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ERA

Human and Animal Perspectives

KARAUGH E. SETH

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With special thanks to:

Bea - The superb editor of this book who came along at exactly the right time! I can't express my thanks enough.

Billie Dean - Contributor

Billie Dean is an innate interspecies telepath and has used her natural gifts to help all kinds of animals the world over for over 40 years. She founded the Billie Dean Deep Peace Trust with a vision of a world of deep peace for all species, and runs the Deep Peace Sanctuary which is the largest farm animal and wild horse sanctuary in Australia, founded on the belief that all life is precious. Billie is the author of the book Secret Animal Business, and teaches students through the Billie Dean School of Wyld Shamanism.

Jane Broccoli - Contributor

Jane is an animal, nature, and spirit communicator, Polarity Wellness Educator, animal rights activist, freelance writer on the human-animal connection, author of the book, LIKE



The Kindness Era

**AN ANIMAL When Being Human is not Enough, and
founder of Talks with Pets and Animal Self-Empowerment.**

**And all of the wonderful beings whose grace and blessings
led to this book being completed with love and in gratitude.**

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Introduction

As you read through this book, at each page I invite you to remember an important message that was conveyed to me via a wise cat. It conveys the essence of this book...

The message came through as follows... I received an “Aaaaaahhhhh” sound – like the sound of the angels in movies.

The cat then explained the following:

“The energy’s being lifted up at the moment” and I felt the feeling of being pulled upwards. It felt like my heart was being tugged upwards. I saw light coming down, sort of like sunbeams but it was light. The light wasn’t everywhere, it was just coming down here and there. I asked for clarification. The cat explained that she was showing me pockets of light, radiating from the universe into and onto people. But I noticed that it wasn’t going into all people.

I asked why is it only shining into some people? The wise cat told me that they are attracting it to them. She said, “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



The Kindness Era

to the person that is doing good things in the world. The light outside is attracted to the light within.”

The wise cat then said:

“Just remember that when you are trying. Be strong. Be brave.”

With this beautiful message in mind, may we all make our light shine brighter, and in so doing attract the high-light frequencies from the universe.

With gratitude to all of the animal communicators and lightworkers in the world who are the voice of the animals, and being kindness in action for animals.



The Kindness Era



Contents

Chapter 1 - Setting the Scene: The Present Age That We Live In	7
Chapter 2 – Loving Wisdom from Animal Communicators.....	11
Chapter 3 – Spiritual Pearls of Wisdom.....	25
Chapter 4 – Physical and Energetic Biology.....	46
Chapter 5 - One Drop, Many Ripples.....	64
Chapter 6 – Animal Agriculture is a Major Cause of Human Hunger & Starvation	86
Chapter 7 – Environmental Effects of Livestock Production	94
Chapter 8 – Food Addictions: Fears and Subconscious Drivers.....	110
Chapter 9 - Consciously Navigating Food Addictions & Cravings.....	130
Chapter 10 - Plant-Based Nutrition	140
Chapter 11 – Food, Mood & Attitude.....	155
Chapter 12- Clearing Up the Clouds	171



The Kindness Era



Chapter 1 - Setting the Scene: The Present Age That We Live In

In Hinduism, it is written that the fourth world cycle (or “yuga”) is Kali Yuga. This seems to be the current cycle that we find ourselves in. According to Hinduism, this cycle leads to the destruction of the world as we know it. During a cycle as intense as this one we may find that there is an emphasis on certain actions and behaviours that can help to restore some balance.

The Kali Yuga is perceived to be a time of darkness. During this time, virtue is largely lost. People become corrupt and cruel, natural disasters occur and diseases emerge.

We find ourselves facing all of this right now.

And if we review the actions of world leaders and financial corporations, we can get a glimpse into how pervasive the corruption is.

