









"I am the Mother. I am in the heart of the Universe. Throughout all of time, I have never suffered from such heat or exhaustion.

I have endured for the last thousand years.

Since that time, my natural connection points, my rivers, reservoirs and internal waterways across all continents have been obstructed and are full of pollution. I cannot cleanse or recuperate.

In December of 2023, I will start to rise and move and turn, sending this message out to all my children around the world.

The storms, the earthquakes, the hurricanes and the rise of the ocean will come.

If the governments, the Sultans, the princes, presidents and kings of the world do not listen and act, in two years time, only 30% of the Earth will remain."



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

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

But now I must recuperate.

There are two ways for me to heal.

The first, I could take the Law of Nature into my own hands.

This way, I will go in search of my medicine so I can cure my body, heal my energies and all that I'm suffering from.

There will be great changes upon the Earth.

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

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

Or the second way.

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

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

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



You, my children, must all be united and deliver what is

needed for your older brothers so they can do the healing where I have been injured by you, my younger ones.

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

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

I, your Mother, have given you everything.

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

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

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

This is the message that the Mother has given.

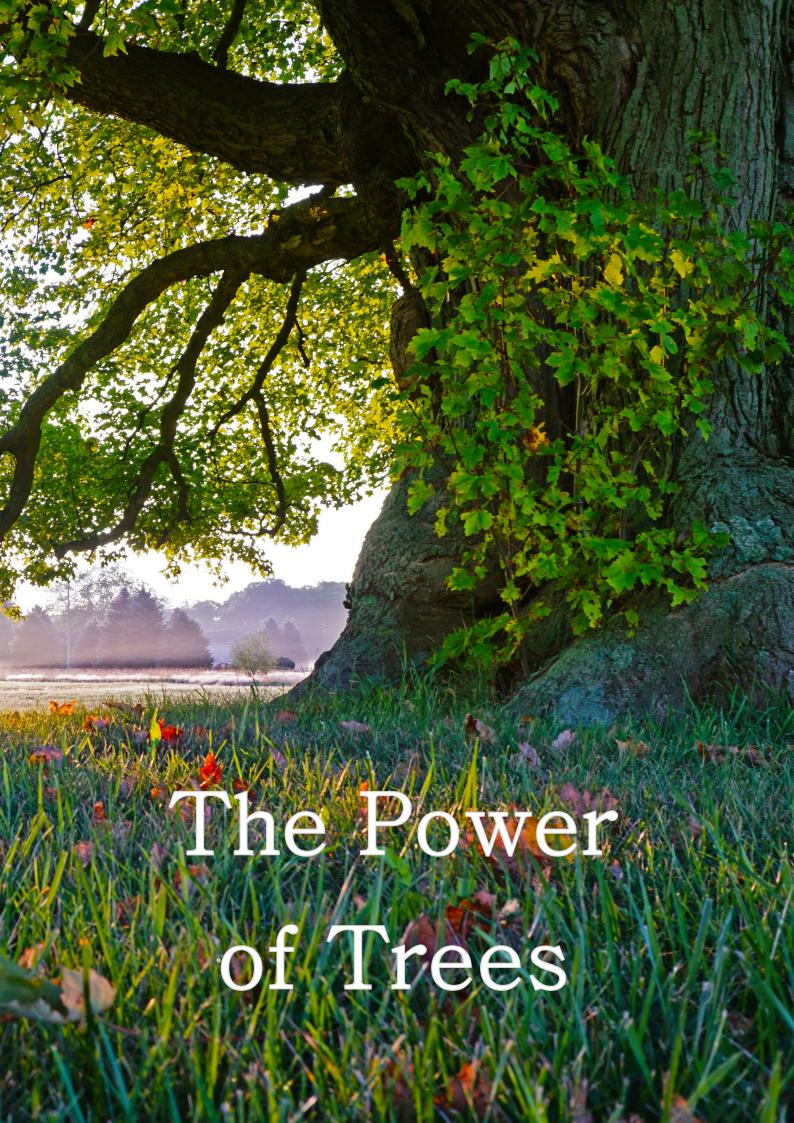
She who is in the heart of the world."

