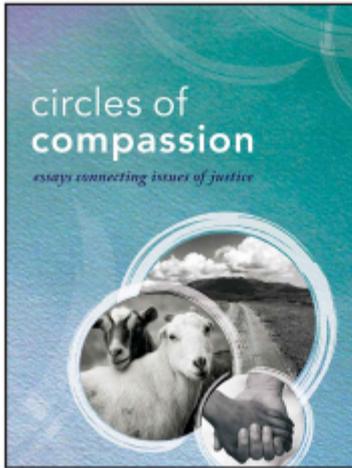




Vegan Publishers™

Latest release! *Circles of Compassion: Connecting Issues of Justice*

Edited by Dr. Will Tuttle
Foreword by Carol J. Adams



Circles of Compassion consists of a series of essays by internationally recognized authors and activists, edited by Dr. Will Tuttle. The essays focus on how the seemingly disparate issues of human, animal and environmental rights are indeed connected. Authors also provide practical guidance about how to make the individual, systems and social changes necessary to effectively create a peaceful and just world for all.

This book could be the push that we need to break out of our confining silos, to build bridges between movements, and to make the choices that will lead to a peaceful and just world for all.



We have 30 leading visionary vegan authors who have contributed insightful and inspiring essays to the volume, all on the theme of illuminating the connections between injustice to animals and the various forms of social and ecological injustice, the keys to creating a world of peace, compassion, and freedom by addressing the hidden roots of our dilemmas.

Circles of Compassion is rich in innovative thought, connection and heart. The perfectly orchestrated collaboration of inspired minds makes this collection of writings essential reading for anyone wanting to develop or deepen their compassion for all beings. This book is a great gift to humanity and has the potential to unite us all. It can also bring peace and freedom to animals and healing to the earth, creating a bright, sustainable future. I loved the inclusive tone of the book and the hope I felt while reading it. I will share this book far and wide as I regard it as a brilliant educational tool that we are very fortunate to have access to. As more and more people are now re-awakening their innate compassion, Circles of Compassion has arrived at the perfect moment in time.

— Kathy Divine

Compassion is the path to transformation of consciousness and purification of the human spirit. This important book is an exciting collection of deep reflections about compassion and its celebration of all living creatures who abide equally within the shimmering web of life.

— Elizabeth & Dennis Kucinich



"When you feel the suffering of every living thing in

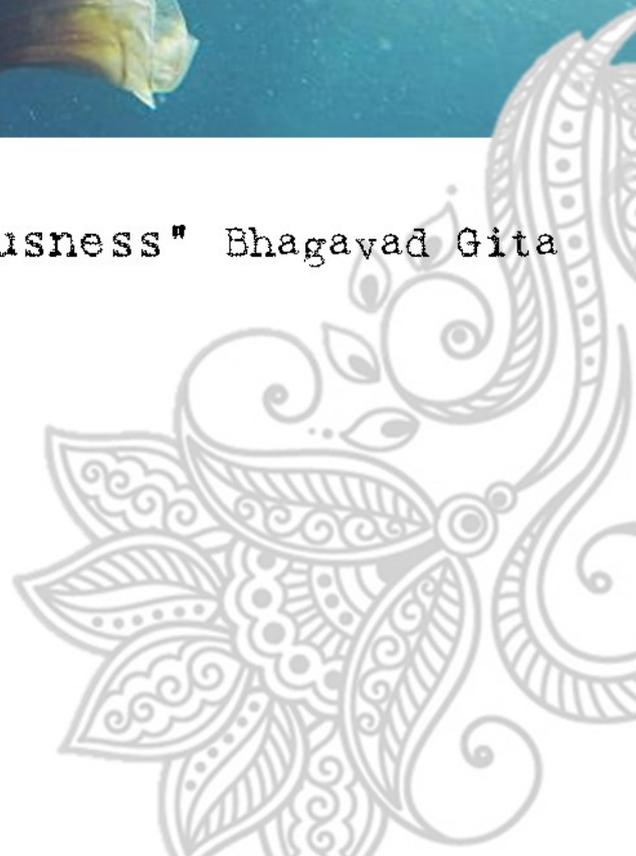


Mind
Body
Spirit



Photo Credits: Shutterstock, Elena Ray (left & middle), Alena Ozerova (right)

"In your own heart, that is consciousness" Bhagavad Gita



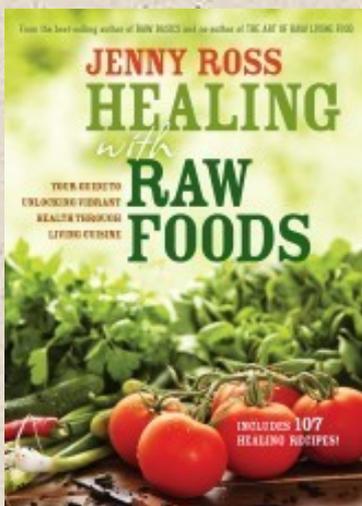
HEALING WITH RAW

Unlocking Vibrant Health through Living

Chef Jenny Ross is the owner and executive chef of the living-foods restaurant 118 Degrees in Costa Mesa, California, and has been a pioneering spirit of the raw-foods movement since 2000.

Her latest book *Healing with Raw Foods* sees her team up with some of the world's leading wellness authorities to give an in-depth look at the science and nutrition behind how raw foods can lead to vibrant health. In areas ranging from heart health to cancer, Jenny demonstrates how to create enticing raw-food meals and

sweet and savoury snacks for a potent source of nourishment - and preventive medicine. Whether you want to boost healthy brain function, support childhood development or help manage diabetes, this user-friendly guide shows you how you can attain your best health through your daily food choices.



Jenny and her team at Hay House publishing have very kindly given us a copy of this gorgeous book to give away to one of our lucky readers. If you would like it, send an email to:

competitions@barefootvegan.com

(For competition guidelines please check our website).

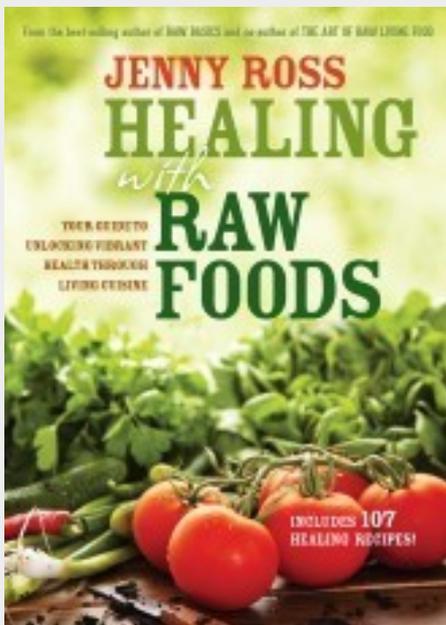
RAW FOODS

Cuisine



FUSION PASTA
RECIPE ON NEXT
PAGE

3 DELICIOUS RECIPES JUST FOR YOU...



*A raw food eating plan can be a delectably fun, delicious and functional part of the vital healing process. And to give you a taste of what you can expect from **Healing with Raw Foods** we've got three easy recipes for you straight from the book, designed around expert advice— perfect for spring.*



Fusion Pasta

For the pasta:

- 2 large zucchini or 4 small yellow crookneck squash
- 1 cup shredded carrot
- 1 cup diced dates
- 1 cup finely chopped spinach
- 1 cup quinoa (optional, for additional protein)
- ¼ cup hemp seeds or 1/3 cup pine nuts

For the sauce:

- 1 cup sun-dried tomatoes
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons raw agave nectar
- 4 fresh basil leaves
- 2 Roma tomatoes
- ½ clove garlic
- ½ cup hot water

1. To make the pasta, slice the zucchini lengthwise using the julienne blade of a

mandoline. Place in a medium-size bowl.

2. Add the carrot, dates, spinach, quinoa, and hemp seeds to the squash noodles and toss to combine.

3. To make the sauce, in a blender combine the sun-dried tomatoes, olive oil, raw agave nectar, basil, Roma tomatoes, and garlic, and blend until a thick puree has formed.

4. To serve immediately, whisk ½ cup hot water into the sauce, toss with the noodles, divide among 4 plates, and serve warm. To keep warm while you're preparing other dishes for your meal, mix the sauce and noodles together, divide among 4 plates, and place in the dehydrator at 118°F. This dish can be stored in the refrigerator for up to 2 days.



Rainbow sprout salad

For the dressing:

¼ cup extra-virgin olive oil

2 tablespoons coconut aminos

1 teaspoon garlic powder

1 teaspoon chili powder

1 drop liquid stevia

For the salad:

4 cups mixed sprouts

4 cups chopped romaine lettuce

1 cup shredded green papaya, jicama, or carrot

½ cup shredded beets

4 tablespoons black sesame seeds

½ cup diced steamed yam (optional, for transition)

½ Hass avocado, peeled, pitted, and diced

1. To make the dressing, using an immersion blender, combine the olive oil, coconut aminos, garlic

powder, chili powder, and stevia. Blend well.

2. To make the salad, in a large bowl, combine the sprouts, lettuce, green papaya, beets, sesame seeds, yam, and avocado; toss well.

3. Add the dressing and toss until coated. Enjoy immediately.

Note: The salad ingredients can be mixed earlier in the day and stored in the refrigerator until dressed for serving. Once combined with the dressing, the salad should be stored for no longer than 1 day.



Walnut & Date Snacks

Ingredients:

4 cups red walnut pieces

2 cups pitted dates

1 teaspoon cinnamon

1 teaspoon sea salt

1. In a food processor fitted with the S-blade, lightly pulse together all the ingredients.

2. When the mixture begins to stick to itself, remove and transfer to a small bowl.

3. Using a tablespoon, scoop out 2 tablespoons of the dough mixture at a time.

4. Roll into a ball and place in candy cups. Keep on the counter!

Note: Regular walnuts can be substituted for red walnuts. Also add ½ cup of goji berries for color and extra nutritional value.

DON'T FORGET TO
ENTER THE
COMPETITION!



"I have learned that there is a distinct correlation between the health of our body, the health of our mind, our collective health and the health of our planet. It's all connected."





VEGAN CHEESE

Wizardry



Ask most vegans what the hardest part of transitioning was and they'll probably say it was giving up the cheese! However, the growing trend for gourmet & artisanal vegan cheeses means that cheese is back on the vegan menu. We spoke to Oli Watts from *Vegan Wizard*, an artisan cheese & raw food business, to learn more about the art of vegan cheese making.

How long have you been making vegan cheese for?

I first made vegan cheese about three years ago. I'd been vegan for two years and I'd finally had enough of just putting up with pizza without cheese. I decided enough was enough and started experimenting with tahini cheese. I perfected my recipe and since then I've been experimenting with a few different basic recipes and making them super healthy and delicious.

What made you decide to start making cheese to sell?

Last year I was running the kitchen in an amazing wholefood organic store. I couldn't have been in a better position. The staff was lovely, the pay was good and I had complete freedom to make whatever I wanted. I had the shop as my larder and people loved it. I soon realised I could take it further so I made the move to start my own brand and business. I thought about which of my recipes were most unique and individual and settled on my raw brownies and vegan cheeses. What I didn't take into account was that I had just accidentally found a niche in the market. My brownies are unique and absolutely scrumptious, even if I do say so myself, but there are so many people now making amazing raw chocolate snacks. In my experience however, most vegan cheeses can only be found (usually untouched) in the fridge of wholefood shops and some supermarkets due to the fact that they in no way resemble food. They are chock full of all sorts of chemicals and most contain some sort of soya products or palm oil.



vegan cheese
smokey
Vegan Wizard
made with pure ingredients
our cheese, potatoes, and onion powder

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Vegan Wizard's Cheese on sale at the Tobacco Factory Market in Bristol, UK.



"I feel that my skills with food are a gift and I see them as my artwork and my meditation."

What kind of response have you had from people who've tried your cheese?

I am over the moon with the feedback I've had so far. Many people have said that it is the best or only good vegan cheese they've tried as it actually has the taste and texture of cheese. I've only been selling it for about two months now and I've already had interest from a vegan society in Bristol for a regular order and even a request for it at someone's wedding.

What other vegan products do you make?

As well as the vegan cheese so far I've been selling several flavours of raw chocolate super food brownies, raw chocolate fudge and seasonal soups such as my roasted butternut soup with mulled spices. All recipes that I sell are 100% original.

What plans do you have for the business?

My plan is to carry on developing the cheeses, creating new flavours and varieties. Whilst doing this I will also be getting them out around Bristol in as many wholefood shops and restaurants as possible. Once they are well known I'd like to approach a larger, countrywide, wholefood distributor who shares my ethics and try and get them out countrywide, eventually providing vegans all over with not only tasty, but healthy vegan cheese.

What do you love most about making vegan products?

My favourite thing about making vegan food is seeing the look on people's faces when they try it for the first time. In my opinion the vegan cheese currently available in shops leaves a lot to be desired and certainly doesn't fill that gap. I think that due to the meat and dairy industries' influence on the mainstream media, people are not educated about vegan or even vegetarian food. Because of this the last thing a lot of people, especially new or non-vegans expect when they try vegan food is a flavour explosion.

What do you love most about being vegan and running a vegan business?

In a word – 'consciousness'. First off, to be a healthy vegan you absolutely have to be conscious of what you are and aren't putting into your body. If you're living off chips and

veggie burgers then you are very likely to get ill through all sorts of deficiencies very quickly. Secondly, the clear conscience that comes with not being part of the horrendous crimes being committed against animals worldwide has enabled me to progress massively with my spiritual growth and focus on some of the other moral issues that we as humans face.

Where do you currently sell your products?

I am currently selling my products in two wholefood shops in Bristol, UK; Matter Organics in Easton, a small family run shop with a real community vibe that is just as much a social hub for vegans and health conscious lovelies as it is a friendly local wholefood shop, and Radford Mill farm shop in the centre of Bristol's alternative/bohemian area of Stokes Croft, which is an organic wholefood/farm shop and café. I also sell my products at the long-running and very popular Tobacco Factory market in Southville, Bristol and am planning to get my products out to wholefood shops and markets all over Bristol and Somerset in the next few months.

Do you have anything else you'd like to share?

Anyone that knows me knows how passionate I am about feeding people good, healthy food. I feel that my skills with food are a gift and I see them as my artwork and my meditation. I have learned that there is a distinct correlation between the health of our body, the health of our mind, our collective health and the health of our planet. It's all connected. If we want to start dealing with the problems we have caused on this earth we must fix our bodies as well as our minds. This is why I am so passionate about feeding people healthy, natural food. **BV**

You can connect with Oli at Vegan Wizard on [Facebook](#).





Bloomin'
beautiful



Spring Clean Your Beauty Routine

By Sunny Subramanian

Now that winter has bid its farewell, it's time to spring clean and start anew!

So pack away those winter coats and fuzzy sweaters, whip out your cute spring dresses, *and* swap out your heavy duty cold weather beauty products for some fresh, brand spankin' new vegan and cruelty-free ones to better accommodate this season's beautiful sunshiny weather.

To assist you in transitioning your skin, hair, and makeup routines for spring, here are a few products I highly recommend...



Pacifica Kona Coffee Sugar Detox Whole Body Scrub

There's nothing quite like an invigorating face and body scrub to slough off dead, wintery skin cells. This scrub uses exfoliating sugar and sea salt, moisture and vitamin-rich coconut oil, and stimulating caffeinated Kona coffee, with the purpose of improving skin's appearance and texture. Pacifica is one of my favorite beauty brands because all of their products are entirely vegan and cruelty-free. I also love that their products are available at Target in the US.

Osea Atmosphere Protection Cream

Now that the sun is shining, you'll be spending more time outdoors, so you'll want to protect your skin from everyday pollution. This lightweight, hydrating, super emollient moisturiser combines an algae base with dermal proteins to help buffer the skin from dehydration and the elements. It's designed to heal skin that's been ravaged by age, sun, wind and stress.



Zion Health Deep Pore Face Mask

Spending extra time in the sun also increases the chance of getting fine lines and wrinkles. Zion's face mask uses sea kelp extract, which is rich in iodine, minerals, and anti-oxidants, to hydrate, improve cellular circulation, and prevent signs of aging. This mask also tightens the skin and helps clear pores.

100% Pure Facial Cleansing brush

For a deep clean, and we're talkin' intensive de-gunking, use this cleansing brush with your favorite cleanser. It's made with antibacterial synthetic fibers, making it cruelty-free and hygiene-friendly.

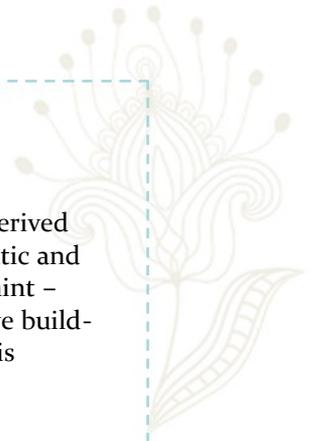
Just put a small amount of cleanser on the brush and use in a circular motion while massaging your face – yep, it feels amazing! Don't forget to follow up with a toner and moisturiser afterward.





Pureology Purifying Shampoo

This gentle, color-safe shampoo is non-toxic (sulfate-free) and is derived from coconut, corn, and sugar. It also has a lovely aromatherapeutic and purifying blend of tea tree oil, witch hazel, rosemary, and peppermint – smells absolutely refreshing! If you're looking to thoroughly remove build-up including chlorine, hard water minerals, and styling residue, this shampoo is a must.



Acure Facial Cleansing Creme Argan Oil & Mint

Spring is the perfect time to get rid of dull winter skin, and one of the easiest way to do this is to swap out your cleanser.

This extra gentle, creamy facial cleanser contains super moisturizing organic olive oil, Moroccan argan oil, and cocoa butter; antioxidant-rich blackberry and rosehips; and refreshing, tingly mint. It removes makeup and dirt without over drying your skin. It's great for sensitive skin, too.



ZuZu Luxe La Sirena Palette

Nothing says spring like colorful playful pinks and blues! This gorgeous La Sirena Collection from ZuZu Luxe is like wearable flowers in bloom. The ingredients are nature-derived including titanium dioxide which functions as a natural sun block. This stunning palette includes four shadows: Glacier Blue, Aquamarine, Dusk Blue, and Scuba and two blushes: Pale Pink and Bright Pink.



