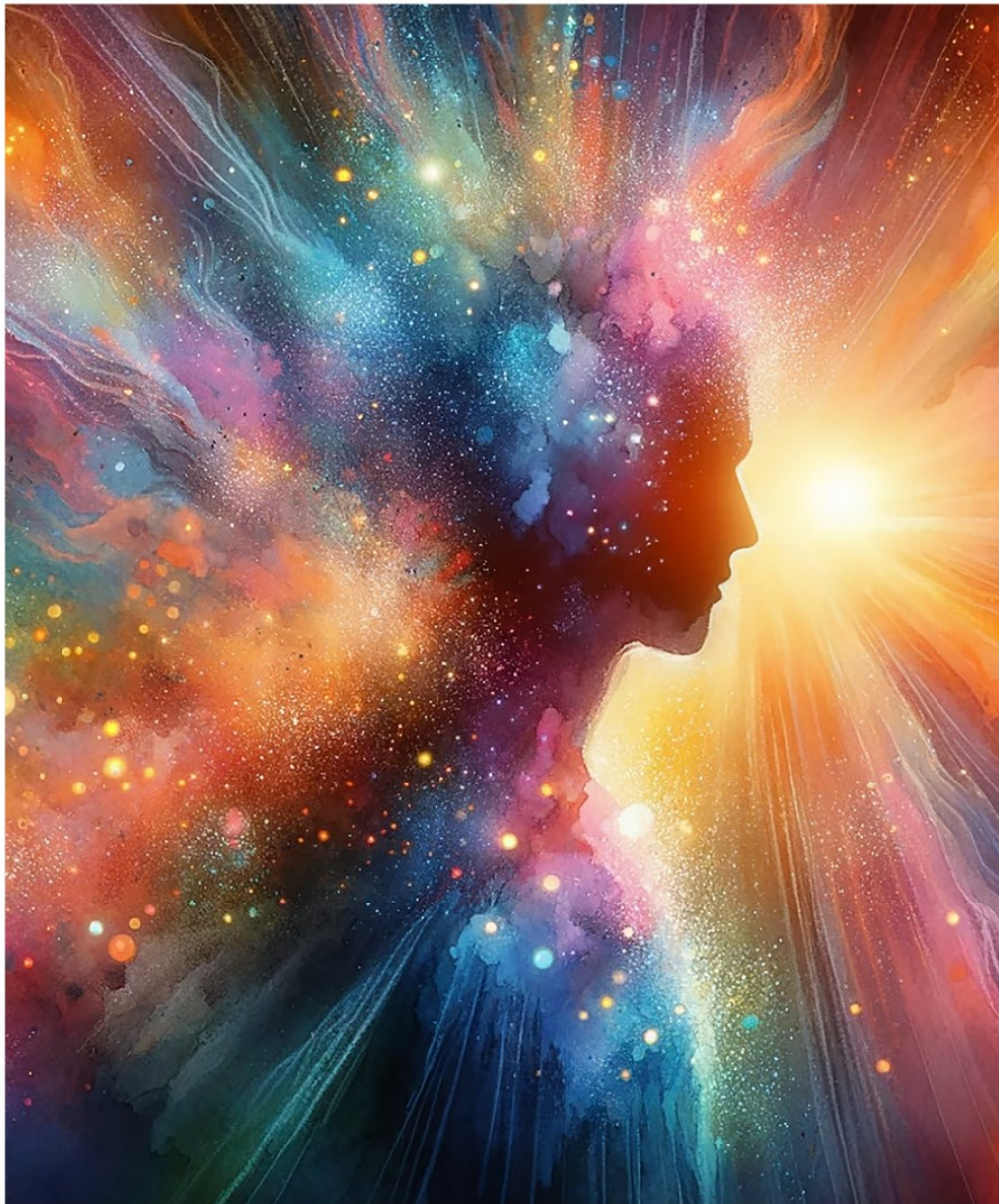


VOL 1 | DEC. 2023

VEGAN

ANIMAL COMMUNICATOR NETWORK JOURNAL



" ... EVERYTHING CAN BE TRANSFORMED
WITH INJECTION OF HIGH
VIBRATIONAL ENERGY, UNCONDITIONAL
LOVE AND INTENTION, ALL CAN BE
TRANSCENDED INTO PEACE, LOVE AND
SERENITY ... "

SHARED BY WYNTER WORSTHORNE



“All life is one family.

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

- Dr. Sailesh Rao Founder of
climate healers



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Cover quote: Shared by Wynter Worsthorne
a message from Nature
[received during a Virtual StarLion Journey.](#)

W E L C O M E !