Hindu texts (Prophecies from the Bhagavata Purana and Mahabharata) describe this time in no uncertain terms. It is written:



The Kindness Era

“When there is a predominance of cheating, lying, sloth, sleepiness, violence, depression, lamentation, bewilderment, fear and poverty, that age is Kali, the age of the mode of ignorance.”

And,

“In the Kali age, people tend to be greedy, ill-behaved and merciless, and they fight one another without good reason.”

As I write this Russia is invading the Ukraine. Afghanistan has recently been taken over by the Taliban. Covid has brought disease and devastation and has thrown many people into depression and lamentation, and evoked social anxiety in many. There is a food shortage in various countries. Many people are experiencing fear and poverty - not just in third world countries, but in war-torn countries and areas that have been ravaged by natural disasters.

Many politicians appear to be painted with the same brush. Enlightened leadership is sorely lacking. There are so many factors in our world right now that coincide with the description of the kali yuga.

Tender-hearted people of the world may not be aware of the overwhelming tragedies that are taking place because it is difficult to learn of these things, and we prefer to focus our attention on happier things. The media also decides what to show, and can grossly affect politics and the mentality of the masses for vested reasons and interests.

The Hindu writings go on to say,

“...And when men become fierce and destitute of virtue and carnivorous and addicted to intoxicating drinks, then the end part of the Kali age will come.”

- Prophecies from the Bhagavata Purana and Mahabharata

These writings seem to describe our current society. At this time in our history there seem to be so many people who are “asleep” or spiritually un-awake. There is so much suffering, so much materialism, so many mental



The Kindness Era

health issues, major religious institutions involved in unscrupulous behavior such as the rampant child sexual abuse within the Catholic church that has affected so many people in so many countries, the #metoo movement, drug smuggling and addiction, human trafficking and the cruelty inflicted on and killing of billions of animals each day around the world to satisfy human appetites and addictions.

You may wonder why this book is opening with such grim information. We need to acknowledge what is happening in the world to some extent. It isn't pleasant, but if we get a sense of what is happening, we also get a sense of the urgency that there is for positive change. We can all be a force for positivity and light within the world if we choose to be.

In doing so, we realize again why it is so important to be attracting love and light to our planet right now.

As you may know, one way that we can do this is to raise our vibrational frequency. There are various ways that we can do this. One critical way that is often overlooked is adopting a vegan diet. This helps in so many ways to bring love and light to our planet and helps each individual to become a source of hope for humans, animals and the Earth.

And the time *right now* is so vital.

Being vegan is a way that we can be kindness in action, a way to lift our vibration and attract light to us and our world.

In direct opposition to this are the human beings and animal beings who are in a state of suffering and despair. In such a state, how can one attract light and higher energy?

Humans have become disempowered as our consciousness has been quashed. We also disempower and quash the consciousness of the animals. We keep billions of the sweet animals in appalling conditions, in physical suffering, emotional anguish, mental hopelessness and spiritual darkness. How can they bring the blessings to our Earth that they were intended to bring when they are treated so abhorrently and their divine nature and intelligence are suppressed?

As Vegan Buddha Guru wrote in the online article "Vegan Kali Yuga",



The Kindness Era

“In this fallen state of consciousness of Kali Yuga, it is as if everyone is sleeping. We need to awaken to enlightenment, to liberate ourselves and others, to accept the responsibility of our Karma and to purify ourselves. This process begins with a vegan diet and lifestyle.”¹

These sentiments are shared in other spiritual lineages and traditions. For example, Chief Phil Lane Jr. of the Ihanktonwan Dakota and Chickasaw Nations in the USA has given similar insights, acknowledging this dark time that we are facing. He has said,

“... How can we come out of this deep, deep, deep hole we’re in, of darkness? The elders said this. They said: ‘The moral, the spiritual dimension of development is inescapable. You cannot build healthy communities, healthy nations, healthy families, healthy human beings, on lies and greed and selfishness. They have to be built in kindness, compassion, forgiveness, respect, justice. That’s the foundation.’”²