Now that you're all set with your new cruelty-free post-winter skin, hair, and makeup goodies, sit back, relax, and soak up some happy sunshine. Spring is finally here – yahoo! **BV**



LIVING A LIFE LESS TOXIC

By Faith Canter

As an author, health and wellbeing coach, therapist, nutritional consultant, food intolerance specialist, raw food and fermenting expert, and environmentalist, I love teaching people about the benefits of living a less toxic life. This is not just for their own health and well-being but that of our beautiful planet as well.

I suffered many years of illness, including insomnia, Irritable Bowel Syndrome, food intolerances, headaches, fatigue and depression. Eventually, this led to myalgic encephalomyelitis (ME)/Chronic Fatigue Syndrome (CFS) after catching a very bad stomach bug in India and then glandular fever within a few months of each other. I became very unwell, very quickly, spending most of my time in bed. I now understand that I had been wandering around with adrenal fatigue for many years prior to getting ME/CFS and this was why I had nothing left to fight with.

Today, I have not only recovered from ME/CFS, but from all my previous ailments as well. I feel more alive, well and happy than I ever thought possible. Most people would not agree with, or believe me but I am grateful for ME/CFS and what it taught me. It literally gave me my life back!

How did I recover? By using a whole life approach; addressing the toxicity of my mind, my body, my home and my overall environment. I started daily guided meditations and visualisations, while changing the way I talked about myself and others. I replaced all my skin, hair and home products

"Once we start to detox our own lives we soon find we are helping to detox the planet as well".



with natural and healthier alternates. I healed my gut, through detoxing my system and adding in high nutrient and probiotics foods and drinks, such as raw and fermented foods. Once I was well enough to venture outside more, I started grounding/earthing myself daily, which really helped to keep me centred and not feeling like I was away with the fairies (apart from when I wanted to be of course!).

I tried lots of different treatments and therapies, all of which helped a little here and there, but of all these, Emotional Freedom Therapy (EFT)/Tapping helped me the most. Using EFT whenever I could to address past



traumas and also stresses and anxieties was a critical part of my recovery. Everything I did, slowly chipped away at my ill health, and after a period of about two and a half years, I eventually found I was better than I had ever felt before in my whole life.

I soon realised that everything I had done to aid my recovery was part of a huge detoxification of my life. I de-cluttered my home, stopped putting my self-worth in the things I owned (or didn't own). I de-cluttered my relationships, eliminating or greatly reducing my access to negative people. I started watching and reading only inspiring and empowering books and TV. And I started training in all the things that had helped me, so I could help others. I found a purpose to my life that had never been there before, one where I could combine my new love of all things healthy with my love for this amazing planet we live on. As it soon became apparent to me, once we start to detox our own lives we soon find we are helping to detox the planet as well.

It never ceases to amaze me what a wonderful effect removing toxins from our lives and introducing natural and healthy alternatives has on my clients and followers. I see people daily who have been incredibly ill for such a long time, often taking lots of medication, exhausted and at the end of their tether, completely turn their health around within a few short weeks. You don't even have to go all-out on the detoxification journey. You can just make a few

simple and easy changes to your daily regime, like daily meditation and practicing correct breathing, body brushing, swapping your skin and hair care products for natural versions, drinking more water and less energy drinks and reducing processed foods from your diet can have a huge impact on overall health. Remember, that every tiny, little positive thing you do for your body really does help, even if you can't feel it to start with, it's all making a difference. **BV**

Faith supports other people in regaining not only their health, but getting their lives back too. Her first book *Living a Life Less Toxic* is now available to buy, either through her [website](#) or Amazon.

Faith is also running a weekend long workshop based on this book on 13th & 14th June 2015 at the beautiful Findhorn Foundation in Forres, Scotland. You can find out more about this workshop [here](#).

with every beat:

interconnection

love

new beginnings

4





Intuition Physician

Laura Koniver, MD is the *Intuition Physician*. She infuses modern medicine with intuition for a deeper understanding of health and healing. An author, physician and artist, she has been covered in various news and media outlets and is also featured in the motion pictures *The Grounded* and *Heal For Free*.

While the majority of today's western population puts their blind faith in modern medicine to cure their illnesses, a more holistic approach is gaining popularity among patients and physicians alike. The number of holistic physicians is increasing rapidly and with growing exposure to this beautiful and integrative approach to medicine, Laura's work has been warmly endorsed by other spiritually-based physicians such as Dr. Stephen Sinatra (cardiologist) and Dr. Christiane Northrup (OB/GYN). Laura defines medical intuition as simply combining knowledge from both modern medicine and intuitive information, which helps to dig deeper into the dynamics behind an illness and to facilitate a true resolution of health issues.

The bridge between medicine & intuition

The limitations of modern medicine began to dawn on Laura while in medical school.

"In medical school I became painfully aware of how little modern medicine really knows about any single

illness. Often there are no drugs that can fix everything and there are no operations that can magically cure everything. There is no lab test that can accurately say what is true for you and why an illness is happening right now and in exactly this way.

"I began to understand and deeply appreciate that medicine has limitations, whereas intuition does not. Medicine can harm, whereas spirit does not. So now I appreciate medicine for what it offers and I honour intuition for what it adds."

It's an awareness of these limitations that also draws Laura's patients to work with her as opposed to conventional-based physicians. She describes her work as being the bridge for patients who want the best of both the medical and intuitive worlds in their health care.

"I love helping my patients get a broader, intuitive perspective about what might be going on in their body that's giving rise to a particular health concern, while also providing them with the comfort of

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"I believe visiting a doctor should be a wonderful uplifting experience... We should walk away from every doctor's appointment feeling full of possibility."

running their situation by my traditional medical knowledge base. We work together, with open minds and open hearts until we find a course of action that fits; one that suits the patient in all ways, body, heart and spirit".

Exploring what is possible

Currently in conventional medicine when you are diagnosed with an illness your doctor reviews the standard of practice for that disease and based on these studies he tells you the outcome that is likely for you if you take a particular medicine or have a certain procedure done. According to Laura, this approach limits our healing potential through only focussing on what has been most probable in the past for others. Many times these statistics are frightening, scary and deflating. They can even often change the outlook of the patient for the worse, which is dangerous because as they say in medicine, 'outlook changes outcome.'

Instead, what Laura likes to focus on with her patients is what is possible for an individual. It's this approach that helps to lift the spirits of patients, empowering them and revealing the unlimited healing potential of their own body.

"I don't want the standard of care to be that we sit patients down and look at the spectrum of outcomes in the past and then we limit our patient's future healing by overlaying the mass failure that others had to heal onto them. I want to look through the medical literature like an encyclopaedia, filled with all kinds of beautiful outcomes from all kinds of amazing interventions and treatments, both holistic and conventional, to give myself and my patient an idea of what is possible.

"I believe visiting a doctor should be a wonderful uplifting experience, a chance to get all kinds of healing possibilities and inspiration and ideas collected from the medical literature from all over the world offered to us by someone who is our healing advocate. And we should walk away from every doctor's



appointment feeling full of possibility. Using intuition in medical decision making means we are actively choosing inspired action."

Acknowledging the divine

To Laura, spirituality means that 'we are all walking home to the *Great Beyond*' and whatever path we take to get there, we can help each other along the way. In acknowledging the spiritual aspect of a patient, she acknowledges their soul presence, which helps them to see past the illusion of our limited, physical world and into the spirit-based world that is full of possibility. Laura points out that our spirit is always rooted in wellbeing and helping a patient become conscious of this helps them to align their body with the wellbeing of their soul as they journey back to full health.

Through employing a two-pronged approach, Laura is able to treat the physical body and the soul energy of the patient in a synergistic way. On a physical level, she does sometimes suggest prescription medications when they are likely to be helpful, but more often than not she is inclined to suggest supplements, herbs, earthing, foods, lifestyle suggestions and alternative healing modalities such as acupuncture, reiki, massage, and chiropractics, among others, to address the physical body. Although she acknowledges that looking at the physical side of any illness is significant, Laura believes that addressing the energetic body of a patient is the most important aspect of her work.

R_x: for best results:

combine
with
positive
thinking

breathe deeply

Speak
your
truth

live in the now

LK

“The soul energy of a person feels very distinct to me. Each person generally has a particular colour that stands out. I like to address energy work in terms of chakras and chakra alignment, whereby I sense a patient's particular colour vibration, which in turn tells me a lot about what type of treatment approach is going to work well with the way their particular energy flows.

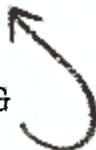
“If all we think we are is a body, then conventional medicine is likely to meet our needs well enough. But at the point when it becomes obvious to us that there is more going on in here than just a linear biochemical process, that there is a movement of energy and a flow of spirit through us that goes well beyond how one cell reacts to another, it's no longer satisfying to merely attempt to treat a health challenge with a diagnosis label or a medication.”

Using intuition, Laura likes to look not only at the illness her patient is presenting with but also her patient's unique health strengths as well. Once identified, Laura and her patient then use these strengths in order for the patient to heal faster. Reaching for a deeper meaning and understanding of what the patient is going through and figuring out why, produces powerful relief and real, sustainable results.

“I find that intuitive information combined with medical knowledge is always more powerful than either standing alone. Both are factual. Both are healing. Both are relevant. Both are necessary to pull it all together and figure out the bigger picture of why you are on the journey you are on. Because once you know why you are going through this particular health condition, the entire condition becomes meaningful. And with meaning comes healing. Deep, soulful healing. Full understanding requires accessing information that is not printed out in your medical record. It requires accessing intuition.”



Click for video:
YOU ARE SELF-HEALING



Empowering the patient

While Laura treats her patients using her own intuition, a vital part of the healing process is teaching patients to access their own. Laura believes that conventional medicine's 'top-down' approach is what has led to so many people feeling disempowered regarding the state of their own health. She also adds that there isn't any reason why the healing process can't be the most empowering journey you take in your entire life. Laura believes that healing is the process of moving from a state of injury or illness to vibrant wellbeing. Although most health care practitioners are trying to help, unless the patient feels that they are partnered in the process and that their particular life situation, their particular soul energy, their particular journey is taken into account, then the process is going to wind up being a struggle.

“Most patients come to me because they have lost faith in their ability to heal, and this is directly because of the attitude of the health care practitioners they are working with. They no longer trust their body because they do not feel in partnership with their own body or the healing process. This has got to be turned around. The only partnership that matters is the one between the patient's body and their soul energy. Full alignment between the two will completely restore health. The health care practitioner that facilitates this is nothing more than a facilitator at best. Full power should and truly does reside with the patient. The quicker our society and the world of modern medicine can catch onto this truth, the better off all patients will be.”

Encouraging healing through creativity

As an artist, Laura's art work played a pivotal role in helping her find her true passion and purpose. Embracing her creative side has also been beneficial in her work as a physician. She has painted many pieces of art that represent a talisman for healing that her patients can use as a touchstone to re-centre in the truth of their spiritual wellness. Images such as [Reaching for Guidance](#), [Your Next Rx](#), [Every Heartbeat](#), [All Is Well](#), or [Held in Safety](#), are all pure, positive, supportive pictures that transmute Laura's healing medical approach into tangible images for wellbeing. Laura explains that sometimes artwork can express a concept that she can never fully get across in words. What she's discovered through her creative process and working with patients using intuitive medicine is that embracing creativity leads to improved health.

“Creating is life. Being alive is to create. There just isn't any other way around it. All you have to do is sit there and breathe and you are creating. Because never, ever, has there been another person like you, living in this moment of time, breathing this breath of air that you breathe. So everything you do is new and

A hand-drawn illustration of a person in a meditative pose, with seven colorful chakras aligned vertically along the spine. Each chakra is accompanied by a positive affirmation. The background features a sunburst pattern of radiating lines in various colors. The person is standing on a red surface with a yellow and white swirl pattern.

I am Divine

I am connected

I am expressive

I am loved

I am strong

I am creative

I am safe



Reaching for Guidance: Original artwork by Laura Koniver

unique. The more we create the more life force we draw through our bodies. Creating something will draw more life into you and through you, giving you more health. Being creative and allowing creativity to flow through you can strengthen and enhance your own health. I feel it strengthen mine and I witness in patients time and time again that when we have their creative outlet open, healing happens.”

Inspire good health

Laura says there are many things that each of us can do to improve our health. On a physical level she recommends that we connect with the ground physically, get deep sleep, ensure good hydration, take Omega 3 and Vitamin D supplements and lots of probiotics. However, the bottom line is that we should ‘feel’ our way through aligning our body with our soul’s energy, as this full alignment will restore each of us to wellbeing. ([Check out Laura’s blog post on how to find your alignment and feel your way to wellbeing when making health decisions](#)).

“Beyond the miracles of modern medicine there are other miracles; miracles brought on by spirit and faith. There are healings and cures that happen all the time even without medical intervention. Both medical knowledge and intuitive information provide different but equally important answers to what is going on inside our body. I see them both as offering crucial information to the whole picture, like two sides of the same coin. Through combining modern medicine and intuitive information you can offer a patient the complete yin and yang – opposite, complementary, interconnected.” **BV**

If you’d like to learn more about how intuition and medicine complement each other, grab your FREE Earthing Idea Book, or read hundreds of uplifting holistic health articles, head over to Laura’s [website](#).

HOW CAN WE EXPAND OUR INTUITION?

Laura runs an online course, ‘[Expanding Intuition](#)’ to help us tap into our own intuition and learn how to trust it. Here’s what she has to say about developing intuition:

“The easiest way to receive access to our own intuition is to immerse ourselves in the most intuitive medium on the planet - water. Water has an intuitive, responsive, dynamic nature and our bodies and energy respond to this. Try standing in the shower or sitting in a warm bath and then ask the questions that are in your heart. Listen to the water and the energy around you.

“There are many different ways intuition reaches out and each person has a favourite way to access this sixth-sensory information. Intuitive information is always there, you just have to learn to lean into your favourite way of picking up on it.

“You can feel intuitions in your abdomen (intuitive gut feelings), in your chest (heart-centred intuitive connections), in your head (through visualisations), all over your entire body in the form of physical sensations on your skin or deep in your muscles, and through your dreams when you are deeply relaxed and in receptive sleep modes.

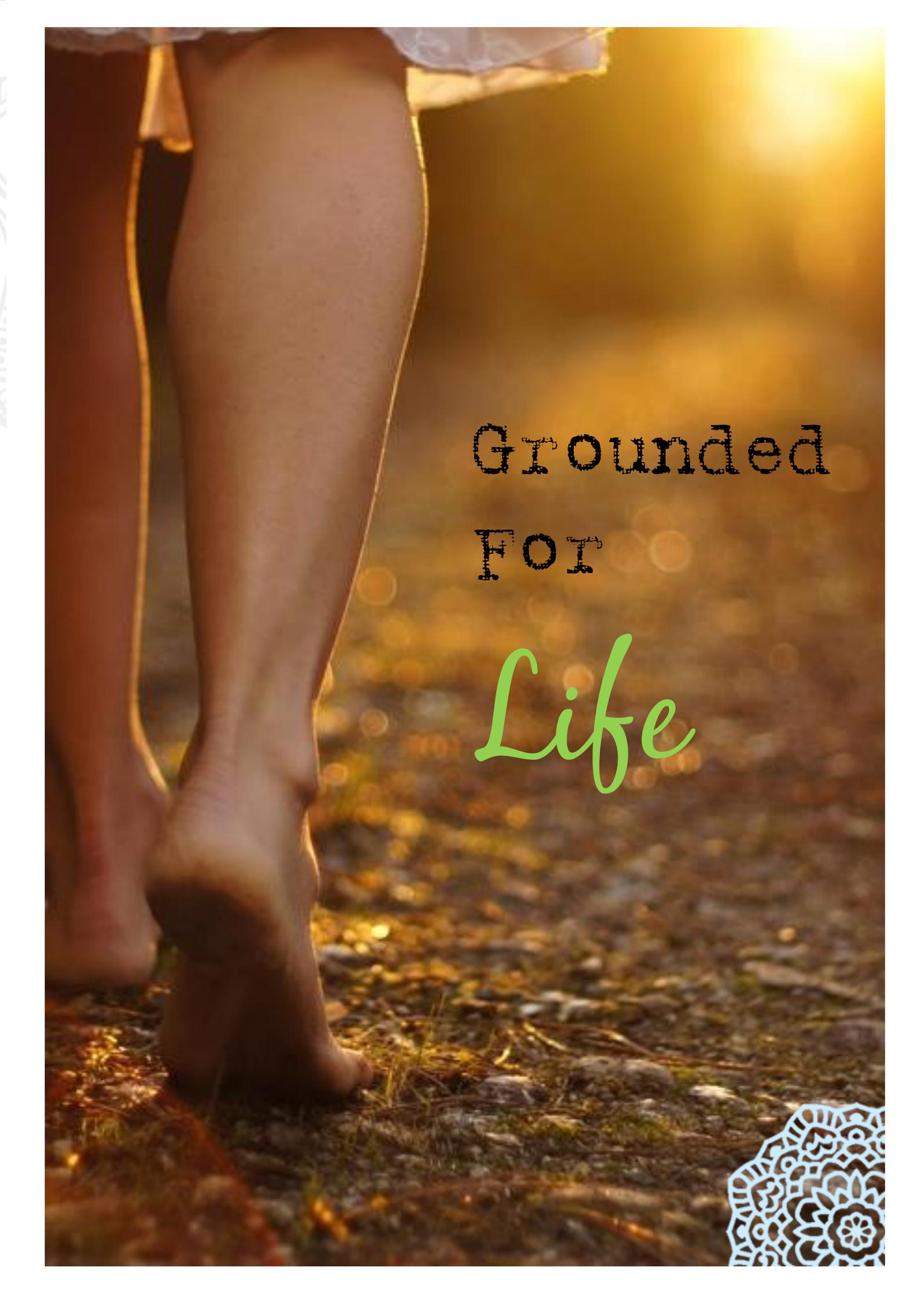
“Our intuitive information is the best ally we have in making decisions that are unlimited in potential and open to many alternative possibilities, not boxed into limited outcomes or finite environmental deadlines that loom ahead of us”.