www.thefountain.earth/mother

MESSAGE FROM A WISE ELEPHANT LADY

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



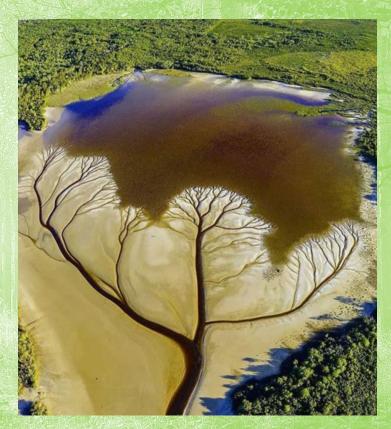


The Power of Trees

Supreme Master Ching Hai (vegan) has revealed some fascinating information about trees. She was once asked about a phenomenon of a Tree of Life design that appeared on an Australian Lake. This is what She shared,

"You see every tree, most of the trees, have some deities that live with the tree, become the spirit of the tree or the tree spirit. So, these tea trees, they have deities, and these deities are very benevolent. He is using his power, as much power as he has, to draw this tree on the lake using the oil of the tea tree. To draw it like that. You can see it's a phenomenon, it's not like a natural thing that the tea tree just oozes out the tree oil and then it becomes so perfectly drawn like a painting, in explicit detail. So this is to keep warning us."





Photographer
Derry Moroney More info here.

The Power of Trees

"The tea tree's deity draws in the water the Tree of Life to remind humans not to destroy ourselves." And I said here, "Genius idea." I praised the tree deity for the genius idea.

Of course, the Tree of Life symbolizes life, and the deity wants to remind us that we do not destroy life, because if we destroy other life, then we destroy our own life also. If we destroy trees, which give us oxygen and shade, and holding the soil together so that it will not be washed away, and so many things that the tree can do, and if we keep cutting them, just to raise the animals, and then we kill the animals as well, then our life will be at stake also. Most of the humans do not hear the trees, do not hear the deities around us who are always trying to tell us things, even animals."





To watch the talk, please click <u>here</u>
[starts at time code: 7:14]

Photography by Derry Moroney.

More info here and here.

Animal Agriculture is the Leading Cause of Deforestation

Animal agriculture is responsible for up to 91% of the Amazon rainforest destruction.

The leading causes of rainforest destruction are livestock and feed crops (crops grown to feed livestock).

Worldwide, at least 50% of grain is fed to livestock.

Up to 137 plant, animal, and insect species are lost every day due to rainforest destruction.

Land required to feed 1 person for 1 year:

Vegan: 1/6th acre

Vegetarian: 3x as much as a vegan

Meat Eater: 18x as much as a vegan.

82% of starving children live in countries where food is fed to animals, and the animals are eaten by western countries.

References Here.





Photography by Edit Szóráth of Vegan Nature.

www.vegannature.hu





The Kindness Era - Book Excerpt...

"I now bring your awareness back to the message from the rooster - the image of our world with a dingy mist/cloud/gas encircling our planet. The rooster explained:

"We need to try to avoid it. It's people's naivety. They do silly things and then that energy covers the world. It's a thick energy (here I got the image of oozing, thick slime). It's oppressive."

The rooster was clearly showing me that our everyday choices and actions can create thick, oppressive energy that smears our planet and affects us collectively. Through this book, we get a glimpse of the choices and actions that could contribute to such dense energy.

Through animal communicator Sharon Callahan, we are reminded that this could also be seen as a band of suffering:

"I feel that the entire earth is almost encapsulated in a fog or cloud of suffering that certainly includes the suffering of human beings, but more than anything, the suffering of animals that are killed by the millions every day. That energy of the suffering that they go through stays in a kind of band around

the Earth. So, if enough people became energy is to be kindness and compasvegetarian and then vegan, we would begin to dissipate that energy by simply balancing it. It hits me profoundly every night when I got to sleep that millions of animals are dying this horrendous death. In the day time you are doing other things, you can distract yourself with your work. But to me sometimes I can't sleep when I think about it. But if we change—and we must if we're going to save ourselves, it would begin to help the Earth to emit the light that she should. It would move through that band of suffering that surrounds the Earth. It would envelope it with love and forgiveness and everything would change. I mean literally that's the one thing that will save us."

It's important to remember that in our suffering we are all equal. Suffering and "doing naïve things" are really flip sides of the same coin. Naïve actions can cause tremendous collective suffering all around the world, and this reverberates into our atmosphere.

Here it's important to remember the message from the wise cat - that the way that we can attract light and positive

sion in action. The cat showed me bright, beautiful light from the universe attracted to people with bright, glowing, thick beams of light shining into people from the universe or the heavens. The cat told me that the light isn't going into everyone. She said the light went to certain people because:

"They're doing good things for the world." She explained that when there's light in people, the outer, cosmic, higher vibrational light from the universe/heavens/cosmos is attracted to the person that is doing good things in the world. The light outside is attracted to the light within."