Chief Phil Lane Jr. has embraced a vegan diet himself, and has even spoken at the Compassion Consortium, a non-sectarian and interfaith group that offers “spiritual guidance, support, and fellowship to vegans, vegetarians, animal rights activists, animal lovers, and all humans who care about and advocate for animals and the planet.”³

Speaking of people who advocate for animals and the planet, animal communicators provide a unique perspective by passing on messages directly from the animals. Many animal communicators share Vegan Buddha Guru’s views that a vegan diet is a tremendous way to “awaken to enlightenment” and “to liberate ourselves and others.” Let’s discover the wisdom that the animal communicators share.



The Kindness Era



Chapter 2 – Loving Wisdom from Animal Communicators

Many animal communicators have embraced the compassionate, vegan diet. Many have also embraced the vegetarian diet. Let's learn a little about the reasons given for adopting such a compassionate lifestyle and how they feel this is beneficial.

The first excerpt comes from an email that an animal communicator shared with me. She explained that she sent it to an author after reading a book that she felt didn't align with her own life experiences and spiritual knowledge. Hence, she sent this email to the book author. I'm grateful for her permission to include it here as it raises some wonderful points and begins to raise the concept of predatory vs peaceful...

“... you mentioned that you eat meat to feel the animals' energy but I don't understand this concept. The other day I was admiring a beautiful white and tan butterfly when I felt my heart open up and felt tears starting to spring forward. I felt such immense blessing and heart expansion that I had an energy exchange just by admiring the butterfly. As we are all energy and take part in energy exchanges, I don't feel that we need to eat animals to feel their energy.



The Kindness Era

I think it is more likely that people are using these animal products to sustain their lower vibrations or to take a denser food into their system so that the energy of the body focuses on digestion and gives them temporary relief from stress and anxiety as the body diverts its attention to the burden of heavy food.

Focussing on predatory relationships is describing a shadow of the time that is passing, and not focusing on the light or the beauty that is emerging. Predatory relationships by their very nature bring about harsh feelings such as fear, anger and greed. For example, some birds took over a birds' nest in my backyard. Another bird broke into their nest one day and killed their un-hatched babies. The Mother and Father returned and were so angry and attacked the bird with such vengeance and anger. Animals feel fear of not being able to care for or protect their young, in addition to so much more.

And I feel that this is what the predatory relationship imbues in humans - their harshness, their feeling of fear, anger, jealousy, unworthiness, rivalry, competition. I deeply feel that humans have devolved in their eating of meat and have noticed that various religious texts and spiritual teachers have mentioned that we are, by our divine nature, herbivores.

Psionic researcher Pane Andov also talks about how eating animal DNA corrupts our own DNA. I think this is true on many levels. I have also read books about beings from other planets who also abhor meat-eating and would not consider this at all.



The Kindness Era

Not only that, animal products cause so many health problems. And the majority of animal products consumed are raised in cruel and unnatural conditions which, energetically leaves an imprint and discomfort in the person who consumes it (or fuels those harsher, base emotions such as anger, discontent, greed etc.).

I feel that if we keep eating animals, we keep the predatory vibration on Earth. Earth can't keep sustaining this for much longer. With each whale that we kill, a majestic being leaves the Earth and takes with it his/her protective vibration of love, love, love. And the same is true for cows that are killed, dolphins killed in fishing nets, cows and rabbits killed for meat etc.

We humans are predatory on so many levels. The rich want to stay rich and are too power greedy and attached to material things to share with the poorer people of the Earth. We feed so much food to livestock animals that we could be feeding to humans all over the world to keep them healthy and nourished. We are predatory in killing people who aim to make our society better such as those who have invented free energy solutions and cures for cancer. People have tried to claim that growing meat organically is environmentally friendly, but on many levels, it is actually worse for our environment and still so unsustainable.

I would like to learn more about how the more uplifting loving vibrations are replacing this and how abstaining from animal products plays a major role in this.