WATCH VIDEO: Using intuition to make medical decisions



WATCH VIDEO: Expand your intuition



Grounded
For

Life



Laura Koniver, MD

FROM THE GROUND UP

Laura Koniver, MD is a huge champion for grounding. Having accidentally stumbled upon the healing power of the Earth's energy for herself when her daughter was young, she now prescribes it as a treatment for her patients, promotes it in her outreach work and has even appeared in various films as an expert on it. We spoke to Laura to understand more about the phenomenon of grounding.

Can you describe for us how you discovered grounding and what impact that's had on your life and your patients?

I first discovered earthing immediately after having my first child. My daughter had pretty severe colic and I found the only thing that truly soothed her, and allowed her to be so comforted that she was able to fall asleep, was being outside barefoot, touching the earth and holding her skin to skin so that she was grounded through me. If she was outside but not grounded (not connected directly to the earth) like in a car or in a stroller, then she would not have the same pain relief that she would have if she was touching the ground directly or if I was holding her in my arms while I was directly grounded. At the time, I didn't know what it was called, but I knew it worked. It was almost comical; the moment I stepped foot off the bare ground she would have an immediate pain response return. Her face would flush with pain and she would immediately begin to cry deeply and sincerely - the type of cry from the burden of physical pain. Her autonomic nervous system would alert her of

overwhelming pain in her stomach the moment she became ungrounded. In a grounded state, with the pain neutralised and her body in a healing state, she would relax, her colour would return to normal, she could take deep centring breaths, and often, fall easily to sleep. That's what the power of the earth can do. Years later I read Clint Ober's phenomenal book *Earthing: The Most Important Health Discovery Ever?* And that's when I knew what it was called! I felt so passionately about the power of earthing and its ability to support children. Because of my experience with my daughter, I painted and published the world's first children's book about the healing practice of earthing so that other parents could share this amazing practice with their own children.

How does grounding work and what benefits can it bring?

Although the healing practice of earthing is so ancient that mankind has been turning to connecting to the earth to heal for as long as we have existed, we are only now beginning to scientifically understand how and why this works. For our entire presence on



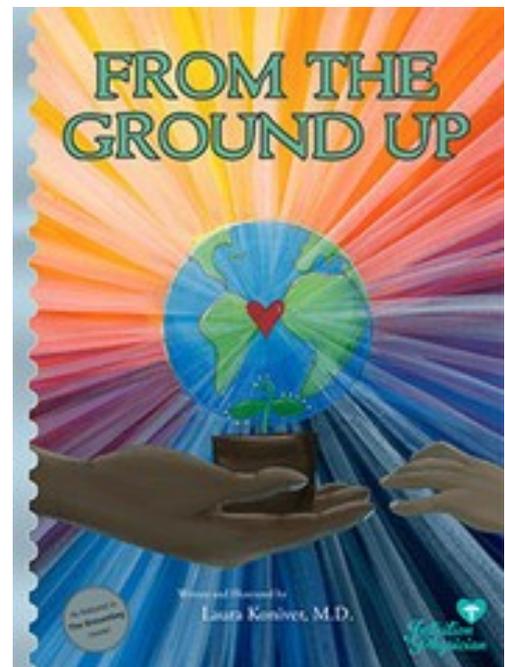
this planet, humans have turned to the connection of the earth to heal; from soaking in oceans, through to lying in dirt and going on vision quests in nature to guide us through powerful transitions. Only recently have the invention of plastics and the application of using plastic on footwear to insulate us from touching the earth come into play. The health ramifications of being so removed from the earth, walking around with footwear that deadens us from the healing flow, staying inside homes and schools and office buildings all day long, and driving cars that are insulated from the earth's energy through rubber tires, are only now starting to show. Many diseases that were once thought to be a product of old age are now turning out to be from a lifetime of inflammation that is never neutralised through touching the earth. Heart disease, stroke, arthritis, cancer... so many illnesses are a product of or impacted in some way by the build-up of chronic inflammation in the body. The earth is the most powerful anti-inflammatory available, ever waiting



for us right outside. Our current working understanding is that there is a flow of free radical neutralising electrons on the earth's crust that impact our body in powerful, healing ways - decreasing inflammation, reducing pain, deepening restorative sleep, boosting memory and mood, and so much more. And as I found out in my weight loss study, earthing helped my patients lose weight as well. Effortlessly, without any dietary or exercise modifications. Although we now know that connecting to the earth is crucial to our longevity, we still have a long way to go to figure out exactly how grounding the body produces the miraculous results that it does. I feel it has to do with our energetic alignment as well, supporting our chakras and maintaining vibrant health flow through them.

If people want to start grounding, what can they do?

I would love to encourage people to head over to my [website](#) and download their free copy of my *Earthing Idea Book*. It will help guide you through exactly what to do, explaining the different ways that you can become grounded and how long to do it. I like to say that if you give earthing a try for just 10 minutes a day for 10 days, you can absolutely feel better than you do right now. Any amount of connecting directly to the energy of the earth will help. We all know that feeling, that robust, relaxing, deeply soothing feeling of being connected to the earth. Think of the feeling you get when standing barefoot on the edge of the ocean, wading barefoot through a stream, gardening with the rich soil in your hands. This is the grounded feeling of connecting to the earth. You can connect through any part of your body; it doesn't have to be your feet. But our feet are naturally conducive and facilitate this healing exchange. It is no coincidence that our feet have the most dense amount of sensory receptors and sweat glands to ensure that we have a moist, highly conductive, highly pleasurable sensation entering our body through bare feet. **BV**



Laura's children's' book:
From the Ground Up

To find out more, including a huge list of earthing resources, helpful earthing FAQ videos, and access to the earthing documentaries *The Grounded* and *Heal For Free*, visit Laura's [website](#), which is filled with positive information on the practice of earthing.

NEW



TASTE HERO SUGARS ZERO

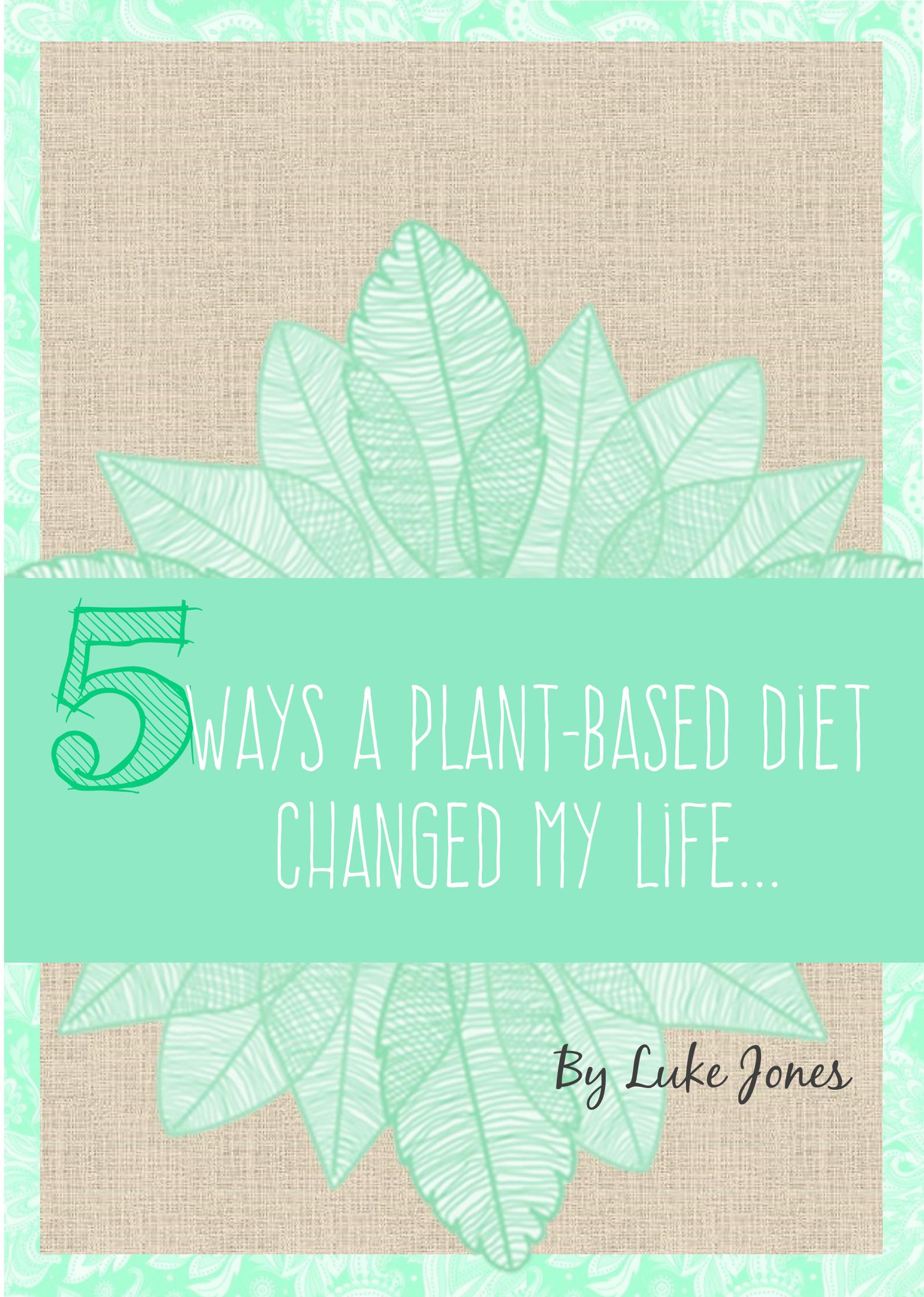
Discover a new taste. And why not even two? Taste the first organic plant-based alternatives to yogurt made with almond and coconut. Soya-Almond combines the delicious, subtle taste of organic almonds and the creaminess of organic soya. Soya-Coconut blends the refreshing, exotic taste of organic coconut with all the goodness of organic soya. And what is more, they are both free from sugars. Explore the countless culinary possibilities. Free up your creative spirit, take a photo of your recipes, and share your creations on Instagram with [#provamel](#).

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LOVE YOUR FUTURE



5 WAYS A PLANT-BASED DIET
CHANGED MY LIFE...

By Luke Jones

"Becoming vegan also made me more mindful of my decisions, and how they can impact the rest of the world and the other living beings we share our home with."

Back in my university days, I ran into a few health problems. They started slowly, but with increasing frequency I began waking up with a mouthful of painful ulcers, accompanied by digestive issues and bouts of exhaustion.

Doctors suggested that I likely had Crohn's disease, or a similar auto-immune condition. Although I never had an official diagnosis, they were quick to offer me a cocktail of medications. I knew that wasn't the solution for me. Rather than patch up the symptoms, I wanted to get to the root cause of the issue and try to beat this thing on my own.

I started by looking at my habits.

Once upon a time I was a healthy, carefree individual but somewhere along the line I picked up a few bad habits. I stressed easily over university work. I worried about the future. I exercised excessively as a coping mechanism and I ate a diet that was high in animal protein and processed foods.

These habits slowly crept up on me to the point where they had started to hold me back, stopping me from reaching my potential. I decided that things needed to change. The first big switch? The food on my plate.



The plant-based diet

I've always been quite interested in nutrition and eaten fairly healthily. I'm lucky that I was brought up on home cooked meals and lots of fruits and veggies, but at university I fell into the trap that most people involved in sport find themselves in at some point – thinking that you need lots of protein to perform well and recover quickly.

With this in mind, I began eating all the animal products and drinking every protein shake I could get my hands on, thinking that I was doing myself good. What I didn't know was that by taking in so many acid-forming substances, I was turning my body into an inflamed breeding ground for disease.

The first step I took on the journey to recovery was to swap the animal products and processed foods for plants. Inspired by the story of Rich Roll, the vegan ultra-triathlete, I decided to adopt a fully plant-based diet, eating whole-foods that were nutrient dense and full of disease-fighting phytonutrients and antioxidants. Gone were the protein powders and chicken breasts and in their place stood plenty of fruits, veggies, legumes, whole-grains, nuts and seeds.

How the diet changed my life

It wasn't an instant fix by any means, but it wasn't too long before I started noticing changes. Some I had been hoping for, and to some extent expecting, whereas others were a pleasant surprise. Here are some of the most significant:

1. Reduced inflammation

Plants are generally alkaline forming foods, meaning that they encourage the body towards an alkaline state. This helps to reduce inflammation, which is linked to auto-immune conditions and so many other-

LUKE HAS RECENTLY WRITTEN A GUIDE TO FORMING HEALTHY HABITS, WHICH YOU CAN PICK UP FOR FREE AT [HEROHEALTHROOM.COM](https://herohealthroom.com).



chronic diseases. As my inflammation died down, the mouth ulcers slowly started to improve. I still get a few issues from time to time but they're much more manageable than before. As an added bonus, less inflammation also means that I can recover faster from workouts, improving my performance as an athlete.

2. More energy

Plants are a clean energy source, meaning they require less effort to break down than animal products and processed foods and they don't produce any harmful by-products. Having more energy allows me to focus more on my work and perform better in my workouts. I feel like it's also improved my relationships and my ability to interact with people because I'm not constantly feeling half asleep!

3. A healthier relationship with food

I have always been a food lover but adopting a vegan diet really forced me to get creative and try new recipes. Some people might view this way of eating as boring or restrictive but I've never enjoyed my food so much! I love experimenting with new dishes and experiencing all the different flavours the rich earth has to offer. I get a lot of enjoyment out of it, which is a key part of the big health picture.

4. The catalyst

Eating a plant based diet sparked so many more positive changes. Firstly, it really opened my eyes as to how important it is to look after our bodies. Instead of carrying on with my 'go hard or go home' training mentality, I began to reduce the intensity of my workouts, training smarter rather than just going to failure.

Becoming vegan also made me more mindful of my decisions and how they can impact the rest of the world and the other living beings we share our home with. This led me down the path of regular meditation and self improvement, one that I continue to enjoy today.

5. Following my passion

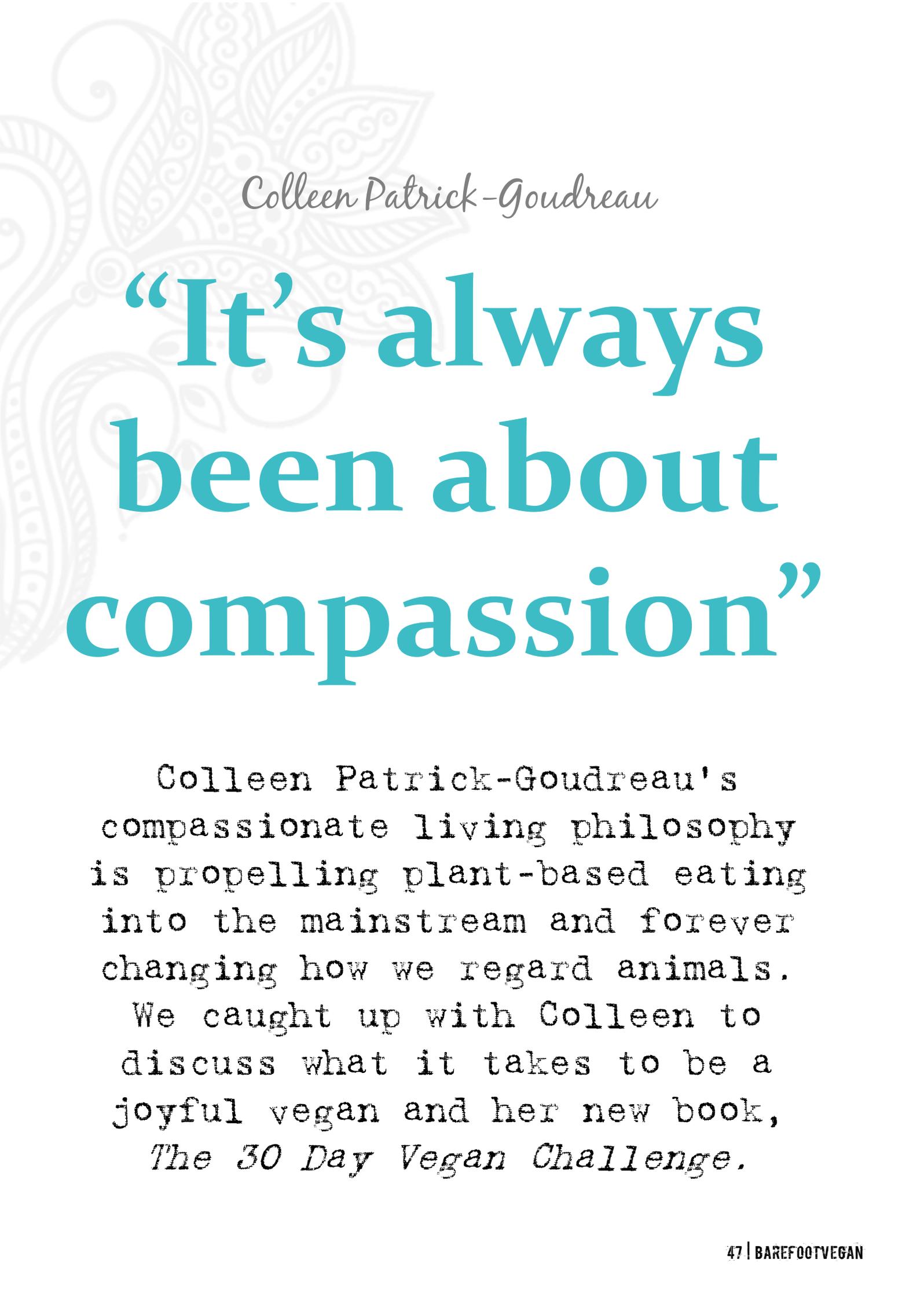
I struggled growing up whenever people asked me what I wanted to be when I was older. I didn't have an answer and this worried me for a long time.

The simple act of changing my diet allowed me to unlock something that I hadn't been able to see before. I realised that I'm passionate about investigating health and personal development, and I realised that I wanted to spend my time doing just that. Partly so I could continue to learn and grow, and partly so others could experience the same benefits that I have.