The importance of these combined messages is clear: we can bring or attract light here, and we can also bring and create darkness. This is important for everyone to acknowledge. It is also quite humbling. 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 that is bringing so much love, protection and light to the world."

Download this book for free at: www.thekindnessera.wixsite.com/book Listen to audio book for free here.

When Love & Compassion Are Gone

This Book Excerpt from Signs of Agni Yoga Brotherhood by M. Morya (compilation by Elizabeth Meeker, 1937) is fascinating. The language used is unique, but the points are strong and undeniable that veganism protects us and our world in a very definite spiritual/psychic way...

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

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

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

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

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

There can thus be observed different kinds of people. It is possible to convince oneself particularly as to how strong atavism is (Editor: Atavism is a return of a trait or recurrence of previous behaviour after a period of absence, or the reappearance of a characteristic in an organism after several generations of absence).

The desire for food containing blood is augmented by atavism, because the many preceding generations were saturated with blood...

on the path to Brotherhood there should be no slaughterhouses.

22. Yet there are people who speak much against bloodshed but are themselves not averse to eating meat. There are many contradictions contained in man.

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

Contradiction is nothing but disorder.

Different strata have corresponding contents. But a tempest can stir up waves, and not quickly thereafter is the right current again established."

Read more here.



Message from Koko the Gorilla
"I am gorilla... I am flowers, animals.
I am nature.

Man Koko love.

Earth Koko love.

But man stupid... Stupid! Koko sorry. Koko cry. Time hurry! Fix Earth! Help Earth! Hurry! Protect

Earth... Nature see you.

Thank you."

Watch Koko sign this message to humanity <u>here</u>.





ENVIRONMENTAL NEWS

CLIMATE CHANGE GREENHOUSE GAS COVER UP EXPOSED



Animal Agriculture Responsible for 87% of world's Greenhouse Gas Emissions

A recent peer-reviewed paper in the Journal of Ecological Society states that,

"In this paper, we present the results of a Global Sensitivity Analysis (GSA) proving that animal agriculture is the leading cause of climate change, responsible for at least 87% of greenhouse gas emissions annually."

The paper states that there are more green-house gas emissions than just CO2, and declares that, "While humans have been burning fossil fuels for a little over 200 years, we have been burning down forests for animal agriculture for well over 8,000 years.

The author, Dr Sailesh Rao states, "We show that we need to transition to a global plantbased economy first and that eliminating

fossil fuel usage first will accelerate the warming of the planet. We show that the annual methane emissions from animal agriculture alone cause more incremental global warming than the annual CO2 emissions from all fossil fuel sources combined. We further show that the transition to a global plant-based economy has the potential to sequester over 2000 Giga tons (Gt) of CO2 in regenerating soils and vegetation, returning atmospheric greenhouse gas levels to the "safe zone" of under 350 parts per million (ppm) of CO2 equivalent, while restoring the biodiversity of the planet and healing its climate. This paper clearly illustrates why the scientific community, government institutions, corporations and news media, who vastly underestimate the role of animal agriculture and focus primarily on reducing fossil fuel use, need to urgently change their priorities in order to be effective."

- The paper is free to download here. -

It builds on <u>much previous research</u> showing that, <u>animal agriculture emits more pollution than all of the world's transportation</u> combined — more than all of the planes, cars, trucks, boats etc. worldwide.

News leaks by BBC and other investigators show that countries and industries lobbied to change the latest IPCC report. Brazil and Argentina - major producers of cow meat - lobbied for the report to remove all information stating that reducing meat intake is necessary for the planet's health.

ENVIRONMENTAL NEWS

CLIMATE CHANGE GREENHOUSE GAS COVER UP EXPOSED



Livestock's Long Shadow Report

As the United Nation's Livestock's Long **Shadow Report** by the IPCC outlined, "The livestock sector emerges as one of the top two or three most significant contributors to the most serious environmental problems. at every scale from local to global. The findings of this report suggest that it should be a major policy focus when dealing with problems of land degradation, climate change and air pollution, water shortage and water pollution and loss of biodiversity. Livestock's contribution to environmental problems is on a massive scale and it's potential contribution to their solution is equally large. The impact is so significant that it needs to be addressed with urgency." Since this report, even more research has been done. Here are some greenhouse gas culprits from the livestock industry...