The Kindness Era

I have experienced disappointment at some loved ones because they eat animal products but will not look at the suffering behind it. I've felt disappointment at those same loved ones that their fear of not fitting into society by eating different meals. This fear seems to hold them back. This brings us back to the predatory vibration - the person who doesn't eat the same food in the company of others can feel fear at being shunned, or not invited, or unaccepted in various social situations. But essentially my experience of being vegan has deepened my relationship with animals, with nature, with myself, with my spirituality and increased the loving quality that I am able to share with other people. I feel that it has evoked more empathy and sympathy.

I feel that our Earth cries at all the animal suffering that is taking place and that one of the simple methods for harvesting more love and increasing our own health, vitality and positivity is to adopt a plant-based diet and move away from killing and the predatory nature that keeps the suffering, poverty and grief so entrenched in people's every-day lives..."

The sentiments are expressed beautifully here. How many times have we felt the beauty of animals, trees and nature when we reach admire them?

It's interesting to consider the predatory relationship from a karmic perspective. What we do to others comes back to us. These days many people speak of manifestation and emphasize what they want to manifest, but there is an unawareness of the not-so-positive things that we are also manifesting through actions such as meat-eating. Even in the Wiccan tradition, it's stated,



The Kindness Era

“I command thee thus, O Children of the Earth, that that which ye deem harmful unto thyself, the very same shall ye be forbidden from doing unto another, for violence and hatred give rise to the same.”

- The Book of Ways

Ultimately, the lower vibrations of meat-eating are certainly the opposite of universal love and compassion. And, as mentioned above, if we remain a part of this predatory cycle, then we keep the predatory cycle continuing. This affects millions of people all around the globe as you will learn further on in this book.

The natural world also senses the energy that we give out, and whether this energy is predatory or loving. Consider the message that the trees conveyed to interspecies animal telepath Billie Dean:

“Tree spirits are incredible and I’m honoured they are some of my greatest friends and wisest teachers. In our spiritual tradition, we always ask “what can I do for you” because it’s important to keep a relationship in balance. Being vegan is a given here, so I’ve never talked about it with them. But when I asked they said they could tell if a human still ate animal flesh, and it put them on alert. It was subtle, but they said humans’ eating meat put the whole world on alert... a tension, a shiver of fear... because it made humans a dangerous predator. Those who ate “the fruit from the tree” relaxed them, so long as they understood to share with everyone else who lived here on this living planet, Earth.”

Thank you to the trees for this precious insight and thank you to Billie Dean for conveying this information on their behalf.

Billie Dean’s book *Secret Animal Business* is very insightful to read. She also teaches through the Billie Dean School of Wyld Shamanism where students



The Kindness Era

learn to understand the ancient universal language of silence and how to connect deeply and sacredly with animals and nature through ancient wisdom.

Other people, including animal communicators around the world, have shared their stories about discovering vegetarianism and veganism. They seem to make this discovery through a love connection that allows a calling from their higher selves. This calling veers them away from the “predatory” animal diet, and towards increased love and compassion.

In an online article, an animal communicator shared that it was her beloved dog that led her to be a vegetarian. Her dog was running in a field when she smelled the scent of hamburgers cooking close to where they were. As she watched her dog, she was reminded that her dog was also “meat.” And so, this motivated her to stop eating meat altogether.

I had a similar conversation with someone who adopted the vegetarian (now vegan) diet after feeling love for his dog. He realized that eating meat was the same as eating his dog.

I remember watching a video of someone who had adopted a little piglet. They were cooking “bacon” and as some fell on the floor, and they rushed to stop the piglet from eating the “bacon.” Suddenly, they made the realization. “Bacon” was the word for pig. The same as the little piglet who was now a member of their family and who they cherished. They also adopted the compassionate vegan diet. What a profound impact this piglet has had on her human family’s lives.