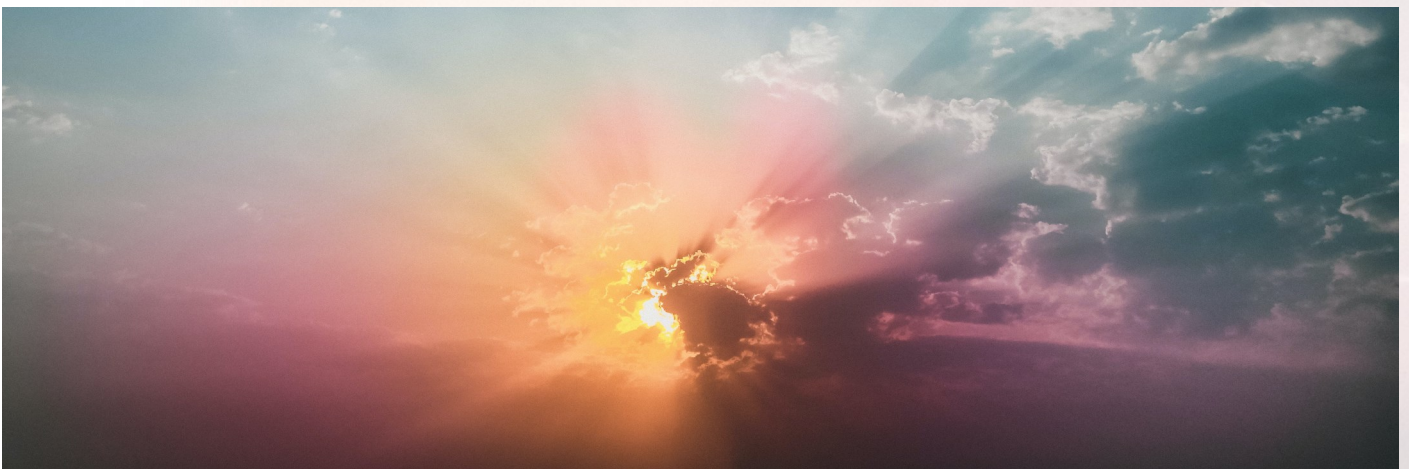
Welcome to the first journal publication by the Vegan Animal Communicator Network. This is an exciting development in the field of animal communication (AC) also called interspecies Communication (IC).

To start the journal on a positive note, this edition will contain uplifting information and messages to help us end 2023 on a high note, and carry this positivity into the new year.

In this spirit, I would like to share with you an inspiring piece that was submitted by an Animal Communicator. It

seems like a great way to kick off the journal. With the unrest in the world, many of us empaths may be feeling sadness. Many of you may be praying for peace, meditating for peace and setting the intention for peace.

I was elated to hear how a beautiful dog named Gabriel* (not his real name) was also focussing on this. It was such a timely and uplifting reminder of how our animal family members come here to be of service in profound ways. This is what the AC shared from this communication...



“Gabriel* shared the image of the sun with an aura/rainbow around it. For me this is a symbol of celestial sort of events, the universe or God etc talking through nature if you will, he seems to pick up on what this symbolizes to me and I receive, ‘Yes the energy is raising, we have to keep up. Tell (his person) to

keep lifting her energy higher and higher. Breathe. The mind needs to be clearer. She needs to slow down. Please, it’s serious. She needs to slow down and listen to the land – listen to nature. It’s out of balance – she will feel it.

She has to prepare herself. Go inward, be quieter, find that point of calm and

live from that point of calm.’ Here I felt my wisdom eye and feel a wave of calm came over the body from that.” He advised her to “follow her kindness, her gentleness. This is the time for kindness and gentleness to shine. And remember to be kind and gentle with yourself.” Gabriel’s person responded by saying this was interesting. She is a very spiritual person, and she noted that what Gabriel* had mentioned is what she has been doing, and also what she had been chatting to him about achieving spiritually “for all of

us.” Later Gabriel* was asked what his mission here was. And it was beautiful! This is how he expressed it:

“He shares that he’s so small and in ways somewhat child-like and that you take care of him. He takes in your love and transmutes it – he magnifies this love and sends it out into the world. He says he couldn’t do it without you. He said, ‘We partnered up to spread more love.’ To help more with this, he encouraged his person to do things with an open heart. The images and feelings he sent were of having the heart open,



light and energy coming out of the heart, light radiating from the heart centre. Imagine the care bears doing their care bear stare. Part of this is not letting sorrows, sadness, worry, disappointment etc. to dull that light and energy around the heart which can so easily happen.

He says keep the heart joyful – radiate light and in doing this you will stream in

love.”

Gabriel’s person responded with:

“Amazing! I literally send spiritual light to Gabriel* and to the world and recite a Sikh prayer in his ears when we cuddle... It appears he is absorbing the light and passing it on as we intended. Wonderful.”

Gabriel* also shared, “I want to help create the new Earth.” He wants to see

nature restored, he wants to feel peace. He showed the AC the night sky full of shining stars. She noted, "The image came with a feeling of looking up at them with wonder and awe and feeling a deep peace. He wants peace. He can feel the struggle that's going on in the world now. It wears him down a bit mentally, but he brings me back to that image of the stars in the sky which comes with a happy feeling."