When university was done and dusted, I decided to set up my blog *Health Room*, where I explore and share ideas in plant based nutrition, movement, mindfulness and sustainability. I'm so lucky to be doing something that I love, and it all started by making some simple changes to the food on my plate. **BV**





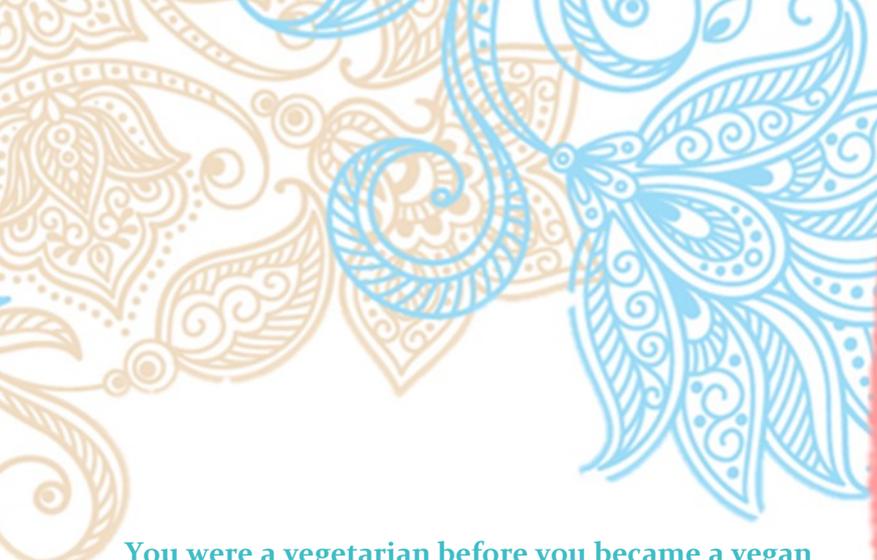


Colleen Patrick-Goudreau

“It’s always been about compassion”

Colleen Patrick-Goudreau's
compassionate living philosophy
is propelling plant-based eating
into the mainstream and forever
changing how we regard animals.

We caught up with Colleen to
discuss what it takes to be a
joyful vegan and her new book,
The 30 Day Vegan Challenge.



You were a vegetarian before you became a vegan and you've been vegan for 16 years now. What initially led you to make that switch?

*It was the same thing that compelled me to go from eating animals to vegetarian. I stopped eating land animals when I was 19 or 20, after reading *Diet for New America* by John Robbins. The book examined the effects of meat, dairy and eggs on our health, on the animals and on the planet and it's been pretty influential with millions of people, I was one of them. After reading it I was just so moved and I could not believe what was happening. It was a real shock and so for me the most logical and natural thing to do was to distance myself from it. So at that time I stopped eating land animals but missed the boat on dairy and eggs, even though the book covers that as well. I still continued eating them and made the typical comments about organic and free range. This was over 20 years ago, so it's interesting to note that even then the marketing language existed to make consuming animal products attractive.*

*I was doing animal advocacy around puppy mills and animals in laboratories and I just kept reading more books. Eventually I read a book called *Slaughterhouse* by an investigative journalist here in the United States, where she interviewed different slaughterhouse workers. It was just the most horrific thing to read and I can't even believe I got through it, not a lot of people can. But what it highlighted to me was the culture of violence that is inherent in these industries and when we purchase meat and dairy we are paying the people who work within these industries to be desensitised to violence. We're paying them to be desensitised to their own compassion and we're paying them to be desensitised to the suffering of the animals. It wasn't just that animals were being killed (I mean they're hung upside down and their throats are slit, and like that's bad enough, right?) It's that in this culture of violence where it goes unchecked, the people become so desensitised and so sadistic and that was what was so striking to me. That was the epiphany, the awakening moment and I became vegan after reading that book.*

That disconnection between us as compassionate beings and what really goes on is huge, isn't it?

Exactly. For me being vegan is a succinct way of saying I removed the barriers to the compassion that had always been inside me. Our natural instincts are compassionate and so it's normal that we experience revulsion to the kind of violence that is perpetrated against animals. Taking the life of someone who wants to live is a violent act and I don't care if it's being done on some small farm or if it's in an industrial



slaughterhouse. Our natural revulsion and repulsion to violence gets put to sleep through constant conditioning, and that's why for me it was so powerful becoming vegan. I think so many people experience this too because looking back, they can see that their feelings were there the whole time and that's why we make the excuses we do in defence of eating animal products. We're told 'No, that's normal, that's natural. That animal wants to die' but there's always this thing inside of us screaming, "I don't think that's right".

What would you say is the best part of being vegan?

That feeling of liberation that comes from not being a party to the suffering that's happening. When those barriers are removed or when that veil is lifted...it's liberation. There's no more guilt and there's no more excuses. You know, I'm not perfect, but it's certainly the best gateway that I've experienced in terms of living authentically, according to my own values, like being able to really authentically manifest those values in my life.

What inspired you to start sharing the vegan message with other people?

It started very quickly after I became vegan. I wanted to act. I think that's how a lot of us feel. It's one of the



Photo credit: David Goudreau

"Being vegan is a succinct way of saying I removed the barriers to the compassion that had always been inside me"

stages that we go through where you want to be part of the solution and it's about more than just being vegan, you want to contribute. So, I just frantically, in my newly awakened state, wanted other people to know about all of this and so I tapped into the captive audience that I had at the time, which was the Unitarian church that I belonged to here in Oakland. I started tabling the subject during coffee hour and giving away animal rights literature, answering questions that people had about veganism and animal rights. I got very involved. I was already involved with the teenagers in the church, so I started doing workshops with them around veganism. I started showing movies, I started doing fundraisers. Outside of the church I was doing street TV, showing videos of what happens in slaughterhouses and handing out literature. All of this was really feeding me because I found I loved it. I loved interacting with people and I just loved that people were engaged. It was really enriching.

I would bring food wherever I was going and people would say it was delicious and ask me how to do it. For a lot of people there is this gap where they are thinking, 'I really don't want to be part of this anymore but I don't know what to do. I don't know how to do it'. And it's so beautiful for people to be so vulnerable, and say, 'I want to do this, I need your help...can you help me?'

I wanted to be able to start answering all the questions that people had in more formal ways. So, I started teaching cooking classes. I had no formal training in cooking and in creating recipes. I just knew enough that I probably knew more than the people coming for the classes. I wasn't one of these people who spent hours in the kitchen. My work is about advocacy and not about a passion for cooking. I like feeding people though. I like nurturing people and nourishing people, so it was part of that. That's how the cooking classes started and then from there I produced a cooking DVD, I started doing the podcasts and from there I wrote my first book after the publisher reached out to me. That was *The Joy of Vegan Baking*. Being able to marry all of my passions and skills together - animals, advocacy, working with people, outreach, writing, food, and veganism - all of it just came together in a very organic way.

That's a really nice lesson for people that want to make a difference and do outreach in an engaging and compassionate way...

Yes and it's an effective way. That's not to say there isn't a place for every kind of outreach, I just know what suited my personality and what I found worked for me. I was on the street showing slaughter videos but it was in a way that was honouring people's reception of this information. I didn't judge. Some people would go by and make comments like, 'Ooh, I wanna burger', but I ignored them. You can still bring information to people, you can still act compassionately, it doesn't have to be either or. I think that's really been the message of all of my work... It's always been about compassion.



Photo credits: Maria Villano

Photo credit: Connie Pugh

"Spirituality for me means connection and compassion and just being kind. It's so integrated with my veganism because my veganism is so integrated with who I am. It's all part of the same"

In your book, you touch on some spiritual changes that people will notice once they become vegan. What exactly does spirituality mean to you and how does that relate to veganism?

Well, I guess, I do see myself as an integrated individual where I'm not just taking up physical space. I think that's how I think of all of us, that we're all connected to each other and we're all connected to something larger. What that larger thing is, I have no idea. I don't have a name for it, I just know there is something that's bigger than all of us individually, and maybe that's all of us collectively. I don't know...that's just how I see the world.

So, I guess spirituality for me means connection and compassion and just being kind. It's so integrated with my veganism because my veganism is so integrated with who I am. It's all part of the same. I cannot separate myself as a spiritual being from being a vegan. It forms how I am in the world and how I interact with everybody...it being my spirituality, it being my veganism. Spirituality is my desire to be connected and conscious in compassion, that's all a part of who I am and in who I am as an advocate.

What have you added into the revised version of *The 30 Day Vegan Challenge* that wasn't in the original addition?

Maybe a little bit more on the social aspects. The thing that's different from the original addition is that all the recipes are new and anything food related is new. I've also added a little bit more of my personal story, talking about the holidays and my experiences.

One of the things that makes my work stand out is that I've been very clear from the beginning that this has always been about compassion, this has always been about paradigm shifts. Veganism is not just a diet though we talk about the food. We have to talk about nutrition because we're giving people what they need to do in a way that's healthy and sustainable. I wanted the book to go far beyond just diet and weight loss and also show how to engage with your fellow human beings, to speak your truth, to ask for what you want and to stand up for what you believe in. It does all this while also demonstrating a very joyful way of living. I think that really speaks to people and I'm

really proud of that.

I think it's a great tool to refer people to as well because it's presented in such a beautiful way, which really represents veganism in the way we want it to be seen. What can veteran vegans readers get from reading the book?

*I could simply change the title and the structure of the book, call it, *How to Advocate for Veganism* and then it's for vegans. Everything is covered in the book from what to say when someone asks about protein or calcium, right through to what to say when people ask questions about restaurants and eating out or travelling. So it really is a very useful tool for vegans in terms of advocating for veganism.*

What's your best advice on how to remain a joyful vegan as opposed to an angry vegan?

I've been talking in my podcasts about these ten stages I've identified of what happens when you stop eating animals. One of the stages is anger and despair. I absolutely get it. It is so painful to know what's happening when you really let it in. And there's nothing wrong with anger in terms of feeling it and using it as a jumping off point to then act upon. I think when it becomes problematic is when that's everything you are, that's how you identify in the world and that's how you act in the world. It's bad for us and I don't think it's great for the cause.

Anger can be a great motivator and you shouldn't deny it. With everything that's happening we should be outraged but it doesn't mean we have to dwell on the anger or live in the anger. So using it as a tool is what I recommend, and for me, staying a joyful vegan and not dwelling on the anger has to do with hope. It takes a little bit of a perspective, you know, from a couple of hundred feet up. You have to back up a little bit, remember where we came from and that we can be involved in different forms of activism and find ways to be hopeful. Being part of other organisations allows us to see the

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"I do think that we have to remember that if we are the vegan someone comes to, we do kind of represent all vegans at that moment. We really do, whether we like it or not".



Photo credit: Sara Remington

movement that's taking place. That's enough to feel hopeful that people are making the changes, by seeing what other activists are doing, and seeing the changes that are happening in the laws for animals. So, for me it's about dwelling in the hope, not denying the anger, but not dwelling in the anger either.

What's the strangest thing you've ever been asked, or told by a non-vegan? And, how did you respond?

That's a good question. What's the strangest one I've gotten...You hear so many. I feel like I should have written those down...I have heard some doozies. Sometimes you're like, 'I don't even know what to say to that!' Mostly in response I use my sense of humour a lot and so I can imagine me saying in response to the most ridiculous thing, 'I've never heard that before. Where did you get that?' The thing is we're so reluctant to seem disagreeable, and I don't mean offensive, I just mean we're so reluctant to just say 'I don't think that's true', because we don't want to seem like we're questioning someone else because that's rude. However, when I say things like, 'I've never heard of that', or if I just look at them without saying anything, it gives them the space to reflect on what they've said and they will sometimes have a moment of insight. They might go, 'That sounds kind of ridiculous, doesn't it?' As opposed to me immediately trying to defend a point or argue against theirs. They often kind of relax a little bit and admit once they've had time to think about it that what they've said is a little strange. As vegans we don't always have to have the perfect answer and know everything about everything.

Veganism seems to be getting more coverage in the mainstream media now. Why do you think that is?

I think it's the coming together of many, many forces and

when a pendulum swings one way, it's bound to swing back. At the moment the pendulum is so swung over in terms of how bad things are in the way we're eating and our health, in the preventable diseases people are dying from which we have no business dying from, the state of factory farming and people's awareness of it, the environmental destruction. It's really the coalescing of all of these movements and consciousness around these movements. Now we're in a much more sophisticated place around food and cuisine, and you have the celebrity thing too, but we're just so much more in tune to the media being able to get this information to people so quickly. We're able to access it so quickly because of the internet as well. So really, it's a combination of all of these forces, which means we have so many opportunities as advocates to tap into any one of these things and be part of this movement in the right direction.

You've had a lot of experience coaching people on veganism. What are some of the main reasons someone becomes vegan but then goes back to their old behaviours?

Well, I think health and animals are the two biggest reasons why people become vegan. There's also the environment, but I think it's funny that we talk about the environment like it's separate from health and animals. We're all in the environment, we're all consuming the environment, it's not separate from us. So there is the vegan trifecta of health, animals and the environment. I think helping animals is still the biggest motivator, but what I think makes people go back the most is that they lack a support system. We live in this western culture of consumption and gluttony where it's normal to eat meat, dairy and eggs, and anything that's outside of that is still viewed as going against the status quo. That's when you feel like an alien in your own tribe and it's really trying for people if you don't have the self-determination to speak up for yourself. People want to feel

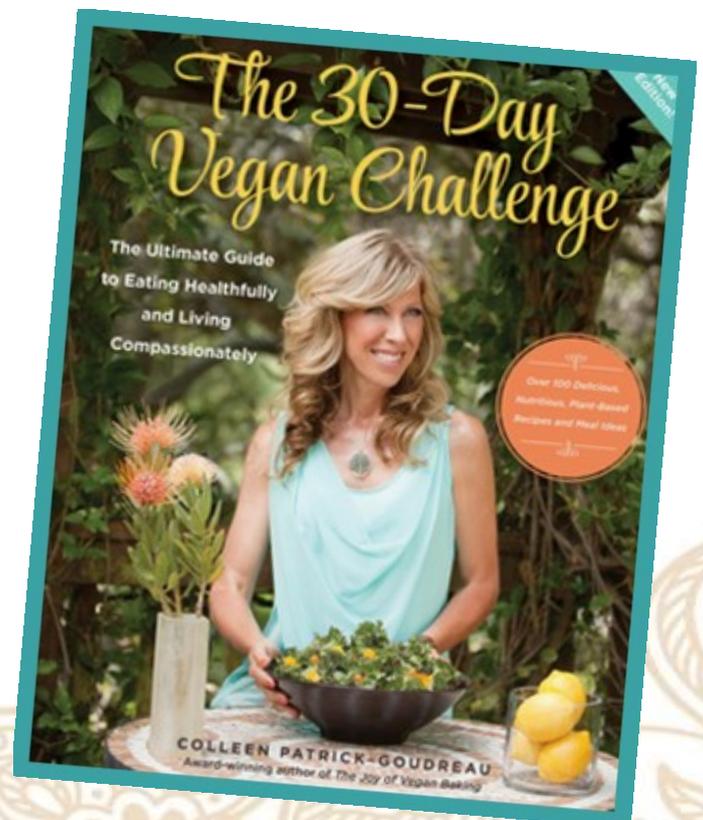
included and accepted. They don't stop being vegan because the food isn't great or they don't feel great, it's because veganism is not supported in general society. That's why we need to as vegans, work with the non-vegans, work with the non-vegan restaurants, work with the non-vegan caterers, and work with the non-vegan businesses, in all ways so that people are supported.

You talk a lot about this obsession some people have with being the perfect vegan. Can you explain why this is so detrimental to our own wellbeing and the cause?

It comes from us internally and it comes from others externally. It comes from non-vegans externally when we feel they are trying to catch us out. They might point out all the ways that we aren't perfect and that's why I think it's so important for us to know, really know, that we're doing the best we can. When we communicate that to people, that we're doing the best we can, people really embrace that and respond to that. But if we walk around trying to be all holier-than-thou and trying to obtain some level of perfection that we're never going to have then that's what we put out to the world. That's why we get this push back from a lot of non-vegans because there are unfortunately some vegans, who are coming from a place of good intentions, but interact with people in a way that comes across as arrogant and self-righteous. We have to know internally that being vegan is a means to an end, not an end in itself. Whenever I've explained that to vegans and non-vegans, people totally get it. If being a vegan is just the end it's really all about 'how perfect can I be?' But if we realise that this is the means to being as compassionate as possible, then we realise that built into veganism is

imperfection, that's just the way it is. It breaks my heart when I see vegans struggle with this, and it also breaks my heart when I see vegans criticise other vegans and non-vegans for not being this vegan of perfection. I think it's ultimately incredibly detrimental for the movement in terms of being attractive, where people go 'that looks good, I want to experience that', when there's just this negativity and criticism. Who would be attracted to that? I do think that we have to remember that if we are the vegan someone comes to we do kind of represent all vegans at that moment. We really do, whether we like it or not. **BV**

TO FIND OUT MORE ABOUT COLLEEN'S WORK AND HOW TO PURCHASE 'THE 30 DAY VEGAN CHALLENGE' VISIT HER WEBSITE, JOYFULVEGAN.COM AND YOU CAN ALSO CONNECT WITH HER ON [FACEBOOK](#) AND [TWITTER](#).



Christopher-Sebastian McJettters

On behalf
of a
young vegan...

I wrote this open letter last year after a young friend of mine made the decision to go vegan. She faced a tough audience when she made it public. The vehement response had her understandably upset.

So I hoped to give her a little encouragement. I want to share it here as a letter for new vegans everywhere.



"People like me know what it's like to be bullied... Maybe that's why I get hyped about animals. Because they can't talk about the fact that they get bullied".

Dear bacon people,

I love your comments. I truly do. But let me tell you a little secret. I see you. When a baby vegan wakes up and realises she doesn't want to participate in the exploitation of animal lives and she starts talking about it online and you smugly comment with "bacon", you think it's cute. You think it's a joke. But I see you.

I see that you're a bully. If she posted on social media about a decision she feels good about and you didn't like it, you could have moved on. But you didn't. You stopped and commented. You commented because you felt threatened. You felt threatened by somebody who stepped outside the status quo. So you needed to check her, to put her back in her place. You needed her to fall back so you could feel comfortable again. See, that's what bullies do. Bullies pick on girls. They disguise their contempt and cowardice as humour. So when your victims object to your "humour", you can point at them and complain because they're just being too sensitive. They need to lighten up. THEY are wrong, not you.

But guess what you didn't count on? You didn't count on me. People like me know what it's like to be bullied. I was bullied for speaking too uppity when I was a kid. I was bullied for not conforming to the definition of being a 'real man'. I was bullied for the color of my skin.