These stories raise the concept of speciesism. Speciesism is “prejudice or discrimination based on species especially: discrimination against animals” and “the assumption of human superiority on which speciesism is based.”⁴

Speciesism is what makes people feel that it is ok to eat a pig or a cow but not ok to eat a dog or a cat. We can see that what separates this is love – those of us who are raised in societies and families where dogs and cats are loved and cherished would never dream of eating them. Yet for many people, animals that they are not raised to value and cherish are considered to be food. It’s not a very enlightened or fair system.

It seems that more and more people are now having similar experiences of their own where they are awakening to their loving, compassionate nature and the awareness that we are all connected.



The Kindness Era

Jane Broccolo is a long-time animal communicator who has written a great article about her journey to the vegan diet. Jane has kindly offered to share her wonderful online article with readers...

“How I Became a Happy Vegan Black Sheep

Decades ago, before I stopped eating sweet, innocent herbivores, aka, meat, little lambs, baby boy calves, teenage cows, chicken tots, and piglets and their moms and dads, I had chronic fatigue symptoms, severe thyroid and pancreatic issues, a taxed liver, and chronic bouts of anxiety and depression.

When compassion empowered me to switch to a meatless diet, my physical health morphed in less than a year into near excellent health which I still enjoyed decades later.

I realized back then, that my new meatless diet was not the sole cause of my new vitality. It was my re-awakened awareness - that my new diet inspired - of our deep connection with all animals, with all living beings. The awareness we all had as wee children, open and receptive to the wonder and joy of life.

I was moved once again to interact, commune more deeply, more specifically, with nature, be it a mouse or a tree, or a patch of clover, or you.

To this day, connecting with all life, as I did during my childhood spent mostly in nature, surrounded by animals tame and wild, is as full of wonder and compassion, if not more



The Kindness Era

so. It's as though my sensory perception sensors were recharged, as well as my awe and love of all life.

Though my growing awareness of the suffering of animals in human hands spurred me onto vegetarianism way back then, I still, until I switched to a vegan diet, suffered from getting stuck in anxiety and depression.

Not anymore. When I cut out dairy, my health made a beeline from near excellent to excellent in a few weeks.

Aside from the tranquillizers, pus and other bad stuff in dairy, there's pain...the horror the bovine mother experienced when her calf was torn from her side, the loneliness she had to endure tethered to milk machines stripping her udders raw and causing painful puss-filled infections.

No wonder I was depressed for years. I was taking in the pain of enslaved, battered cows. My psyche knew what I was doing. My conscious mind did not.

If you are still a meat and/or dairy consumer, please be aware of the reality that is a scientific fact: We are all connected, we are all one. The harm you cause to one being, you cause to your own.

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



The Kindness Era

The horror in meat and dairy alone, 'coarsing' through our brains, our hearts, every cell in our being, is enough to make anyone sick.

A well-balanced vegan diet and lifestyle does not make you sick. It makes you clear. It makes you healthy. It makes you whole.

For years now, since deepening my commitment to actively advocating the rights of animals, aside from taking my talents out of the closet and putting them into a refreshing career of communicating with them more deeply, I've been having tons of new energy.

More energy than *healthy* people half my age, I am told by those half my age. Several times a week, I hike mountains and practice hardcore power yoga.

I am a bit of a curmudgeon when it comes to the rights of animals to live as Nature intended. Every day, I 'follow my bliss' with the determination that all beings... including the planet, will get to follow theirs.

Did you know that the meat and dairy industries are the number one cause of climate change? Well, now you do: A quick easy search online will tell you [this is true](#).

Please don't just eat vegan, *be* vegan. Be a happy, healthy, and wise little black sheep. And the other sheep will follow."

Jane is an animal, nature, and spirit communicator, Polarity Wellness Educator, animal rights activist, freelance writer on the human-animal



The Kindness Era

connection, author of the book, *LIKE AN ANIMAL When Being Human is not Enough*, and founder of Talks with Pets and Animal Self-Empowerment.