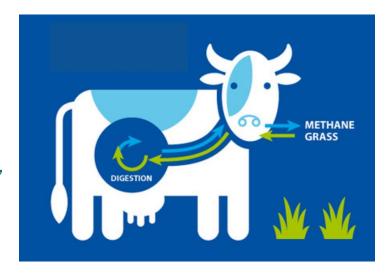
Methane (CH4)

Methane largely comes from ruminant animals (especially dairy cows and cows bred for meat). Their unique digestive systems utilize enteric fermentation, and the methane comes from their burps and manure. Other livestock animals that emit methane include sheep and pigs, also manure from birds raised for food emits methane.

Methane is very damaging because it heats the atmosphere much more than CO2:

"... methane heats the climate by 28 times more than carbon dioxide when averaged over 100 years and 84 times more when averaged over 20 years." Source.

Methane breaks down in about 12 years. Source But CO2 takes a few centuries to break down. Source This is why scientists have logically pointed out: "Emitting methane will always be worse than emitting the same quantity of carbon dioxide, no matter the time scale." Source



ENVIRONMENTAL NEWS

CLIMATE CHANGE GREENHOUSE GAS COVER UP EXPOSED

In short, methane comes largely from animal agriculture. Methane heats the atmosphere much more than CO_2 but breaks down in a much shorter time than CO_2 . When government, the media and others average greenhouse gases over 100 years, they are biasing the information that they present. This makes methane look much less destructive than it is. This leads people to dismiss animal agriculture as being the leading source of GHG emissions globally.



"Livestock is responsible for 65% of all human-related emissions of nitrous oxide – a greenhouse gas with 296 times the global warming potential of carbon dioxide, and which stays in the atmosphere for 150 years." Source.

Nitrous oxide is the result of livestock faeces, urine and runoff from manure used as fertiliser.

"Nitrous oxide (N2O) is a potent greenhouse gas (GHG) not only responsible for climate change but also contributing to the destruction of the ozone layer. Agriculture produces 90% of N2O in Ireland, mainly through application of synthetic fertilisers to land, animal excreta deposited on pasture during grazing and manure management (slurry storage and land spreading)." Source



Ammonia (NH3)

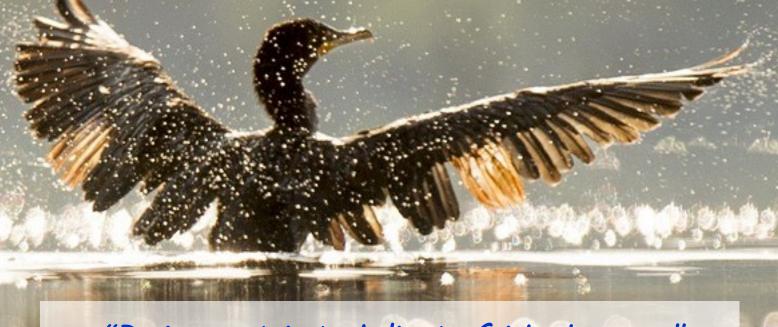
Ammonia comes from animal urine and faeces. This is spread over a large portion of land to fertilize it. Animal agriculture causes so much topsoil erosion which is what leads to the need for many fertilizers...

"We have already lost almost half of the planet's topsoil (outermost or surface-level soil) in the last 150 years. Livestock farming is responsible for more than half (55%) of global soil erosion. As the world's population grows, we need to produce more food and soil erosion affects the world's food production." Source.

"When released into the atmosphere, ammonia increases the level of air pollution as this may lead to photochemical air pollution, reduced visibility, polluting the surface waters, changes in biodiversity, acid rain, stratospheric ozone depletion, and global warming." Source.