I know a thing or two about bullies. Maybe that's why I get hyped about animals. Because they can't talk about the fact that they get bullied. They can't tell you to stop hurting them. They can't tell you what it's like to have their children stolen. They can't tell you that their freedom is as important to them as yours is to you. They can't tell you that they don't want their lives to end before they're even old enough to know what life is. They can't tell you that your 'personal choice' diminishes their existence as persons. At least not in words that you would understand.

So when my new friend stands up and says she doesn't want to do that anymore, I stand in solidarity with her. I've got her back. And you didn't count on me when you were trying to be cute. If you knew I was standing behind her, you wouldn't say what you say.

Because I will call you what you are. A coward. As are all bullies. And just like all bullies, when we name you, we take away your power. Plus, we gain a little power of our own. And believe me, we're going to use it.

Love,
Sebastian





"A man is truly ethical
only when he obeys the
compulsion to help all
life which he is able to
assist, & shrinks from
injuring anything that
lives."

Albert Schweitzer





James Aspey

SILENCE SPEAKS LOUDER THAN WORDS

For most of us, going just one day without being able to use our voice is a struggle. So imagine the determination required by James Aspey, a vegan and animal rights activist, who in aid of raising awareness of the plight of helpless (and voiceless) animal victims, took a vow of silence for a whole year.

"I'VE TAKEN A 365 DAY VOW OF SILENCE
TO RAISE AWARENESS AND HELP END THE VIOLENCE"

-JAMES ASPEY



"To be able
to value life
so much more
and appreciate
it is such a
beautiful
gift. And it's
not just non-
human animals;
I value humans
more now as
well".



"Some of the biggest and best things we ever do, will be the most ridiculed things we ever tell people about. But you've got to just take those leaps of faith. They always pay off, I think. If you come from a pure place, you will always soar rather than fall".

Tell us about the Voiceless365 project...

I had an idea to do a vow of silence during a 10-day silent meditation retreat but I didn't know what cause I would do it for. At the time, the only thing I was really passionate about was helping animals but at that stage I was only a vegetarian, not realising the horrors of eggs and dairy. So, I started planning a trip around the country, funded from my own savings, and in that trip I planned to take a vow of silence, write a blog about my experience, and hopefully write about some of the stuff that I was learning about animal rights. Soon I realised that if I was going to bring this issue into the public spotlight then I needed to find out about animal rights and it was almost immediately I found out about dairy and eggs. I thought, okay I need to go big or else I'm being completely inconsistent. I'm against all cruelty not just some cruelty to some animals. So my campaign launched at midnight on January 1st 2014.

I spent that year going around the country. It was amazing actually because not talking you'd think you wouldn't be able to advocate very well, but almost every single person that I came into contact with throughout the year wanted to know why I wasn't talking. I was able to communicate with people through body language, miming or mouthing words, or pen and paper. Being voiceless was an incredible way of sparking conversations. I also wrote a blog and I wrote about my experience volunteering at a few rescue farms. I spent time going into factory farms and seeing the cruelties for myself. My campaign really was to promote peace and to promote veganism, and to show people through my blog just how easy veganism is.

What was the reaction from your friends and family when you said, firstly, "I'm going vegan," and secondly, "I'm not talking to you for a year"?

I went vegetarian when I was working on a cruise ship. I was running the gym there and I'd been a personal trainer for nine years, always believing that you could

not be a healthy vegetarian because someone that I respected in the industry told me that once and I took it as word. I never looked into it. Then someone on the cruise ship, a very wise man, told me that eating animals was bad karma, which made perfect sense to me. So I went vegetarian to see how I felt. I felt amazing cutting out the meat from my diet because I ate so much meat before, every single day and every single meal. I felt so good and I was excited so I was on the phone to my Mum and told her I went vegetarian and she couldn't believe it. When I got home we watched [Earthlings](#) together and she and Dad went vegetarian the very next day. Then when I learned about eggs and dairy I was able to share what I'd learned with them and they were more than happy to go vegan as well. But when I told them I was going to do this vow of silence they begged me not to do it. They tried to come up with other ideas for me to do, they just hated the idea.

Most of my friends thought it was pretty crazy and I knew it was pretty crazy, but I also knew that it was the right thing to do. I had asked to do this; I had put out to the universe that I wanted to be an instrument of peace and truth. I'd said I'd do whatever I had to do to be that because that's what I wanted to contribute to this world and then this idea came to me. I knew it was my calling and I knew it was what I had to do. The only thing that would have stopped me would have been fear, and I've tried very hard not to let fear dictate my life.

When I realised the only thing that was stopping me from doing the vow of silence was the fear that I might fail, or fear of people rejecting my ideas, I knew that they weren't reasons to stop. I knew I was doing this regardless, even if every single person I told about it didn't think it was a good idea. But you know, when they all saw that I didn't go crazy doing it and they saw that I was getting some good feedback from people reading my blogs, and people were actually making changes and going vegan, they got really excited about it. And now they're very proud and they've changed their tune a bit.

Some of the biggest and best things we ever do, will be the most ridiculed things we ever tell people about, you know, but you've got to just take those leaps of faith. They always pay off, I think. If you come from a pure place, you will always soar rather than fall.

How has this experience changed you as a person?

Well, I feel like I have a new value for life, for all life, even an ant's life. Before I really didn't, I tell you, I didn't care about animals. I didn't feel for them. I didn't even really care about my own dog. I didn't know what animals were. I didn't realise humans were animals and I thought animals





were just these moving objects. I didn't understand that they were sentient. I didn't understand that they valued their life just like we do. I didn't get any of that and I didn't get it even when I first went vegan. What I did know was that I was against violence and I was against oppression. I didn't want to harm others.

It was only after spending time with animals that I could look at them differently and think, 'You guys are people. You're not human people, but you're non-human people'. And wow, I just never saw that before so I value that so much. To be able to value life so much more and appreciate it is such a beautiful gift. And it's not just non-human animals; I value humans more now as well.

I also feel a lot more peace, a lot more peace inside of myself. I'm not feeling conflicted with some of my fundamental core values anymore. I value helping others and I value being compassionate and being loving, and lifting people up. When I realised how conflicting my actions were when I was paying people to torture and kill animals and I addressed it and I stopped contributing to that, it just created this peace inside me. That peace is not only in me it is something I can now put out to the world as well and share with others. The world can be a better place if we can all share this but first we need to generate it inside ourselves.

Animal rights activists have got a bit of a bad rep in the mainstream media, but your brand of activism is working to convert people. What advice would you give to other people that feel just as passionate as you, who want to increase their effectiveness?

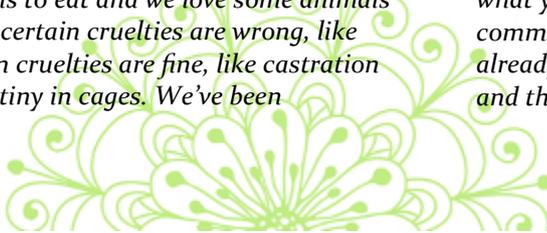
I understand exactly why people get angry. I think we're just trying to do what we think is best. We're all just trying to convert as many people, to wake as many people up as we can. If I thought that the best way was to go around grabbing and shaking people that's what I would do. I tried blaming and shaming people and it didn't work. Maybe there'd be one or two people that'd get the message that way, but the vast majority of people don't get that. They just shut off and get defensive and they don't want to hear it. When that happens that's your opportunity for conversation closed.

I've now come to a place of understanding. We've all been conditioned this way since birth. We've been told that we have to kill some animals to eat and we love some animals as pets. We're told that certain cruelties are wrong, like dog fighting, and certain cruelties are fine, like castration and keeping animals in tiny in cages. We've been



conditioned to believe this so, we've got to understand that most of us vegans, we weren't vegans for a long time, and we've got to remember that when we're talking to these people, the best thing to do is just be a shining example of a healthy, happy, positive, enthusiastic, educated vegan.

You've got to know your stuff. You've got to have the answer for all of those excuses, or all of those questions people bring up - What about free range? What about humanely slaughtered? What if I have my own cow in the back yard? What about protein? You've got to know the answers to that stuff and I think you'll find that sooner or later they'll run out of things to say. It's not about blaming people, it's not their fault. Even if they've seen the movies and seen the documentaries, they're still fighting against years of conditioning and brainwashing that are still going on today. It's so prevalent. For vegans I think it's a real privilege to be able to see what's going on. Like Einstein said, "If you have the privilege to know, you have the duty to act." So, we should act and we should speak up against this stuff but we've got to do it in a way that's going to be effective. I think the effective way is to be a shining example, to talk to people in an understanding way. Just try to meet them where they're at and just plant a seed and hope it grows. Or help them grow that seed but don't expect someone to go vegan after one conversation, because I doubt most of us went vegan after one conversation. Just do what you can in a positive way, keep the lines of communication open and help people to realise that they already believe in being vegan; they already love animals and they are already against animal cruelty.





"Help people to realise that they already believe in being vegan; they already love animals and they are already against animal cruelty."

that three minute segment was placed on the internet and has been seen over a million times now. I couldn't tell you how many people have contacted me since - possibly thousands. So since then it's just been huge. There's been a lot of new vegans, a lot of inspired vegans and I have been doing talks ever since. There's more coming up, and I like speaking to a crowd because I've got a story to tell now. I kind of think that's where my future's going. So yeah, it's going really well.

Do you have anything else you'd like to share with readers?

I'm proud of every single vegan. People keep coming up to me and saying 'Thank you, you're so amazing', and I'm like, 'You are amazing too!' I'm just doing what feels right for me. I feel like it's my duty to speak up about this and that I'm a good person to do it. The thing is, I couldn't not do it, I'd feel like it's a slap in the face for the animals for me not to utilise who I am and make the best of that. Other people do it in their own way; some people are good at cooking and some people are good at getting on the streets and talking to people one-on-one. I think it's all equally important and as long as you're just doing what's right for you, you're being true to yourself and you're doing what you think you're going to be best at, all these things help the cause.

*I'm just stoked to be a part of the vegan movement and I'm so grateful to the pioneers who laid it down before me; those who were vegan and showed the way even when it was so incredibly hard, when there wasn't any vegan food around and people had so much criticism about it. I just think, 'Wow, what heroes, what absolute heroes'. It's amazing and people who dedicate their lives behind the scenes who don't ever get seen and they just do it for the animals...there's so many heroes out there. **BV***

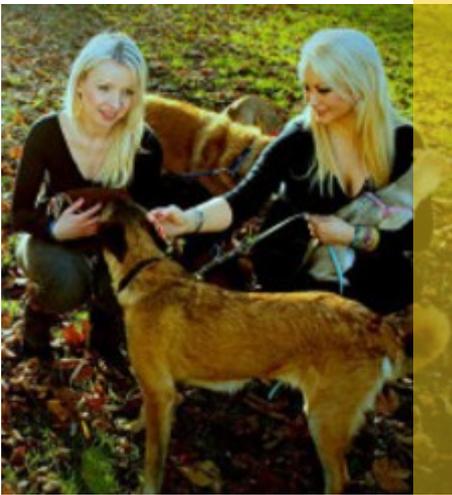
So overall, what's been the impact of your three hundred sixty five days of silence?

During the year I learned so much about veganism and animal rights because I jumped in the deep end. That forced me to study and to learn, to really go into it and that aided me as an activist massively. So, I feel like I'm a confident activist now. My blog, where I wrote every few days about a different topic, got the message out there and that was read by thousands of people. Along the way, I was communicating with people even though I wasn't talking and we would have a lot of good discussions about veganism and a lot of people made some changes and went vegan through the year.

But the biggest impact came after I started talking again for the first time, which was on Australian television. It was on the most popular morning show, on primetime television. The first thing I said was a vegan message: 'I went voiceless because animals are voiceless, or at least I thought they were voiceless. But then I realised that every time they cry in pain and scream in terror, they're trying to tell us that they're suffering. The problem is we're not listening'. I also said that we're all the same and we're all against animal cruelty and love animals but when we're purchasing animal products, we're causing serious harm to them. It's time we started listening to these animals and being vegan is extremely healthy and delicious.

So I said something pretty much like that on primetime television and the people who were interviewing me had no idea that that's what I was going to say. They were sponsored by a pig company and the woman who interviewed me, all her family were farmers. So they cut the interview short, which was fine with me because I had said everything I needed to say. And

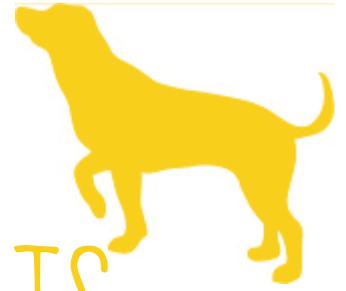
To find out more about the project, visit James' website: Voiceless365.com and you can connect with James via his [Facebook page](#).



"Our motto is, 'Every Life Counts' so every animal that we bring to safety counts as a huge success"



The K-9 Angels



EVERY LIFE COUNTS

Pola Pospieszalska is a London-based singer and songwriter, best known for her album 'My Favourite Town'. Apart from music, animal welfare is her greatest passion. Along with Victoria Eisermann, Pola heads up the K-9 Angels charity for dogs.

What started in November 2011 as a simple idea by three friends that wanted to help dogs, has now grown into a medium-sized UK charity. To date, K-9 Angels has homed over 650 dogs, spayed 2,500, and built a shelter. However, for Pola this is but a drop in the ocean of what needs to be done.

"We want to be the voice for these animals and as well as practical help, we want to educate people about animal welfare. As we go on we face more and more challenges. The cruelty we are witnessing or learning about is sometimes unbearable and I guess coming to terms with it and not getting extremely upset each time is our biggest challenge. Our motto is, 'Every Life Counts' so every animal that we bring to safety counts as a huge success".

The ladies were inspired to set up their charity because while the UK has respected charities such as the RSPCA, Mayhew, Battersea and the Dogs' Trust, there wasn't anybody helping Romanian dogs, for example. By helping dogs from all over the world, the K-9 Angels wanted to demonstrate that compassion sees no borders or lines on the map.

Part of their work has also seen them campaign to raise awareness about the huge problem with the meat and fur trade in Asia, where each year millions of dogs are being boiled and skinned alive before being slaughtered.

"The meat and fur trade in Asia is a

huge problem and not just in China. South Korea has their own farms where they raise dogs for meat. Dogs are stolen from the streets of Thailand and smuggled across the border to Vietnam to be sold for meat".

And some Westerners are unknowingly fuelling the Chinese dog fur and leather trade through buying what they think is fake fur, but it is in fact dog or raccoon fur.

"We have seen some really otherwise nice people wearing raccoon dog fur in London, which is basically a dog. Little toys, gloves, pompoms and decorations are made from cats' fur. Fur and leather in the West do not have to be labelled by species so if you're buying 'Made in China' fur jackets, fake UGG boots online or leather goods from China, chances are you're wearing dog or cat. We are 100% against animal cruelty in fashion".

Pola's advice to people is to 'think before you buy'. "As long as people buy dog fur or leather, dogs will continue to suffer and be killed. If you would like to support our work, you could donate and we can promise you that 100% of donations go exactly where they need to, which is towards helping dogs in need".

Pola is dedicated to use her presence in the media to make a difference for homeless animals. She fosters animals who are in need of forever homes and supports many animal charities. Her

dream is to live in a world where people adopt dogs instead of breeding them or buying them in pet shops. To people who also want to make a difference to the plight of animals she says:

"First of all, inspire with your own lifestyle. None of us are miracle makers or magicians so we cannot change the world straight away, but we can change ourselves and by doing that inspire the change in others. Live ethically, healthily, eat cruelty-free and make educated consumer choices. If you love dogs and want to help them, look for rescuer communities on Facebook. There are plenty of organised groups who always need help. Go to a local pound and take a stray for a walk. Organise a fundraiser. There is so much one can do". **BV**

IF YOU WOULD LIKE TO ADOPT, DONATE OR VOLUNTEER IN SUPPORT OF THE K-9 ANGELS (YOU CAN EVEN DO THIS GLOBALLY) VISIT THEIR WEBSITE www.k-9angels.org OR CONTACT THEM THROUGH THEIR [FACEBOOK](#) AND [TWITTER](#) PAGES.



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Holistic Medicine

for Animals

Ever since he was a young boy, Christopher Day has been fascinated with the healing power of nature. Both of his parents were veterinarians and he was introduced into the world of homeopathic animal treatment by his mother. In March 1987, Christopher established his own dedicated holistic veterinary practice and is now the UK's longest serving homeopathic and holistic vet with over 40 years of experience in the field of natural medicine.

Just like any other holistic practitioner, a holistic vet views their patient as a whole entity. They take into account feeding, lifestyle, external influences of all sorts, in addition to demeanour and character when formulating a treatment programme. They use a number of natural therapies, brought together in an integrative programme for the treatment of animals.

Over the years, Christopher has had the opportunity to observe the systems of nature. "Nature tends to form systems. Within each system, there is another system. And within each of those systems, there's another system. So, you have the universe and you have the solar system, and you have the Earth, and within that, even more systems. Nothing is independent of any other part. No single part can be considered in isolation. This too applies to the body – human and animal – where you can't consider the liver or heart as a separate thing."

Although most conventional vets probably wouldn't consider themselves as treating their patient's illnesses in isolation, the reality is that unless you agree with Aristotle – *the whole is greater than the sum of its parts* - you are not looking at the full story of a patient's health.

"A holistic vet will look for trends running in an animal from birth or from early puppyhood in a dog, for example. In doing this you can see a diseased trend running through and you can link diseases that an animal has shown as so-called separate

disease entities that aren't necessarily so. They are often all connected. So holism studies the organism, the body in respect to the environment as well. You can't just take the body out of the environment and isolate it. It is an integral part of the environment. The environment affects the body and the body affects the environment".

Christopher still uses conventional pharmaceuticals and treatments when it's really needed but reports that it's a rarity. By the time most of his clients bring their animals to see him, they have already had all the pharmaceutical options explored. Some of Christopher's clients come to see him with their animals at the first sign of any illness as they are committed to a holistic approach and want to treat their pet without drugs. Christopher says he would only persuade his clients to use drugs if he felt in his heart that it was absolutely necessary for the welfare of the animal, but that situation is almost non-existent. It's his view that 'nature is master'.