Thank you, Jane, for sharing your experiences and uplifting outlook with the world. Many people report having a whole new outlook on life when they adopt a vegan lifestyle. And as your article mentions, many describe a heightened awareness of the connection we have to all of life, including our precious Earth.

Jane's article also highlights a profound benefit that animal communicators in particular may encounter. This compassionate lifestyle may help with animal communication. I remember that an animal communicator shared her story with me of why she stopped eating meat. Her spirit guides told her that it would increase her intuitive and telepathic capabilities, and hence she adopted the vegetarian diet. I'm sure that the animals and people that she's helped over the years have been very grateful for the insights that she has shared through the animal communication sessions.

With this in mind, it leads to an interesting factor to contemplate.

Is Telepathy Just One Part of the Spiritual Picture?

Animal communication via telepathy may be naturally part of us, but for many of us, we need to polish it to make it sparkle. We explain this to animal communication students and to animal communication clients. We see animal communication students become confident animal communicators. Hence, animal communication is a skill that we can learn and develop.

Our ability to communicate with animals isn't a direct reflection of our spiritual level. Being telepathic doesn't mean that our spiritual level is any higher than another person or animal's spiritual level. Being telepathic can even give the ego-fire more kindling with which to burn.

As human beings, we are programmed from birth to fit into the expectations of society. Our society isn't as spiritually evolved as other societies in the universe. We go through socialization as children. If we watch mainstream media, we are programmed by tv shows and advertisements that encourage us to follow the herd mentality and to switch off our higher, compassionate and loving nature. It takes self-work to walk in humility.



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We develop this so that we can best serve the animals by receiving and conveying their messages with purity of heart, mind and spirit. This journey may well be to become less of a “predator” on every level, right down to the most subtle of thoughts and actions, and to develop compassion, love and wisdom.

Perhaps we can get a sense of our spiritual level in various ways such as through the pure, unconditional, expansive love that we cultivate. Other measures might be our wisdom and kindness, and our ability to be of service. Telepathy without these things is a scary thought indeed. As the saying goes, “with great power comes great responsibility.” I feel that by having this honor of being able to communicate with animals, there is also the need to develop these other qualities. And the animals exemplify this for us perfectly.

By developing greater empathy, compassion, respect, love and peace, I truly believe that our spiritual level and our spiritual nature blossom even more. And these things are affected by what we eat and what we drink. A compassionate vegan lifestyle nourishes a higher spiritual level. A diet that contains meat detracts from a higher spiritual state in various ways.

A note on Spiritual & Energetic Protection

I once connected with an amazing dog who shared some wonderful messages with me. Although he had a big personality and puppyish ways, he was a committed protector. He told me that he came here to protect his person. He said, “I love her. We have a soul connection. She wanted me to come here so I did.” I let his person know this could have been on a conscious or subconscious level that she desired to have him with her.

He then sent me an image of what appeared to be a Roman warrior with a golden chest plate and a sword held in the air as if about to strike. He explained, “I am her protector energetically and physically.”

What he said further in the communication was very eye-opening. He communicated the following message to his person:

“Animals suffer a lot when you eat them.” He sent me intense feelings of dread, fear, misery, bleakness and a very knotted



The Kindness Era

stomach. He said, “That’s not fair for anyone. This needs to change and you need to change it. Don’t dismiss this. It’s powerful and it will help me protect you.”

After sharing this message with me, I then received an immense feeling of relief as though his whole body had relaxed, and I received an image of his tail wagging. This is how important this message was for him. No other message that he shared with me came with this great feeling of relief. He was asking his person to stop eating animals so that his job of protecting her would be easier for him to do. And it was an important message for him to share with her.

This raises the question of how might a plant-based diet provide some sort of energetic or spiritual protection? The wise cat that I mentioned earlier already showed me about attracting light into us by being loving and kind. But let’s explore this further.