Gabriel's person responded with:

"Gabriel* and I look up at the stars and cuddle, say prayers, meditations and the like. We ask for peace.... Looks like he's been telling you more about the spiritual stuff we do together. "

This beautiful communication session sheds light on a few things. Many of the animal beloveds are picking up on the imbalances in the Earth right now, and if they come from a spiritually-minded family they often articulate this quite well.

What I found remarkable was the direct reminder that the animal beloveds bring tremendous blessings. They too are working to create an uplifted world for all!

What a beautiful reminder that when we feel sad we can focus on our intentions, prayers & meditation on peace and that there are so many other humans and animals also focussed on this.

- Karaugh Seth



"Our prophecies are very clear that as we spiritually unfold and transformation evolves, in this next stage of our human growth and development, that we will leave behind the eating of meat. And we'll eat more berries, nuts and so forth. We know without question that one of the greatest contributors to climate change is a very, very cruel way, inhumane way we treat animals that we're using for mass eating."

- Hereditary Chief Phil Lane Jr. is a member of the Ihanktonwan Dakota and Chickasaw Nations and a vegan.



THE KINDNESS ERA

By Karaugh Seth

BOOK EXCERPT

WHAT ENERGY DO WE RADIATE?

“Human and animal beings are always broadcasting energetic information out into the cosmos. Joan Ranquet, animal communicator and founder of Communication with all Life University has shared some information about the energy that we broadcast. She explains,

‘We are always broadcasting, which means we are always sending and receiving at the same time. It’s not something we’re doing. It’s not an action verb. It’s actually what we’re being.’

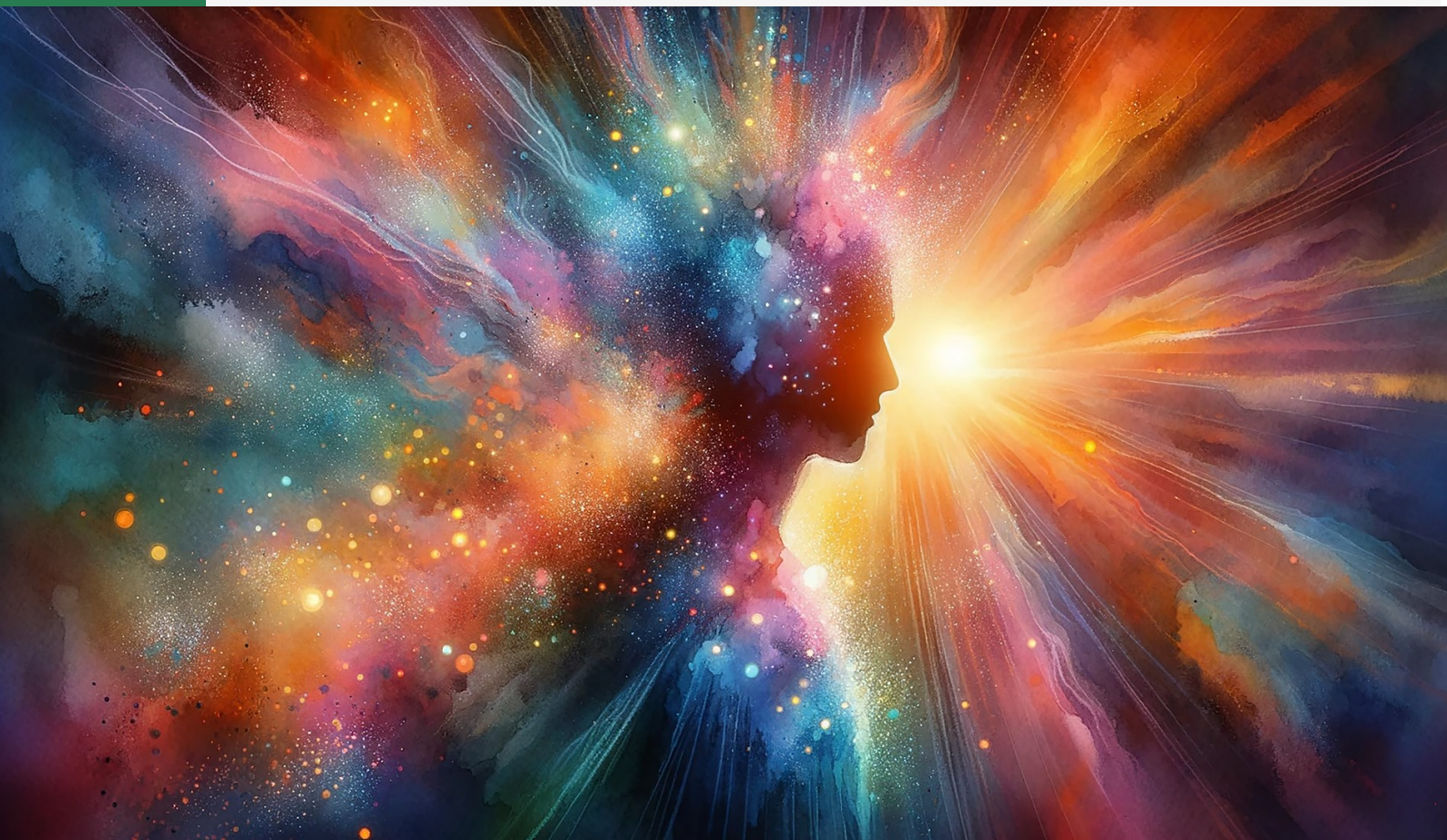
So how does eating animal products affect the type of energy that we radiate? Or how does it affect the vibrational broadcasts that we are emitting out into the world? Supreme Master Ching Hai has explained:

‘You see, eating animal flesh, meaning we are

decreasing our love in our being, from our structure, holy structure. We are born from God, we were holy, we were true children of God. But if we eat the animals, then the mixing of blood type and genetic code between human and animals makes us lose our status as the crown of creation. As pure humans, the children of God, we are under direct connection with the Light, with the mighty Master power of the commanding center of the Universe... But, as we keep putting different elements into our beings, even physically it will affect our spiritual structure as well. Because we became mix-ling, mixing structure, not pure... This mix-ling creature sends very confusing energy, confusing message into the center of the universe. It's not recognized as pure human.'

These are extremely powerful words. I've heard at least one animal communicator state that they can tell who is vegetarian or not when they are out and about in public. Some animals also have this awareness. I've also experienced this knowing that someone is vegetarian without them telling me. Perhaps this is part of why we have had these experiences of knowing – due to the energy people are emitting out into the universe that we receive on some level.

The good news is that more and more people are awakening to their



brilliant spiritual nature, and discovering how eating a plant-based diet aligns with this. Judy Carman has written these beautiful words that remind us of this...

‘Spirituality is what we feel and deeply know in our hearts and spirits, i.e., “beyond the mind.” The fact that you care about the suffering of animals, in spite of society’s pressure on you to ignore it, means you are in touch with your true heart and your true spirit. Spirituality is the unseen, but deeply felt, love that dwells in your heart. In that sense, you have truly been called by love to do what you can to help liberate animals from human violence, and you have answered the call.’

As more people awaken their loving and compassionate nature, we can collectively transform our world into a world of kindness for all. Wynter Worsthorne, an international animal communicator and founder of the Animal Talk Africa Online Academy has shared a beautiful message received from nature that resonates here:

‘...Everything can be transformed with injection of high vibrational energy, unconditional love and intention, all can be transcended into peace, love and serenity...’



So many of us long for this serene world! Many of us are adopting a vegan diet and lifestyle in order to help create a world of peace and kindness. What a healing balm this is.”

(References for quotes cited are outlined in the book that is freely available).

Download this book for free at:

www.thekindnessera.wixsite.com/book

Listen to audio book for free at:

[www.youtube.com/@karaughseth681/
playlists](http://www.youtube.com/@karaughseth681/playlists)



BOOK EXCERPT CONTINUED

Blessing of Water for Birds

"Dearest God, please bless this water with
all of your love.

Please help the birds to feel your love
as they drink and bathe.

Please help the birds to feel
welcome here and to feel my love.

Please protect them while they visit.

Thank you."





DEEP PEACE TRUST

FARM ANIMAL AND WILD HORSE SANCTUARY - A PLACE OF PEACE

Set in a NSW valley surrounded by rolling, mist-covered hills, A Place of Peace vegan animal sanctuary offers 600 acres of freedom for wild horses, cows and sheep, rescued from abuse, terror, and death.

The sanctuary is also home to a large colony of rescued formerly homeless, wild-roaming cats, as well as dogs, goats, and geese. It is

the largest animal sanctuary in Australia.

Founded and run by vegan family Billie Dean, Andrew Einspruch, and their adult daughter Tamsin, A Place of Peace began as simple kindness and compassion to animals in need.

“When friends began to comment on the palpable peace they felt

DEEP PEACE TRUST

FARM ANIMAL AND WILD HORSE SANCTUARY - A PLACE OF PEACE

when coming to our place, I started to realise that animals who felt safe radiated peace. Eventually we had hundreds of residents roaming in large paddocks as nature intended, as a huge peace generator, rippling out into the collective field,” Billie said.

“Not only did we learn so much from observing them in their natural herds and societies, but we realised how well they integrated with and supported the ecosystem and other wildlife, including wildlife

normally considered “pests.”

“Our sanctuary is a blueprint for a different kind of world. A world of peace for every species — that’s our mission and vision for the planet. Mankind has such a human-centric view of the natural world. When you leave animals to do the ‘work’ they naturally do, all kinds of magick happens.”

“There’s no question that it’s a challenge to keep it all going. There are the obvious issues, like financial concerns, as well as less-obvious matters like knowing how to heal both emotional and physical wounds, or hold space for an animal whose time has come to pass over., the long nights and days of hospice care for the sick and elderly. But despite the challenges, nothing changes the fact that the animals deserve a safe space to be. It’s our way of giving back to the



DEEP PEACE TRUST

FARM ANIMAL AND WILD HORSE SANCTUARY -

A PLACE OF PEACE

animal people kingdoms, a way of trying to help balance out centuries of human brutality, a way of making things right,” said Billie.