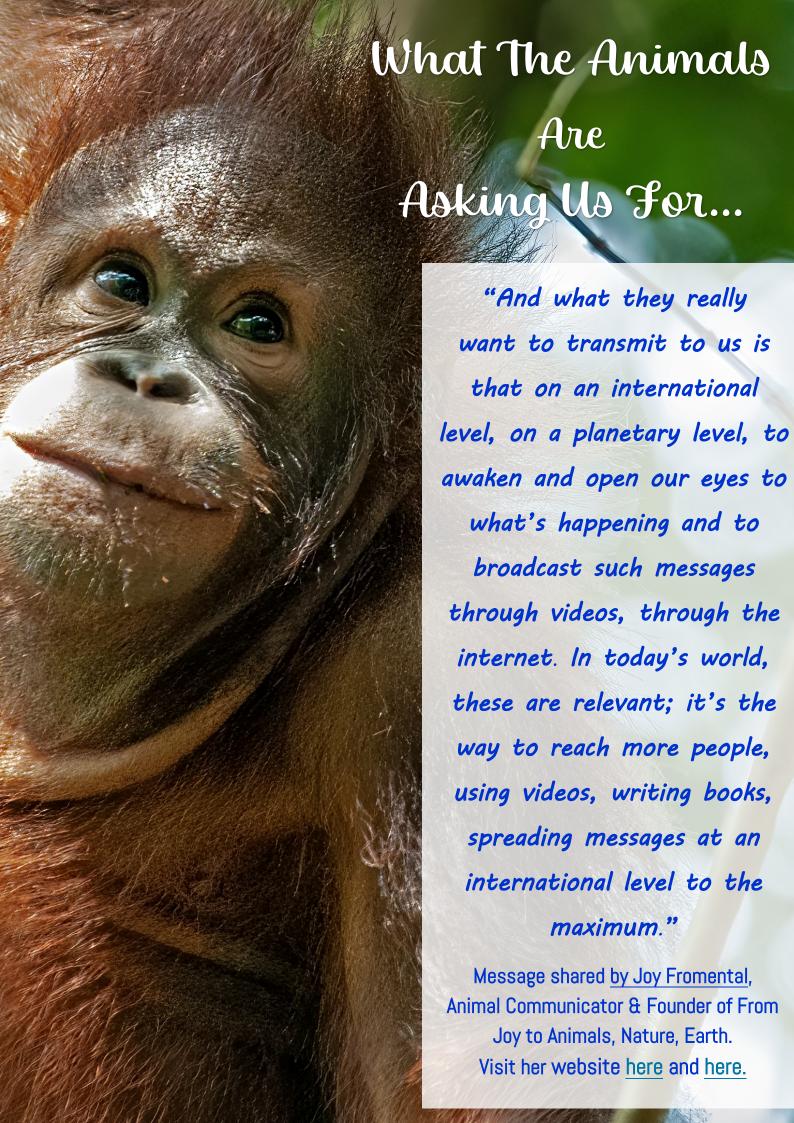
"Livestock emit almost 64% of total ammonia emissions, contributing significantly to acid rain and to acidification of ecosystems." Source.

What The Animals Are Asking Us For...



"During my trip to India, to Sri Lanka as well, to Nepal, to Thailand there is something that would often resonate from the animals — the fact that they don't ask to be saved one by one, actually, they ask us to save them generally speaking. And it's not even the word "save" that they use. They feel it is not the right term... the energy behind that word is not about being "saved," but rather of being "respected." To harmonize, all together; so what they are asking of us is that we respect the planet on a full-scale. Therefore, animals who live in the oceans, for example, tell us to stop pouring things into it..."









Indraloka Animal Sanctuary

Indraloka Animal Sanctuary is a 501(c)(3) nonprofit located in Dalton, PA, USA. Founded by Indra Lahiri, PhD, the sanctuary was largely inspired by her experience of rescuing Pigmont.

In the 1990's, Indra took part in a horse rescue when their guardian passed away. She was part of a group of rescuers who came to assist the 16 horses, and noted that Pigmont, a cross between a farm pig and a pot-bellied pig, wasn't safe on the property.

"All the other rescuers were just kind of making fun of him, calling him ugly and they weren't treating him with compassion at all. And one by one the horses left. And each time a person would come into the barn he'd kind of look up hopefully and then each time an animal left he'd be so sad. And then they started talking seriously about how one of them was going to put him into the back of his truck and take him to a livestock market where clearly – he was an elderly pig, he was going to be slaughtered. It's hard to find a companion home for a pig who is a cross-farm pig, especially when they're elderly and they've lived outside their whole life. So, I took him home with me."

Although she had a few animals at the time, Pigmont was the first pig resident, and he built a strong relationship with Indra.