Christopher's patients are treated using herbal medicine, acupuncture, homeopathy, laser, chiropractic, natural feeding, holistic and natural medicine. He says that the most important thing is that animal owners ensure they feed their pets a good diet. Just as humans are being encouraged these days to ditch the processed foods, pet owners are also advised to avoid highly processed dog and cat foods, many of which contain harmful chemicals, preservatives and additives, GMOs, and low-grade meat.

For those animal owners that are looking to embrace a holistic approach to their pets' health, Christopher's advice is that they should empower themselves with information. This includes researching the pros and cons of both conventional and holistic treatments to see which is right for you and your animal.

"Honestly, I don't ever think people should have a ready-made opinion handed down to them from someone. If you are concerned about your animal's health and want to look for alternative methods of treatment, then you should research the subject very widely and very deeply so that you can form your own informed opinion.

"Each person is starting on a journey from a different direction and they're at a different stage. What suits one person now won't necessarily suit another, so there's no one size-fits-all. I think people must inform themselves and when they make decisions, they must be comfortable with that decision. There are many alternatives out there that are there to be explored."

Christopher has a [range of free and paid-for eBooks available to download](#) on topics relating to holistic animal health. Consultations can be done in person at Christopher's veterinary practice or via a [video consultation](#). To find out more about holistic animal medicine please visit Christopher's [website](#).



Image credit: Shutterstock.com/Artist:SloOna



"The message that comes through loud and clear from every animal is love".



Animal communication

TALK WITH THE ANIMALS

Pea Horsley communicates with animals. Not in a trivial 'Doctor Doolittle' sense, but rather on a much more profound level of connection that stems from a deep sense of love and respect.

As the UK's most highly regarded animal communicator, an internationally renowned workshop facilitator, columnist, speaker and the author of *Heart to Heart*, Pea's personal passion is to empower others who wish to help animals and awaken to the teachings the animals wish to share. Practicing as an animal communicator for 10 years working in the UK, across Europe and Australasia with domestic and wild animals, Pea has now helped hundreds of clients on every continent. She received training from the American animal communicator, Amelia Kinkade, and the College of Psychic Studies but it was her beloved rescue dog, a beagle crossbreed named Morgan, who first led her to attend a workshop and inadvertently discover the world of animal communication.

"I presumed that animal communication was the latest subtle way of reading a dog's body language. On the animal communication workshop the teacher explained that we could learn to receive animals' thoughts, feelings and sensations. Initially, I didn't believe a word of it.

"However, in the afternoon I had

to rethink my belief system because I found I was communicating with a rabbit. His guardian confirmed, "Yes, he does like to sit on the sofa. He sits there on a Saturday night and his favourite programme is *You've Been Framed*." This complete stranger was also able to talk to my ginger cat, Texas, and describe my hallway, the colour of my sofa, where he liked to sit in the garden and the object he sat on. Both of these communications were from photos we'd brought along of our animals".

After attending a second animal communication workshop, Pea finally had a 'light-bulb' moment. In 2004, she left her 15-year theatre career as a successful company stage manager and re-trained in animal communication.

Pea describes animal communication as an intuitive language between humans and animals, where we listen with our heart instead of our minds. It is also known as interspecies communication or animal telepathy. By remembering this subtle language we are able to tune into the energy field of those we share our life and space with, forging deeper relationships based on

understanding and restoring what has been lost. And Pea is quick to point out that animal communication isn't just a gift for a few.

"Animal communication is really just intuition and we are all born intuitive. It's our birth-right to have this deeper, clearer connection with non-human animals. As human beings we are a part of the animal kingdom, not above other species, we're equals and through re-Member-ing our place and opening our hearts to other species it is possible to have an informative and enlightening connection with them".

Feeling across distance

Pea explains that she perceives 'electromagnetic energy, which she receives as sensations, emotions, thought-forms and images'. There is no difference in the method when communicating with an animal in physical form or without physical form. The process is telepathic and this is Greek for distance-feeling: feeling across a distance.

"Animals have a unique signature frequency, as humans do. When I'm communicating with them, I'm actually communicating with an animal's true-self, their consciousness. It's fun, blissful and such an honour to communicate with an animal but it can also be upsetting to feel their pain and distress. Through communication you can help animals resolve

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"As human beings we are a part of the animal kingdom, not above other species, we're equals and through re-Member-ing our place and opening our hearts to other species it is possible to have an informative and enlightening connection with them".

emotional and behavioural concerns, locate missing animals and connect with the souls of animals who have transitioned".

There are many benefits to being able to communicate with our animal friends and most people who hire the services of an animal communicator want to ask their own animals questions about their behaviour, likes, dislikes and how they feel physically and emotionally. Sometimes people request a communication because they are moving home or they are having a new baby or a new partner move in and wish to reassure their animals that they are as important as ever and to ask what they can do to help them feel safe and secure. Pea also receives a lot of requests from people wishing to help their animals at the end of their life with timing and manner of death, and many wish to connect with their animals who have transitioned.

Coping with the transition of a dearly loved animal is a situation that Pea has experienced herself when it was Morgan's time to go. Having the ability to be able to communicate with Morgan, to understand his wants and needs, made the process easier for both of them. This experience inspired Pea's recent number one, best-selling book, *The Animal Communicator's Guide Through Life, Loss and Love*, which she wrote as a support tool for other animal owners and lovers.

"The lead up to Morgan's transition was emotional and I felt like I was on a rollercoaster some days. Morgan was amazing though and his courage and calmness connected with me and gave me the strength I needed to be completely present for him, supporting him as he approached the end of his life.



Morgan with his trophy bone

"Being able to discuss the manner of his death before the time was also reassuring because I knew I was able to fulfil his wishes; whether he wished to transition by himself or if he felt he'd need veterinary assistance, his wishes for burial or cremation, and if cremation, what he wanted to happen with his ashes. Knowing I was doing what he

Here's a simple exercise from Pea for those who wish to develop their animal communication skills:

- * To connect with an animal, we have to bring ourselves into the present and quiet the mind. Bring your attention to your breath.
- * Connect with your love of animals and send an intention of love to them which you can imagine landing in their energy space or visualise it as a beam of light from your heart to their heart. Every communication comes from the heart on a basis of unconditional love.
- * Ask the animal a question that is short and positive, omitting negatives like 'don't' or 'shouldn't'. Perhaps, 'How are you today?' 'How can I bring more joy to your life?' You can ask these silently or out loud without expectations.
- * Wait patiently for a response, which you may sense as an emotion, a sensation, an image you 'see' with your mind's eye or a thought-form that lands in your mind. These thought-forms are often heard with the inner voice but there is a subtle difference of direction and tone.

Keep communicating with animals and keep it light and fun while you practice and get a feel for the subtleties of communication.

wanted helped me after he had transitioned because there was no regret, just the understandable feelings of loss and grief”.

For many pet-owners the loss of their animal can be made even more difficult to bear if they feel they are being judged for their grief. Pea explains that there are three types of grief; acute, chronic and disenfranchised, which is grief that is not acknowledged by society.

“Much of society does not recognise that grief for an animal is as meaningful as grief for a human, and this lack of recognition can make the grieving process much more painful for some people. It is important to validate the depth of relationship between people and animals, and that the grief is real. One day I hope to see society acknowledge all grief as significant – regardless of species”.

Pea’s experience working with many transitioning and transitioned animals has taught her that animals view death as a changing point for the soul. In death the consciousness of a sentient being moves out of their body back to its complete, whole existence again. Sometimes this process is described as the soul going back home. The good news for anyone who has ever loved an animal is that our best friends never really die, they continue to exist as pure energy and it’s that pure soul energy of the animal that we connect with when we communicate with them.

Animals want to communicate

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. If for example, we adopt a rescued animal it’s helpful to be able to understand what they have experienced before they came to us and with communication we can help them recover from any fears or anxieties.

“Animals have so much wisdom to share and they are the most generous and loving beings on the planet. Yet we have to remember non-human animals also have freewill and at times they don’t want to communicate. Maybe they are tired or not in the mood or it’s just the wrong time for them, there are so many different reasons. At times I ask my cat, Texas, ‘Where have you gone? Tell me what you’re up to?’ And I sense him reply, ‘I’m on important cat business’ and that’s it. Animals also like privacy. I believe animals have all the emotions that we call human.

“The message that comes through loud and clear from every animal is love. Love is the most powerful energy and love never dies. Animals wish us to focus on love and connection with one another”. **BV**

You can find out more about Pea's work at her website AnimalThoughts.com & connect with her on her [Facebook](#) page.



Different species communicate different messages about the planetary crisis & human awakening. Here is what some species have shared:

"When you honour us & other species with respect, the world will be at peace. Heaven will have arrived".



"Be strong in your hearts. We need mighty warriors to fight our cause. Look up to the light & pull down the light to help you. Lie on the ground more to receive more energy".

"We live in peace. We love & care for one another. We do not mean to harm anyone".



"Learn to grow internally. Stop looking for answers outside of yourself. Everything is inside, internally mapped out for you to access. Believe in your truth".

"Clean up! Clean up your act. You are such a despicable species. So stupid!"



"We are kind & gentle creatures. Your boundaries are across our land. You restrict us. You kill us. Will you try to save us? Raise our profile. It's urgent".

A Permanent



REMINDER



Advocating through body art...

VEGAN TATTOOS

Tattoos aren't always everyone's cup of tea but they can be a beautiful and creative way to literally wear your beliefs on your sleeve. If you're a passionate vegan who feels compelled to commemorate your dedication to a compassionate lifestyle through body art, it's important to be aware that as with most things these days, not all tattoos are vegan-friendly.

From the inks, the transfer papers and creams through to the aftercare products, the majority will often contain animal products such as glycerine (animal fat), bone char (for black ink), gelatine (from animal hooves) shellac (made from beetles), lanolin (made from sheep wool) and beeswax.

However, as veganism is gaining a louder voice in the mainstream, there are more companies providing tattoo products that are suitable for vegans. One such company is *Spirit Transfer Products*, who has recently come out with a vegan-friendly tattoo transfer paper and Vegan Action certified tattoo transfer cream.

Head of Research and Development for Spirit Transfer Products, Hunter Bradley said:

"Most non-vegan tattoo transfer papers will include either beeswax or lanolin or both. These animal-derived ingredients are fairly inexpensive and have some specific attributes that mean they're regularly used in transfer paper wax blends. Our Spirit Vegan Brand uses a vegetable

derived wax blend in place of lanolin. We don't test on animals for any of our products and we only purchase from raw materials manufacturers who have a clean track record on this issue".

In terms of ink, there is also a growing list of companies such as *I Max Tattoo Inks*, *Dermaglo*, *Electric Ink USA*, *Kuro Sumi*, *SkinCandy* and *Fusion Tattoo Ink*, among others, that are all completely vegan and don't use bone char in their black inks or glycerine or gelatine as ink stabilisers or binding agents. Some tattoo artists do mix their own inks so it's important to ask them if the glycerine that they use is plant-based instead of animal-derived.

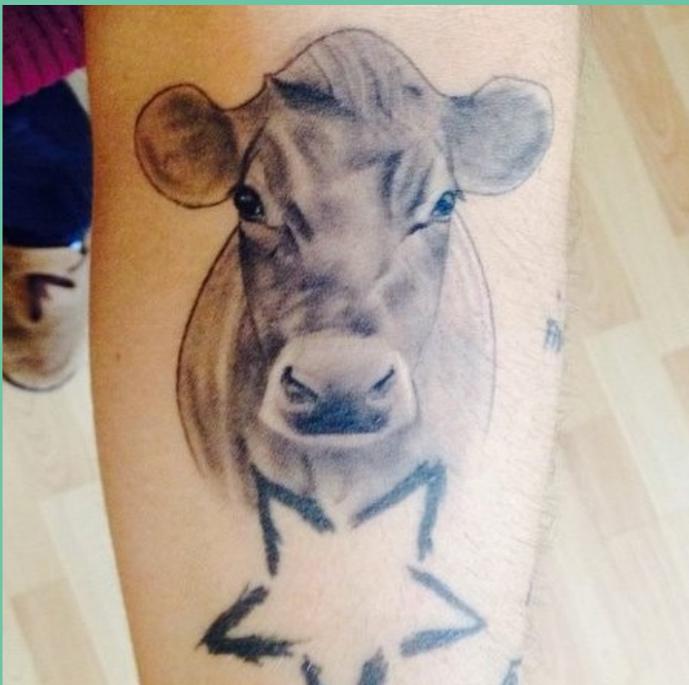
So the key really is to do your research and speak with your selected tattoo artist regarding the products they use before you agree to have anything done. It may be that they will have to order in specific vegan products for you, which may cost you extra. And if you've already got a tattoo that you suspect isn't vegan don't beat yourself up. Perhaps you can help to educate the tattoo artist at the parlour you had it done at. >

James Aspey: Both of my sleeves are vegan tattoos and I've recently got one done on my chest. For each tattoo that makes up the sleeves there is a picture and a quote that goes with it. I got them done during my 365 day vow of silence. I knew that I wasn't always going to be voiceless so I thought the tattoos would be a great conversation starter regarding veganism and animal rights. The tattoos are eye-catching and people ask questions about them. My sleeves tell the whole story. You can look at the pictures and read the quotes and by the end of it, I feel you should pretty much understand why I'm vegan and why we all should be vegan.



My Vegan Tattoo

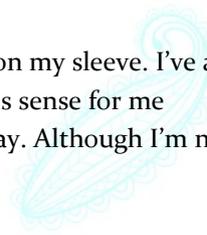
Lili (A.K.A Lil' Ass Kicker):
My tattoo artist's name is Stephanie Frances. My tattoo symbolises that I gave my heart to animals and I would fight for them, hence the 'Lil' Ass Kicker'.



Nicholas Carbone: This one is for the cows who have to live their life in fear. The cows that are electrically prodded off the truck into the factory farms where they get their horns burnt off, and are branded with a red hot iron without anaesthetic. For the cows that go days without eating while being transported. For the frustration and sorrow a mother cow feels when her baby is ripped away from her. For the male calves taken away from their mothers to live a short life before being slaughtered for veal. For the cows that are on the chopping block struggling to escape the narrow confined walls leading them to a bolt in the head. For the cows that are hung upside down and sliced by the neck while still conscious as the blood drains out, killing them slowly and painfully. I love cows and once I found out what I was contributing to, I decided the most compassionate thing to do was boycott all animal foods and products. Not just for cows, but for all animals that are wronged and denied their life for the cruel standard American diet.



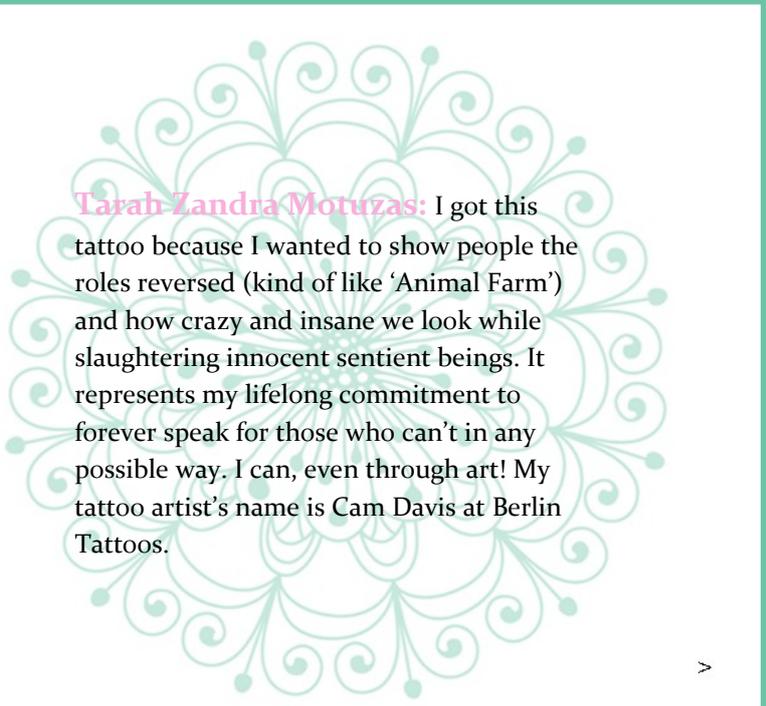
Grete Millner: I come from Estonia, which is a Nordic country. So I have some local berries on my sleeve. I've also got some of my favourite fruit; avocado, blood orange, bananas. Fruit is the only thing that makes sense for me nutritionally speaking. I work as a chef in a local vegan restaurant and I cook vegan food every day. Although I'm not a raw foodie, on my days off I prefer to eat fruit. My artist's name is Roman Warwink.

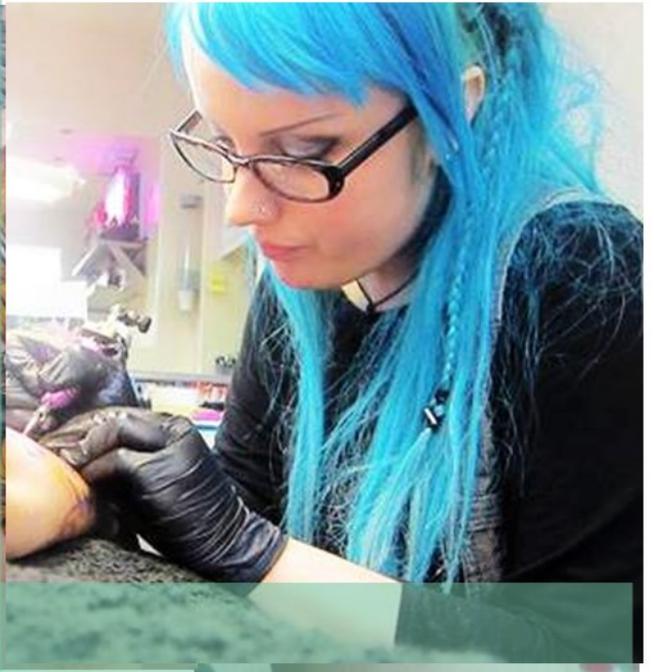


Alex Baldwin: I got my tattoo done by Angis Tattoo here in Vilnius. They were really accommodating with me and were happy for me to check that the inks used were vegan. I decided to get the vegan 'V' in a really pretty turquoise instead of the traditional green and I love how it came out. I've always loved tattoos and had a fair few of them already before turning vegan. Ever since making the switch to veganism (which was really an instant switch once I realised how hypocritical I was being claiming to love animals but continuing to hurt them), I knew I'd get a tattoo to symbolise my new lifestyle sooner or later. It ended up being sooner; only eight months after going vegan. But I know I'll never change my mind.