“Plus, they inspire us every day with our creativity, which is one of the ways we can spread the message of peace, kindness, and understanding to others.”

The other way A Place of Peace is different to other sanctuaries is that Billie is an interspecies telepath and uses her gift to both understand and meet the individual needs of the sanctuary residents.

“A beautiful cow person called Pearl, once told me as she was transitioning, that one day a Kindness Revolution would occur, and her people would be free to live as she had done here - without stress, able to live in their societies, with their families, doing the earth-keeping work they naturally do.

As she had done here - without stress, able to live in their societies,

with their families, doing the earth-keeping work they naturally do.

“The natural world is a community,” she told me.

“When humans work that out we will indeed be living in an age of enlightenment, peace and loving kindness.”

**To support A Place of Peace,
please visit:**

www.deeppeacetrust.com/donate

**To follow on Facebook -
Billie Dean Deep Peace Trust**

**To follow on You Tube:
Wild Pure Heart**

**To study with Billie:
billiedean.com**

**To support through purchasing
their creative work:
wildpureheart.com**



Billie Dean
Co-Founder of
Deep Peace Trust



We would like to feature an animal sanctuary in each journal publication. To have your sanctuary featured in an upcoming edition, please submit an article or email us:

veganacnetwork
@gmail.com.

SANCTUARY

The Spirit Stallion's Message

by Billie Dean

Interspecies Telepath and Shaman

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

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

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

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

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

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

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

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

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



The Spirit Stallion's Message Continued...

by Billie Dean

Interspecies Telepath and Shaman

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

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



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

Thank you

To all of the loving and compassionate vegans, activists, rescuers and kind souls who bear witness to the experiences of animal folk such as this. To you, the ones with shining hearts, we dedicate the following poem shared by animal communicator Kathy Landry that she "dedicated to activists, rescuers and fellow vegans."



A PRAYER OF SUPPORT FROM THE ANIMALS IN SPIRIT

“ In what seems like the darkest hours, when you were feeling distraught, sad, frayed or broken, the souls of all the animals who have ever departed Earth see you as a transcendently beautiful bloom of a rose whose head has merely bowed for a time. Gently cupping and supporting your head in their paws, hooves, wings, fins and hands, they gaze deeply into your eyes and soul until your remembrance of your own essence re-sparks. Then, stepping back but remaining close, they watch with bated breath as you rise again. And all of the universe then beholds the spectacle of your magnificent unfurling to your fullest love and your mission of life, freedom, and peace for all Earthlings.”

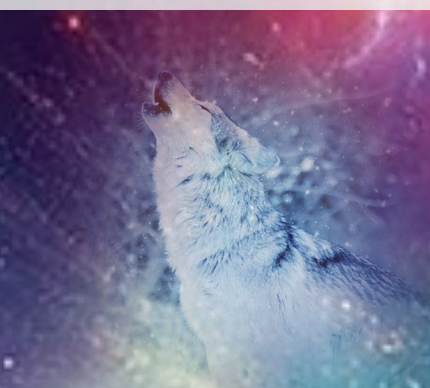
- KATHY LANDRY

Animal Communicator

[Watch Kathy recite this here](#)

(Time Stamp 1:06:22)

www.kathylandrypsychicmedium.com



Increasing our Intuition with The Brain Walk®

By Betska K-Burr



Fibonacci was a 13th century Italian mathematician who discovered a golden ratio. By adding the previous two numbers 0, 1, 1, 2, 3, 5, 8, 13, 21, 34 i.e. $1+1 = 2$. $2+1 = 3$. $3+5 = 8$ etc., Fibonacci discovered a golden ratio of 1.6180339887 that is found in flowers, in the construction of the Parthenon, in paintings, all humans and animal-people and so on. In fact, everything on this planet is made up of this golden ratio.

What does this mean? At AnimalThoughts.com we read “... *this ratio is the key to everything from the number of spirals on a sunflower head, our own limbs, encrypting computer data, and why the Mona Lisa is so pleasing to the eye. It appears to be a kind of built-in numbering system to the cosmos.*”

To me it also means that if we each have this golden ratio within us, then humans and animals are connected to each other, and CAN communicate with each other. It's simple math, really!

When our beloved puppy Rosie was passing, I heard her “speak” to me inside for the first time. She made me promise that I would continue to fight for the animals so that they could live and play with their families without fear of being tortured or killed. I was quite taken aback by how clearly I heard her.

Shortly after her passing, I woke up to hear this cacophony inside me. It was coming from whales and dolphins and other sea

creatures. They had come as this mass group! Somehow, they figured out that I could communicate with animal-people and wow they could hardly wait for me to hear their pains and joys. It was so loud I asked them to appoint one communication leader who could share their thoughts in an organized manner. I felt so honoured that they would trust me with their thoughts and ideas to help this failing planet.