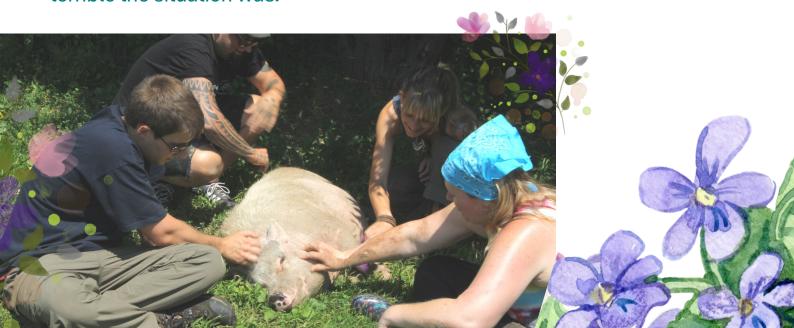
"And I used to call out to him at night from my window, I'd say goodnight Pigmont. And he'd say "grunt." And you know sometimes we'd talk. I'd say sweet dreams and he'd go, "grunt grunt." In the summer months we'd talk back and forth because the barn was close enough to the house that we could do that."

Indra decided to learn more about pigs to properly care for her new friend. She asked her vet if she could shadow him for a day to learn about them, and the vet happily agreed. But to Indra's horror, the vet had misunderstood her request and intentions, and took her to a concentrated animal feeding operation (CAFO). Indra recalls how terrible the situation was.

"So, I walked into this barn and I smelled and heard from a distance that something was not right in there, but I decided to keep quiet and keep walking to find out what was happening. So I went inside the barn. And there they all were. All these pigs with dead looks in their eyes, biting on the bars and swaying back-and-forth, and there was a lot of despair. And a lot of suffering. And nobody was talking. And they were in the dark too."

A committed vegetarian at the time, and before the days of internet searching, Indra came to understand (much to her dread) that this barbaric treatment of the sweet animals was wide spread.

And the rest, as they say, is history. "Pigs didn't have anyone. There was



nobody speaking out for them. So I shifted my focus completely to shift on farm animals. And before I knew it I had 50 animals and I was on 10 acres. And now here I am with 200 animals on 100 acres and with some miraculous blessings we have been able to save thousands of lives since then."

People are welcome to visit the sanctuary, and Indra (a dedicated vegan), and her team remind visitors that they are entering the animals' space, and must respect the animals.

"The animals decide whether to approach a visitor or not. They have the choice. I also don't want people coming into my living room and talking to me if I don't want. We have to make it very clear to them that you are entering someone's living room and you will respect their space. And if they say, 'Oh great, come on over and have a cup of tea,' good. Go do that. If they turn around and walk away, then go away."

As an organisational psychologist and trauma specialist who has developed her animal communication

(and listening!) skills, Indra has witnessed the powerful healing, peace and joy that the animals bring to people.

"Humans gain many benefits from spending time with rescued, formerly farmed animals. We have witnessed people who spend time with them recover from depression, reduce their anxiety, eliminate previous thoughts of suicide, and more, we've seen children who have never smiled before. A girl who had been in foster care for 2 years came to our summer camp. Her family had never seen her smile in 2 years. She came to us every day one summer and she smiled every day. And she went home smiling and giggling and talking about her time with the animals! It was beautiful! We had a little boy here who was bullied at school. He was terrified to go back to school. But at the end of summer camp he said, 'I have friends now.' These animals can help us heal and grow in ways that we humans can't on our own. And sometimes they don't want to interact. When that happens, they



absolutely do not have to. They make their own decisions and we respect them."

Indra is also quick to remind people that animal communication is not something inaccessible, or able to be done by a select, special few.

"It's not. It's who we are. And I think that's such a critical message for humanity because we can not be human or humane without them."

She reminds us that animals are not voiceless - they communicate well - it's up to us to listen!

She recalls a story of Selick, a pig gentleman, who had been rescued from a hoarding situation where he had been locked in with other pigs. They were starving and overcrowded and the situation had affected him.

"Selick didn't like pigs. It was a bad situation in there and he didn't like pigs. He didn't want to live with other pigs. So, he kept breaking out of the pig area... so

every morning I would go into the barn and he would be sleeping with the turkeys and the ducks. And so, I'd bring him back with the pigs and he'd just go back with the turkeys and the ducks. And then finally, he just looked at me and said clearly as you can imagine, "I don't want to live here, I want to live there." And I said, "Of course you do!" And so that was one of many lessons Selick taught us: let them make their own choices."



To support Indraloka, please visit:

www.indraloka.org

To follow on LinkedIn:

www.linkedin.com/company/indraloka-animal-sanctuary/

Connect with Indra at:

www.linkedin.com/in/indra-lahiri -6558961a4/

WE WELCOME YOUR ARTICLE SUBMISSIONS!





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

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

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

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

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

SVITCH4GOOD



"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