Tarah Zandra Motuzas: I got this tattoo because I wanted to show people the roles reversed (kind of like 'Animal Farm') and how crazy and insane we look while slaughtering innocent sentient beings. It represents my lifelong commitment to forever speak for those who can't in any possible way. I can, even through art! My tattoo artist's name is Cam Davis at Berlin Tattoos.





"I became vegan because I met a little house sparrow who fell from her nest when she was a day old. She will be ten years old in summer and she is my soul mate".





IT'S MORE THAN SKIN DEEP

If you are considering getting a tattoo it may be worthwhile tracking down a tattoo artist that is actually vegan. We spoke with Mortimer Sparrow, a vegan tattoo artist based in West Yorkshire, UK, to find out how her dedication to cruelty-free tattooing goes beyond just the products that she uses.

What got you into tattooing?

I've always been an artist, ever since I was small. I had always thought that tattoos were cool. I'd never disliked them but becoming a tattoo artist was something that happened by chance. A friend of mine went on holiday and while he was away he had a tattoo done from one of my paintings of a mermaid. I was blown away and honoured of course but I was also surprised that the mermaid did not look more like the one that I had drawn – her fingers looked a bit like they had been shut in a car door! From there I bought myself a tattoo kit and after practising on one orange, I moved straight onto my legs and my ever-so-supportive little sister. I believe that you can be self-taught when it comes to drawing but in relation to someone else's skin, the responsible thing to do is study under a master. My apprenticeship was two weeks long (one to two years is normally usual). It was nerve-wracking but I learnt the basics and tattooed my fair share of flash from the walls and script.

How long have you been a vegan tattoo artist?

I'm in my third year of tattooing now. Although my inks and everything else have been vegan throughout, the only 100% vegan-friendly tattoos that I'd been able to do (up until about two years ago) was stuff that I drew on free-hand with pen and then just tattooed over. This was because of the lack of vegan tattoo transfer paper, which

was vexing for vegan artists in the industry for a long time. The main company, which is a well-known supplier, has worked hard and released a Vegan Spirit Tattoo paper a couple of years back and I think a lot of artists breathed a massive sigh of relief – I know I did. It is a really encouraging testament to the times that this company recognised the need for vegan supplies in the industry.

Tell us about your work...

I work out of a pretty little studio called Flibbertigibbet in Sowerby Bridge, West Yorkshire. My passions in life are art and animals. I became vegan because I met a little house sparrow who fell from her nest when she was a day old. She will be ten years old in summer and she is my soul mate. She really opened my eyes. I take my artist name from her; Mortimer. My sister and I went vegan together and I've been trained in wildlife rescue. My sister and I have done it from home for many years. I love to study and draw the birds that we look after so it's no surprise that nothing gives me more pleasure than to tattoo these beautiful and extraordinary animals on people. I really like to talk to the people I will be tattooing to get a good idea of them as a person and what they want from their tattoo. An almost sort of channelling thing happens when they open up and it's usually very easy to design something they love just from talking with them.

>



What's been your favourite piece/s of work?

The tattoo sleeve that is the most important to me is actually on my younger sister. Those nerve-wracking first tattoo attempts have given her a lifetime of free tattoos from me. Her sleeve has two portraits of our ex-battery hens with other birds and flowers. Also, someone came to me who wants a very big animal-rights back piece. I have never seen a full, completed back piece with animals that portray victims of animal testing and the meat industry. This person is very vocal for the animals and a good friend and every now and then I think it is important to give back to people that help, so this back piece will be done free of charge. I hope the message of what the tattoo stands for will spread across the internet. It's a piece that will take many days but I hope to finish it in time for summer.

What does it mean to be a vegan tattoo artist?

I have worked in a studio before and seen a seasoned artist outright lie to his customers about his ink being cruelty-free when it wasn't. But it really all depends on the customer's idea of what a vegan tattoo is – Do you want this tattoo and what has led up to it to be animal-friendly? Or is it just the ink going into your skin that you are worried about? These are questions that you need to ask yourself. As a vegan artist myself, I believe there shouldn't be any grey area. To me, being a vegan tattoo artist means that my inks, my equipment and me myself – what I wear and how I live my life – are all animal-friendly. When you get a tattoo done from me, my customers can rest assured that everything from the ink in my ink cap right through to the make up on my face is all vegan-friendly.

What do vegans need to look for when getting a tattoo done?

If you want a completely vegan-friendly tattoo and it's not just being drawn on freehand, you will need the transfer to be made with vegan spirit carbon paper and transfer cream, and the inks and aftercare

"Being a vegan tattoo artist means that my inks, my equipment and me myself – what I wear and how I live my life – are all animal-friendly. When you get a tattoo done from me, my customers can rest assured that everything from the ink in my ink cap right through to the make up on my face is all vegan-friendly".

products need to be animal-product free. It's easy to source these products. It's a bit like going vegan in the first place; once you know what to avoid you can look for alternatives instead. Don't just take the tattoo artist's word for it; make sure that the brands they use are vegan. You can easily buy the products online and as long as they are new and completely sealed, most artists shouldn't have a problem with using them.

Getting your tattoo to be 100% vegan is very achievable and totally worth it. Aside from the vegan aspect, always look at an artist's work before you book in with them. If you feel like they don't respect you or your wishes, do not let them put needle to skin because you deserve the best. If you are reading this and are vegan then you've made choices about your life that are selfless and making the world a nicer place to be in. So respect your skin and don't be put into a situation that you are not completely comfortable with.

Any final words?

The best thing about tattooing vegans is the conversations you can have. Like-minded chat is just priceless in my opinion. Also, I seem to get all the vegans that like to bake and of course cakes are taken as part-payment! I'm going to be a very fat tattoo artist one day I think! I'm hoping to travel to many studios in the UK and further afield as a guest vegan, wildlife, colour and fantasy artist. And my plan for the future is to have a completely vegan shop with my sister (who bakes the best vegan cakes) that will also include a little vegan café/deli in the front, a space for art exhibitions that promote animal rights and conservation issues, and the back will be my tattoo studio space. Exciting plans! **BV**

To see more of Mortimer Sparrow's work connect with her on [Facebook](#).







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and undisturbed"
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SPACES

OF
LOVE

Growing up in the Blue Mountains of Australia, Kane Moonen has always felt a strong affinity to nature. His project, *Spaces of Love*, has a global mission statement: "to regrow the world into a food forest community, remove borders and money and remind everyone that we are all brothers and sisters of the great family of Earth".



TRANSFORMING THE WORLD

Kane's project shares the same name and a similar philosophy to the third book in *The Ringing Cedars of Russia* series by Vladimir Megré, but the actual inspiration for the *Spaces of Love* project had nothing to do with the books. The idea took root after Kane began hitch-hiking to Italy from Australia. He began his journey with very little money, relying a lot of the time on the generosity of others to get him through.

It was this interaction and connection with people that spurred the desire to give back. "I thought it was likely that I would never connect directly again with a lot of the people that helped me," said Kane. "So the only way that made sense to me was to look for a way to provide free food, water, clothes, knowledge, shelter, travel and life to the whole world; ultimately transforming the world into a global food forest".

As the idea began to grow, Kane was faced with the challenge of how to get the project up and running without having any money and while living on the streets. He began in August 2014 by posting a series of advertisements in Australia looking for free farm land and unused or degraded land with the intention of transforming the plots into organic, permaculture food forests to feed the surrounding communities for free. The feedback was overwhelming. In the first month alone Kane received around 18 offers of land

totalling over 4,000 acres from all across New South Wales – and for free.

With the land in place, Kane then turned to Facebook to advertise among his friends and relevant groups looking for people who wanted to help grow these spaces of love. "A Facebook group formed and the dialogue became open to the public. It turned out that people loved it and the idea proved to be ripe. I thought that if you source 100 people who love permaculture, chances are some of them have land or want land and all have a common dream. That's exactly how it's turned out. Now almost every day, a new property comes on board and we're able to share this with the group members".

Groups have now been launched in Tasmania, Western Australia, Victoria, and the United Kingdom and more and more properties are becoming available across the globe. Interestingly, Kane reports that it is largely single mothers who are the most keen to get involved in the co-creating, although there are also many men involved as well. Overall Kane describes the people involved in the project as 'super intelligent folk', explaining that if there is a need in one of the communities (renewable energy generation for instance) there is likely someone on-board who has that expertise and can share that freely with others. Land donors also benefit in this way too.

“THESE ARE SPACES OF FREEDOM AND ABUNDANCE, WHERE ALL ARE FREE TO LIVE WITH NATURE AND DISCOVER THEIR HIGHEST POTENTIAL AND PUREST SELF AND WAY OF BEING.”



INTO A GLOBAL FOOD FOREST...

“If you need a mechanic, chances are someone will have that skill. Need a gourmet chef? Artists? Musicians? Masseurs? Dance or martial arts teachers? They are all here and for free. We are all family and if we are all working simply to feed, clothe and house our families and these things don't require money, everyone relaxes. Living without money is actually why this project works so well. People know they have something to offer, nothing is expected and everything is appreciated”.

A huge number of land donors have now come forward, all with varying aims. Some donors want to develop retirement villages, while others are happy to provide free accommodation for skilled labourers. Some land donors also allow families to build homes and live sustainably on the land for free, and a few of the farms involved in the project rescue and rehabilitate animals.

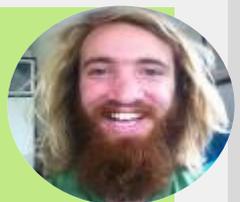
Many of these properties are developing into conscious communities, with a meditation space growing in Little Hartley in the Blue Mountains and even restaurants, such as *Lentil as Anything*, joining the project. However, no matter what, the priority remains in providing free food of the highest quality (local, seasonal and organic).

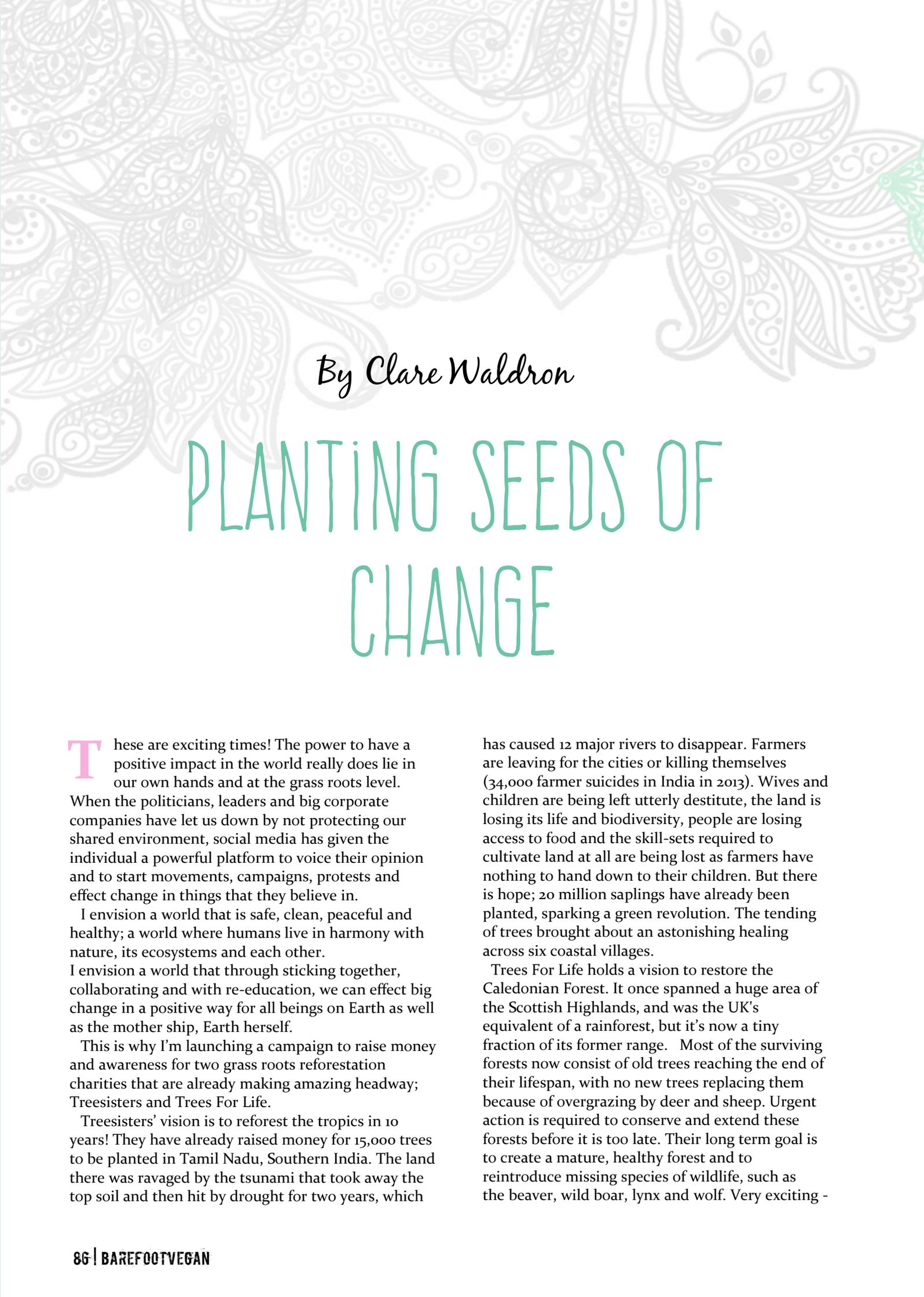
“These are spaces of freedom and abundance, where all are free to live with nature and discover their highest potential and purest self and way of being. The *Spaces of Love*

philosophy comes from an observation of nature. There is already a perfectly formed system in place and it's just a matter of observing the holistic nature of it. To be whole we must include all; predators included and fences removed. The idea is that we are all one big tribe and we are coming back to nature”.

For those city-dwellers who are not quite ready to leave the concrete jungle, Kane has a few suggestions on how connecting with Mother Nature can help: “People living in the cities or towns can benefit from growing vertical gardens and vines, and spraying moss on building walls will help reduce the need for air-conditioning. Many city blocks are now growing community gardens and many cities are now banning vehicles from their centres. If you can, rip up your asphalt and plant some fruit trees! Another great idea is to plant a fruit tree in place of a tomb stone in a cemetery along with a plaque. Roof top gardens are also becoming prolific the world over and make great use of small spaces”. **BV**

TO FIND OUT MORE AND TO JOIN THE PROJECT VISIT THE SPACES OF LOVE GROUP ON FACEBOOK.





By Clare Waldron

PLANTING SEEDS OF CHANGE

These are exciting times! The power to have a positive impact in the world really does lie in our own hands and at the grass roots level. When the politicians, leaders and big corporate companies have let us down by not protecting our shared environment, social media has given the individual a powerful platform to voice their opinion and to start movements, campaigns, protests and effect change in things that they believe in.

I envision a world that is safe, clean, peaceful and healthy; a world where humans live in harmony with nature, its ecosystems and each other.

I envision a world that through sticking together, collaborating and with re-education, we can effect big change in a positive way for all beings on Earth as well as the mother ship, Earth herself.

This is why I'm launching a campaign to raise money and awareness for two grass roots reforestation charities that are already making amazing headway; Treesisters and Trees For Life.

Treesisters' vision is to reforest the tropics in 10 years! They have already raised money for 15,000 trees to be planted in Tamil Nadu, Southern India. The land there was ravaged by the tsunami that took away the top soil and then hit by drought for two years, which

has caused 12 major rivers to disappear. Farmers are leaving for the cities or killing themselves (34,000 farmer suicides in India in 2013). Wives and children are being left utterly destitute, the land is losing its life and biodiversity, people are losing access to food and the skill-sets required to cultivate land at all are being lost as farmers have nothing to hand down to their children. But there is hope; 20 million saplings have already been planted, sparking a green revolution. The tending of trees brought about an astonishing healing across six coastal villages.

Trees For Life holds a vision to restore the Caledonian Forest. It once spanned a huge area of the Scottish Highlands, and was the UK's equivalent of a rainforest, but it's now a tiny fraction of its former range. Most of the surviving forests now consist of old trees reaching the end of their lifespan, with no new trees replacing them because of overgrazing by deer and sheep. Urgent action is required to conserve and extend these forests before it is too late. Their long term goal is to create a mature, healthy forest and to reintroduce missing species of wildlife, such as the beaver, wild boar, lynx and wolf. Very exciting -



prospects! If you haven't already seen the video of how the reintroduction of wolves to Yosemite national park changed the course of a river, and increased biodiversity and much more [click here](#) to watch the amazing YouTube video.

So why a yoga posture to help raise awareness and donations?

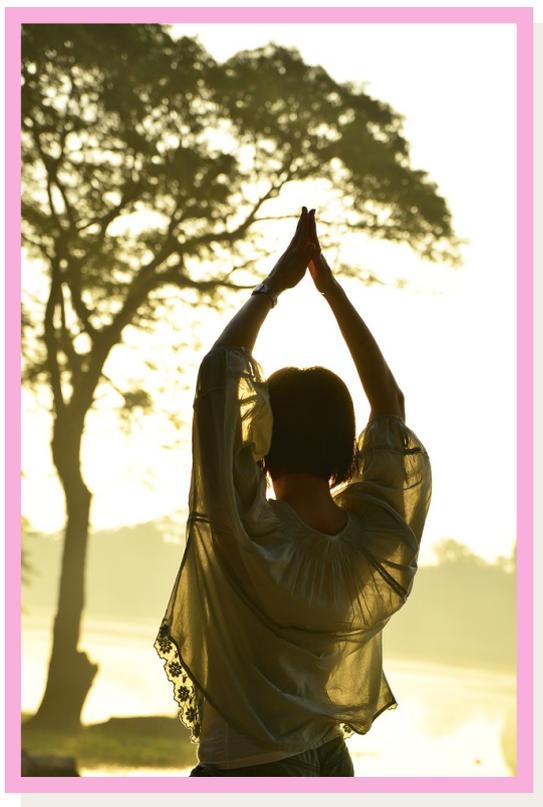
Yoga means union. Everybody's yoga practice is personal to them and yoga can mean the union between many things, one being between our minds and our bodies. But we can also take yoga to mean a union between ourselves and our planet. It is so important to take our yoga practice off the mat and into our lives.