Animal communicators absolutely need to have a high intuitive ability in order to “hear” the animals. Some animal communicators can only receive images from the animal. Other communicators can easily hear full sentences. We know now that the animals often communicate in images but our intuition may decode it into phrases or a full sentence.

The solution to having a high intuitive ability is to exercise the right hemisphere of the brain which then takes us into the Super-conscious or Godself of the animal in order to “hear.”

I was born left brain dominant! I rarely used my right hemisphere because I was busy using my analytical and sequencing left brain to work on projects, or to manage people. Well, I soon learned that being left brain dominant was not a good thing. I was domineering, forceful and aggressive. Would you like to work with someone who has these characteristics? Absolutely not. And animal-people also would not come near me because I ran my life with my brain and not my heart. This was due to an abusive childhood.

What is common among outstanding animal communicators is that they deeply connect to the physical and spiritual heart of animals. They do it through their intuitive ability.

Increasing our Intuition with The Brain Walk®

By Betska K-Burr

The question often asked is, “And how does one build their intuitive ability?” First, we must clean and keep cleaning the debris in our Subconscious mind. Because it is subconscious, we are unconscious or unaware of the nature of it. This debris is made up of fears, negative beliefs about self and others, family patterns that we keep repeating which includes addictions, abuse, trauma, and failed relationships. In other words, the more positive we are about life with positive beliefs and patterns, the easier it is to connect to our Superconscious, also known as Godself or Highest Creative Centers, which is the place from which we connect to the heart of the animal.

I have found that the most intuitive animal communicators have these traits:

- They regularly work at cleaning that debris out from their Subconscious.
- They meditate daily to bring more and more love and compassion to the planet.
- They are vegan (minimizing their karma by not eating animal flesh).



These intuitives can “hear” the hearts of the smallest frogs and lizards as well as ants and flies - provided all these beings want to be heard! Mosquitos seem to love their biting power and therefore refuse to chat with me! I remember when I first started communicating some of the dogs and cats refused to chat with me. I wondered if I was doing something wrong. After awhile I figured out that these beings also have different levels of consciousness just like us humans and some love to stay communicating with their own species.

I have developed 80+ methodologies for cleaning out the debris from our Subconscious Mind. We teach these methods world-wide. One method that we offer freely to the world is [The Brain Walk](#).

There are two methods at that site, The Brain Walk for Peace and The Brain Walk Value Amplification. Select The Brain Walk for Peace because in fifteen minutes or less, you will dig out a piece of “debris” that is bothering you deep down at a Subconscious level. Next you pull out a strength that is a solution to this challenge. Then, you walk The Brain Walk map, which is a map of the chakra colours, to find solutions in your SuperConscious.

Try it. I hope you love it. You are literally popping receptors on the cells in your body which may have been blocked for years by blind spots.

I have developed 8 versions of The Brain Walk. One addresses health issues, and another finds the biggest boulder on your shoulder (roadblock to your life’s success), and kicks it out. It’s an amazing experience to work with a Mind-Kinetics Coach. And as you work with this award-winning tool, you will notice the strengthening of your intuitive ability in all areas of your life.

Increasing our Intuition with The Brain Walk®

By Betska K-Burr

Yesterday as I was coaching a professional, we used a simple tool to take him into his SuperConscious for solutions to his challenge. One of the visions was of my client surrounded by dozens of peacocks. I'm sure you can imagine that the colours were quite spectacular. The peacocks were there to show him that they were protecting him from any harm in the future. When I asked him how these peacocks were a solution to his challenge, he was very clear. His Master, Lord Krishna, always wore a peacock feather in his hat! The solution to safely growing his business was to know that Lord Krishna and the peacocks were spiritually there to protect him.

I thank all animal-people of the world for loving us unconditionally, for being so much fun and for protecting us.

www.thebrainwalk.com
www.coachingandleadership.com



Betska K-Burr, known as The Guru Coach™ is the developer of the Science of Mind-Kinetics® for Coaching and Leadership.
A prolific author of many books and articles, she is a Life and Executive Coach, Trainer and Confidante to folks in 50+ countries.



“I’ve been thinking a lot about some of the distressing issues that we are facing collectively, and I think at times, we feel or we’re made to feel, that we champion different causes. But for me, I see commonality. I think whether we’re talking about gender inequality or racism or queer rights or indigenous rights or animal rights, we’re talking about the fight against injustice. We’re talking about the fight against the belief that one nation, one people, one race, one gender, or one species has the right to dominate, control, and use and exploit another with impunity.

- Joaquin Phoenix (vegan)

Photo from Wikipedia. By Harald Krichel

WE WELCOME YOUR ARTICLE SUBMISSIONS!



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

We aim to release our next publication in March, 2024. We invite submissions via email by February 16, 2024. The aim is to publish a journal edition quarterly, though this will be dependent on content. Each edition will be published when we have fitting, quality content and design.

Please email your articles to: veganacnetwork@gmail.com.