How can you get involved?

1. Ask someone to take a picture of you in tree pose
2. Share on Facebook or Twitter with the hashtag #treeposefortrees (very important as the photos will all be collected under the hashtag to create a collage, which will represent the number of trees that will be planted)
3. Nominate 5 people
4. Donate between £2 - £10 of which 50% goes to Treesisters and 50% to Trees for Life. Here's the link to donate... <http://uk.virginmoneygiving.com/TreePoseForTrees>

To keep up-to-date with the campaign connect with me on [Facebook](#) or [Twitter](#).

Here's my Tree Pose for Trees in support of TreeSisters: women seeding change and Trees For Life.





GEO-ENGINEERING

Playing God with the weather



Can a Techno-Fix Save the Planet?

By Clive Hamilton

Last year the concentration of carbon dioxide in Earth's atmosphere broke through the 400 parts per million barrier for the first time in three million years. If you are not frightened by this fact then you are not listening to the climate scientists.

Relentlessly rising emissions, and the fear that the Earth might cross a tipping point into a climate emergency from which there would be no return, have prompted many climate scientists to conclude that we urgently need a 'Plan B'.

Geoengineering — deliberate, large-scale intervention in the climate system designed to counter global warming or offset some of its effects — may mean humanity mobilises its technological power to seize control of the planet's climate system, and regulate it in perpetuity. But is it wise to play God with the climate?

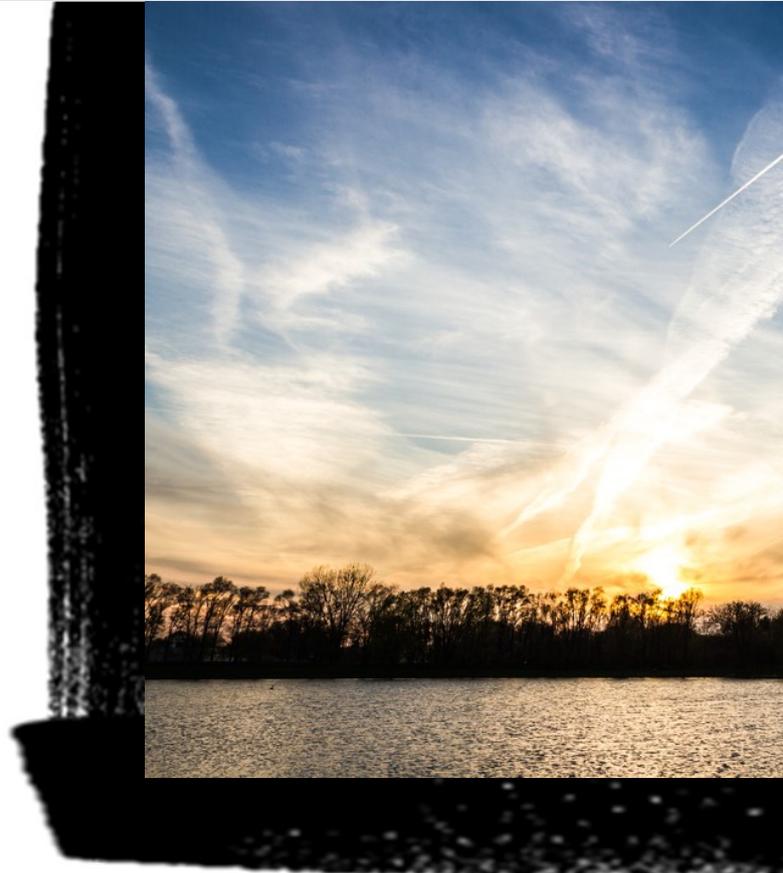
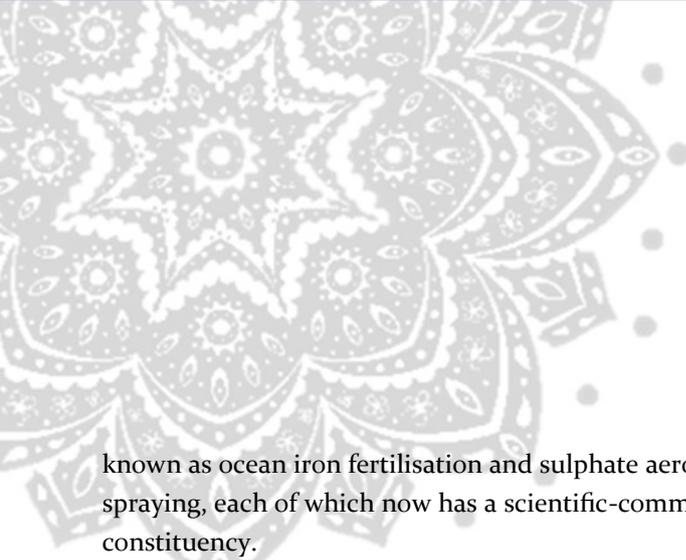
While some proposals, such as launching a cloud of mirrors into space to deflect some of the Sun's heat, sound like science fiction, the more serious schemes require no great technical feats. Two or three leading ones rely on technology readily available and could be deployed within months.

Some geoengineering technologies, such as making biochar and painting roofs white, are relatively benign, but probably ineffective. Another prominent scheme, extracting carbon dioxide directly from the air, is not too harmful in itself, as long as we can find somewhere safe to bury enormous volumes of it for a thousand years.

But each standard-sized coal-fired power plant would need 30 kilometres of air-sucking machinery and six chemical plants, with a footprint of six square kilometres, and an additional network of pipes and equipment to transport and store the waste underground.

The idea of building a vast industrial infrastructure to offset the effects of another vast industrial infrastructure (instead of shifting to renewable energy) only highlights our unwillingness to confront the deeper causes of global warming — the power of the fossil fuel lobby and the reluctance of wealthy consumers to make even small sacrifices.

Even so, the greater anxieties arise from those geoengineering technologies designed to intervene in the functioning of the Earth system as a whole. They include the headline climate engineering schemes >



known as ocean iron fertilisation and sulphate aerosol spraying, each of which now has a scientific-commercial constituency.

How confident can we be, even after extensive research and testing, that the chosen technology will work as planned? After all, ocean fertilisation (spreading iron slurry across the seas to persuade them to soak up more carbon dioxide) means changing the chemical composition and biological functioning of the world's oceans. In the process it will interfere with marine ecosystems and affect cloud formation in ways we barely understand.

Enveloping the Earth with a layer of sulphate particles (the climate engineering scheme attracting most attention) would cool the planet by regulating the amount of solar radiation reaching the Earth's surface. One group of scientists is urging its deployment over the melting Arctic now. Plant life, already trying to adapt to a changing climate, would have to deal with reduced sunlight, the basis of photosynthesis. A solar filter made of sulphate particles may be effective at cooling the globe, but its impact on weather systems, including the Indian monsoon on which a billion people depend for their sustenance, is in doubt.

Some of these uncertainties can be reduced by research. Yet if there is one lesson we have learned from ecology, it is that the more closely we look at an ecosystem the more complex it becomes. Now we are contemplating technologies that would attempt to manipulate the grandest and most complex ecosystem of them all — the planet itself. Sulphate aerosol spraying would change not just the temperature but the ozone layer, global rainfall patterns and the biosphere too.

Spraying sulphate particles, the method of climate engineering most likely to be implemented, is classified as a form of "solar radiation management", an Orwellian term some advocates have attempted to reframe as "climate remediation".

Yet, if the "remedy" were fully deployed to reduce the Earth's temperature by, say, 2°C it's estimated (by climate scientist Alan Robock) that at least ten years of global climate observations would be needed in order to separate out the effects of the solar filter from other causes of climatic variability.

If after five years of filtered sunlight a disaster occurred — a drought in India or Pakistan, for example — we would not know whether it was caused by global warming, the solar filter or natural variability. And if India was suffering from the effects of global dimming while the United States enjoyed more clement weather, it would matter a great deal who had their hand on the global thermostat.

So who would be turning the dial on the Earth's climate? Research is concentrated in the United States, Britain and Germany, although China recently included geoengineering among its earth science research priorities.

Some geoengineering schemes are sufficiently cheap and technically uncomplicated to be deployed by any middle-sized nation, or even a billionaire with a messiah complex.

Widespread concerns about unilateral action are perhaps exaggerated for now, but we can imagine a scenario 30 years hence in which the Chinese Communist Party's grip on power is threatened by chaotic popular protests triggered by a devastating drought and famine in the north of the country.

If the alternative to losing power were attempting a rapid cooling of the planet through a sulphate aerosol shield, how would it play out? A US President may publicly condemn China's plans but privately commit not to shoot down their planes, or to engage in "counter-geoengineering", especially if North America were itself under severe climate stress.

Little wonder military strategists are taking a close



"If there is one lesson we have learned from ecology, it is that the more closely we look at an ecosystem the more complex it becomes. Now we are contemplating technologies that would attempt to manipulate the grandest and most complex ecosystem of them all — the planet itself."

interest in geoengineering. Anxious about Western geopolitical hubris, developing nations have begun to argue for a moratorium on experiments until there is agreement on some kind of global governance system. Yet engineering the climate is intuitively appealing to a powerful strand of Western technological thinking that sees no ethical or other obstacle to total domination of nature. And that is why conservative think tanks that have for years rejected climate science, such as the American Enterprise Institute, now support geoengineering; the solution to a problem they said does not exist.

All of which points to perhaps the greatest risk of research into geoengineering—it will erode the incentive to curb emissions. Think about it: no need to take on powerful fossil fuel companies, no need to tax petrol and electricity, no need to ask consumers to change their lifestyles.

In short, while climate change threatens to destabilise the system, geoengineering promises to save it. In the end, how we think about geoengineering depends on how we understand climate disruption. If our failure to cut emissions is due to the power of corporate interests, the fetish for economic growth and the comfortable conservatism of consumer society then resorting to climate engineering allows us to avoid facing up to social dysfunction, at least for as long as it works.

So the battlelines are being drawn over the future of the planet. While legendary Pentagon "weaponeer" and geoengineering enthusiast Lowell Wood bullishly proclaims: "We've engineered every other environment

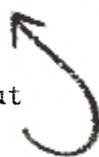
we live in—why not the planet?" A more humble scientist, MIT's Ron Prinn, asks: "How can you engineer a system you don't understand?" **BV**

Clive Hamilton is professor of public ethics at Charles Stuart University in Canberra and the author of [Earth Masters: The Dawn of the Age of Climate Engineering](#) (Allen & Unwin 2013). You can find out more about his work by visiting his [website](#).



Click for video:

Everything you need to know about geoengineering in 11 minutes



10 Reasons to Support Ugly Fruit & Veg

By Jordan Figueiredo

EndFoodWaste has started a campaign to rally the public to demand ugly fruit and veg at major retailers the world over. At least 20 percent of all produce is wasted just because of its size, shape, colour, or appearance. Why should we support ugly fruit and veg?

Here's 10 good reasons...





1

As much as 40% of produce goes uneaten because it doesn't meet retailers' strict cosmetic standards ([U.K. Global Food Security Programme](#)) ([NRDC](#)) ([United Nations Environmental Program](#)). In other words, that produce is considered wonky or "ugly" fruit and veggies.

2

About 50% of all wasted food happens at the farm and in transit before the food even reaches the distributors, stores and our plates ([FAO](#)). Much of this waste is due to retailers' strict cosmetic standards for produce.

3

About 1 billion people are chronically undernourished or "hungry" ([FAO](#)). Our extra (often wasted) food, could feed the world's hungry more than their entire diet (Tristram Stuart).

4

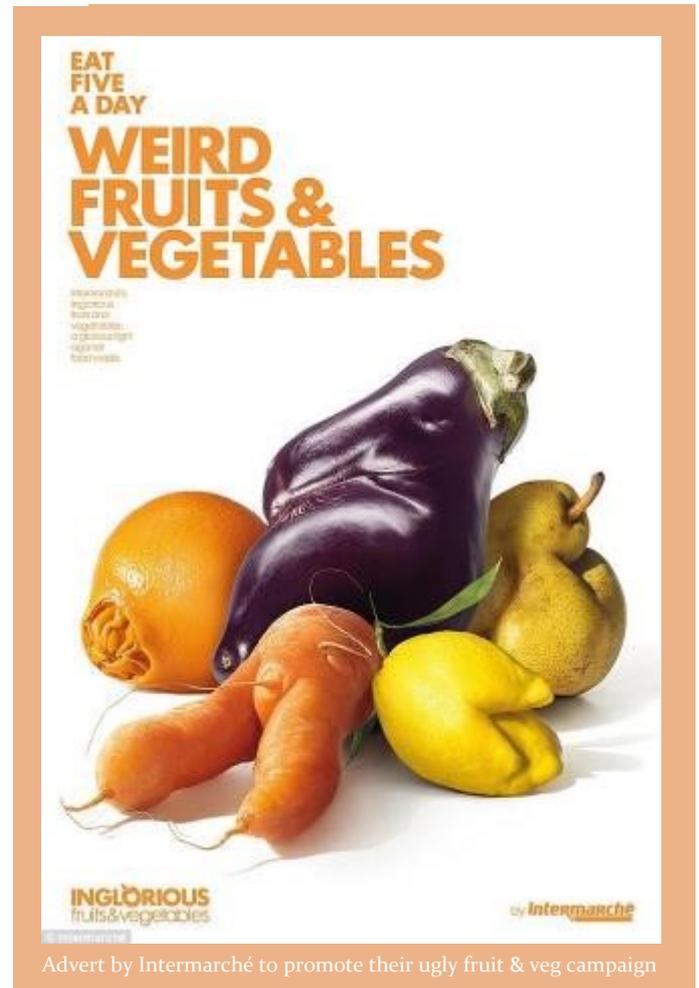
There will be an estimated 9 billion people in the world by 2050. With that, and more and more soil becoming unusable, 70% more food will be needed than we produce today ([FAO](#)).

5

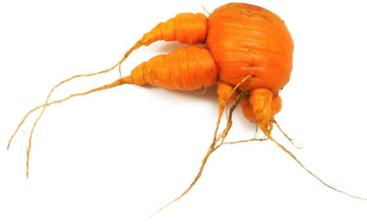
Approximately 10% of human-made greenhouse gas emissions come from producing, transporting, storing and preparing food that is never eaten (Tristram Stuart).

6

If we planted trees on the land we use to grow food we waste, we could theoretically offset a maximum 50 - 100% of the world's human-made greenhouse gas emissions (Tristram Stuart).



Advert by Intermarché to promote their ugly fruit & veg campaign



7

After finding ugly fruit and veg is just as delicious and nutritious as other produce, the growth in selling “ugly” has exploded around the world since [Intermarché’s Inglorious Fruits and Vegetables campaign](#) in France in Spring 2014.

8

In a U.K. study, almost half of those surveyed are interested in buying ugly fruit and veg. And in 2012 the “ugly” market was the fastest growing produce sector in the U.K. ([Mintels](#)).

9

Some retailers, such as Sainsbury’s, are committed to selling “ugly” and buying all fruit and veg from farmers due to their impressive Courthauld Commitment goals of 1% waste.

10

Asda, after finding in surveys that 75% of shoppers would buy “ugly” if cheaper, is now working with mega-celebrity chef Jamie Oliver for the new “Beautiful on the Inside” campaign that will now save 10-20% of crops and thereby support farmers to sell more as well.



So while you can find “ugly” or cosmetically imperfect fruit and veg at farmers’ markets and small corner markets, supermarkets now represent 75-80 percent of all food retail outlets in the developed world.

That’s why if you currently shop at a supermarket, it is important to lobby your store for ugly fruit and veg lines or ranges. **BV**

[Click here](#) to find out where “ugly” is (or isn’t) being sold around the world and to demand your supermarkets sell ugly!

There is also a [DemandUgly toolkit](#) on our website with readymade social media messages that you can use on Facebook & Twitter.

You can follow [UglyFruitAndVeg](#) on Twitter for more ugly, wonky fun.



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A FEW THOUGHTS

By Elaine Sommers

Someone (I forget who) once said, "The single most peaceful act a person can do is to plant a tree". Why peaceful? Because most trees take many of our lifetimes to grow into the magnificent specimens we see in mature forests, orchards and some local parks. Because, if we intend those trees to grow to their full potential, we have to look after them, not chop them back, dig them up, or, in extreme violence, blow them up during wars.

It is no coincidence that the whole scale destruction of the world's forests has coincided with population explosion and war after war after war / invasions / genocide - take your pick. If we want trees and healthy forests to thrive and, indeed, to provide humankind with food, shelter and warmth, then peace must prevail.

If a crop of wheat or potatoes is destroyed by vandals or armies, then more often than not, the crop can be planted and harvested again within the calendar year. If a forest is chopped down and destroyed it can be planted again, or new trees sprout from the stumps, but it takes many years for these trees to grow big and strong again, produce flowers, bear fruit.

An under crop could be planted while the trees are small and there is more light coming through. But if the trees are needed for humans to thrive, there will be lean years a plenty before there is a harvest. An oak tree can start producing acorns at 20 years, but many

wait until they are around 50 years old.

Bristlecone Pine - *Pinus longaeva* - is believed to be the longest-lived tree at more than 4,700 years old.

In my own lifetime of half a century there seems to be more and more trees being felled in our towns and cities, parks, streets and gardens. I am unsure why this is but sometimes I conclude that some people are a little afraid of an organism that is much bigger, much stronger, and much longer-lived than ourselves. What we are afraid of we tend to destroy.

Fewer cars and more fruit trees would be better for our health and that of the planet. Every garden, however small, has room for at least one apple tree. Urban trees provide noise barriers, making town and city neighbourhoods quieter.

Trees are not in existence for the benefit of humans. They have nothing to do with us at all. They exist of themselves, and should do. We can admire them in flower, or when they are fiery in their autumn colours. We can be grateful for the fruit and wood they provide - it makes no difference to them. They should be allowed to be because they simply 'are', independent of our thoughts about them. Yet, if we do work with them and not against them, we can only be the winners in the end. **BV**

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S ON TREES

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