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

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

VEGAN STORYBOOKS

By Scott Reeve

As a young boy, I loved going to my Grandma's house and digging through her "box of books." My favourite happened to be Tootle, the story of a young train learning about life's lessons. One of the illustrations I absorbed myself in was of the little train jumping off the tracks and playing in a field of flowers. It conveyed such a happy, carefree feeling. Could this image I fell in love with as a kid have contributed to my sense of adventure as an adult?

Thirty years later, I decided to "jump off the tracks" and moved from Canada to Taiwan to teach English. As fate would have it, a bookstore opened near my home, containing thousands of used children's books! It was like a dream come true. One day, as I was rummaging through the shelves of books, one cover in particular took my breath away – it was Tootle! As I flipped through the pages, waves of memories filled my mind, and when I reached the page of the little train dancing in the field of flowers, I felt tears well up in my eyes. It was like meeting a long-lost friend after 40 years! This profound emotional experience made it clear to me how illustrated storybooks can stay with us for life.

When I became a children's book author, I wanted to create similar memories for young readers through vegan-centered stories and rich, vibrant illustrations. After years of writing, I also discovered that vegan storybooks allow parents and teachers to introduce "heavy" concepts in a light-hearted manner. Imaginative storylines with clever, humorous

pictures can make learning about sensitive topics easier, especially when it comes to the killing of animals. They also expand kids' emotional literacy to empathise with all sentient beings, not just humans.


After being exposed to a number of storybooks, we can start to encourage youngsters to create their own vegan stories! This will solidify their ideals even further, empower them with greater confidence, and provide a sense of contribution, especially when sharing with others.

So be sure to stock your home library with lots of vegan storybooks! They will create long-lasting Tootle-like memories for your kids, help them realise the truth about food in a fun way, and advance their compassionate creativity. Our society is in such a "spin" at the moment, a clear path focused on love and kindness is the only way out – and what better way to start kids off in that direction than vegan storybooks.

www.thekindgarden.com



The Nutrition Rainbow



The pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. By eating all the colors of the nutrition rainbow, you'll harness the power of these cancer-fighting and immune-boosting foods!

Lycopene reduces breast and prostate cancer risk; boosts heart, brain, eye, and bone health.

Beta-carotene fights cancer, reduces inflammation, supports immune system, and boosts vision.

Vitamin C and flavonoids inhibit tumor cell growth, detoxify harmful substances, boost immune system, reduce inflammation, and boost heart health.

Folate builds healthy cells and genetic material and boosts heart health.
Calcium strengthens bones, muscles, and heart health.

Indoles and lutein eliminate excess estrogen and carcinogens and support eye health.

Allyl sulfides destroy cancer cells and reduce cell division.

Anthocyanins destroy free radicals, reduce inflammation, and boost brain health.

Resveratrol may decrease estrogen production, boosts heart and brain health.

Fiber boosts digestion and weight loss, removes carcinogens.



ORANGE QUINOA

SALAD

INGREDIENTS

2 cups cooked quinoa (white)

2 oranges, peeled and chopped

Another 1/2 an orange

3 tbsp. organic raisins or sultanas

1/2 tbsp. ground cinnamon

1/2 cup almonds

METHOD

When the quinoa has cooked, allow it to sit and cool. Add the remaining ingredients. Squeeze the juice out of the half orange onto the salad. Stir well and serve!

NUTRITION INFO

Raisins and sultanas contain resveratrol which has protective effects on the cardiovascular system. Many people think that

resveratrol is only found in wine but other foods such as grapes, raisins, sultanas, blueberries, peanuts etc. contain resveratrol without any of the nasty effects of alcohol.



This recipe is adapted from the book The McDougall Program for Maximum Weight Loss by Dr McDougall. Dr McDougall is a physician, speaker & best-selling author who halts & reverses many chronic diseases in patients using a whole food plant-based (high starch) diet. His wife, Mary is the creator of thousands of low fat, oil free, vegan recipes.

SWITCH4GOOD



“What happened after I made the switch was nothing short of extraordinary. **It was kind of magical.** I wasn’t expecting it, but my performance improved drastically, and I knew there was no turning back.”

Dotsie Bausch

Olympic cyclist and founder of [Switch4Good.org](https://www.switch4good.org)

PRAY FOR WORLD VEGAN

"WHEREVER YOU ARE,
WHATEVER YOU DO, PLEASE STOP
FOR SOME MOMENTS AND PRAY
FOR WORLD VEGAN WITH US"

- SUPREME MASTER CHING HAI -

EVERY DAY

FOR 1 HOUR. STARTING AT 9PM (HONG KONG TIME)

1 AM	AUCKLAND (DST 2AM)	7 AM	MEXICO CITY (DST 8AM)
8 PM	BANGKOK	4 PM	MOSCOW
3 PM	CAIRO	6:30 PM	NEW DELHI
3 PM	CAPE TOWN	3 PM	PARIS (DST)
5 PM	DUBAI	10 AM	SÃO PAULO
9 PM	HONG KONG	12 AM	SYDNEY (DST)
1PM GMT 2PM (DST)	LONDON	10PM	TOKYO
6 AM	LOS ANGELES (DST)	9 AM	WASHINGTON DC(DST)

ARE YOU LISTED ON OUR WEBSITE?



We provide a free vegan animal communicator directory at www.veganacnetwork.com. The directory:

- Lets people know of vegan ACs whose services they might like to enlist.**
- Lets interested students find a vegan AC teacher.**
- Lets animal sanctuaries know which ACs are happy to provide free AC for their residents.**

To register your details please email:

veganacnetwork@gmail.com.



Thank you for reading!

**Please share this with a friend or
loved one to brighten their day.**

And...

Remember your inner
beauty and strength.

Let it shine!

You are valued and
appreciated.

Thank you for being a source of light
in the world.

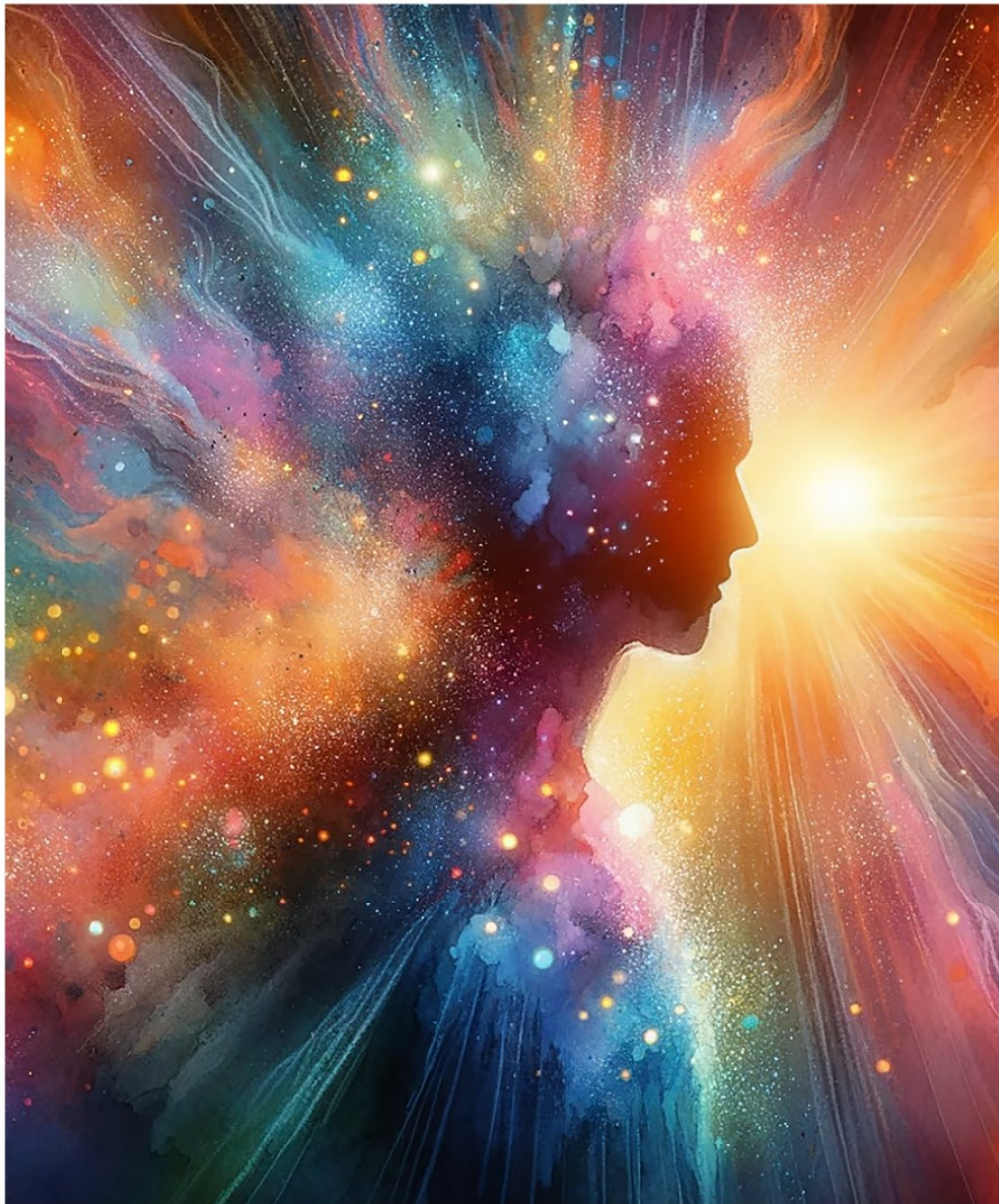
Thank you for protecting the animals.

Thank you for helping to save our
magnificent Mother Earth.

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" ... EVERYTHING CAN BE TRANSFORMED
WITH INJECTION OF HIGH
VIBRATIONAL ENERGY, UNCONDITIONAL
LOVE AND INTENTION, ALL CAN BE
TRANSCENDED INTO PEACE, LOVE AND
SERENITY ... "

SHARED BY WYNTER WORSTHORNE