On one hand, being plant-based provides specific benefits to our spiritual practice. Sant Rajinder Singh Ji has written,

“One of the spiritual reasons to be vegetarian is to boost one’s meditation. In meditation, if we wish to experience ourselves as soul, a vegetarian diet speeds our progress. To enter realms of light and love, we need to develop ethical virtues. We need to have the purity of heart by which we can experience the Creator. By following this diet, we develop nonviolence, love, and service to other forms of life.

Spirituality is not only concerned with our own inner development but is a way of living wherein we have love and concern for all life in creation. Spirituality involves bringing us closer to our true nature, our true Self, which is one with God... Once we realize the divinity that enlivens all forms on our planet, we will spread peace and love wherever we go.”⁵



The Kindness Era

This is written so beautifully! Many spiritual teachers and philosophers have stated that vegan diets are particularly good for meditation and for developing a more serene nature.

Albert Einstein (physicist and vegetarian) had some interesting insights to share surrounding this. He wrote,

“A human being is part of a whole, called by us the ‘Universe’ – a part limited in time and space. He experiences himself, his thoughts, and feelings, as something separated from the rest—a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty.”⁶

Again, this is so beautifully written. It’s not surprising that people have compared the vegan diet to being unplugged from *The Matrix*. People have said that the vegan diet is like taking the pill that disconnects us from the false reality, or as Albert Einstein says, “our prison.”

When we have a more expanded consciousness, we can make decisions that bring more benefits for the greater good of all – including humans, animals and our planet. We develop more wisdom, and our actions mirror this. We can put kindness into the world, which attracts kindness back to us. Supreme Master Ching Hai has said,

“Angels are real, gods and goddesses are real. The purer you are, the more angel’s protection. God does listen. The angels do listen, but we push them away with our heavy energy.

And we cannot hear well, because of our heavy energy, killing energy. Even if we don’t kill, but we eat, it’s indirect killing. And before the animals die, they suffer, they lament. So when we take in this energy we build walls around us, we



The Kindness Era

chain ourselves. Like attracts like. We should be angel-like in order to have the cooperation of the angels.”⁷

- How to Get the Most Blessings Lecture by Supreme Master Ching Hai (vegan) at the Climate Change Village, 11 December 2010 at Cancun, Mexico

I find it interesting that Albert Einstein mentioned a “prison” and that Supreme Master Ching Hai mentions that eating animal products builds a wall around us. In both cases we are closing ourselves off from achieving greater enlightenment and receiving a higher form of love and assistance.

The Essene Gospel of peace brings similar angelic images to my mind when it states,

“Love one another, for God is love, and so shall his angels know that you walk in his paths. And then shall all the angels come before your face and serve you.”⁸

As animals are fellow souls and spiritual beings, “love one another” is inclusive of them.

The Essene Gospel of Peace also mentions many times that one should avoid eating meat which attracts negativity to us. Eating meat is contrary to love. And it is emphasised that love brings protection and spiritual upliftment:

“Love, therefore, your Heavenly Father and your Earthly Mother with all your heart, and with all your spirit. And serve them, that their angels may serve you also.”⁹

When we develop our loving quality, we feel the desire to be of assistance to others. As this happens, our motives and intentions become more pure. We lift our vibration and become peaceful, compassionate, loving beings. And this attracts higher assistance to us - heavenly assistance, divine assistance, higher frequencies, higher vibrations – whatever you wish to call it.

We can truly transform our planet. By adopting a vegan diet and by being more compassionate, loving and wise, we attract positive energy and cosmic assistance to us. All of this creates more protection around us.



The Kindness Era



Chapter 3 – Spiritual Pearls of Wisdom

Spiritual teachers, enlightened Masters, Prophets, Saints, Sages, Buddhas etc. have awakened not only to their inner compassion but the realization that we are all connected. Let us now discover the rich wisdom that comes from spiritual teachers, especially regarding diet and lifestyle choices. How might these choices impact us?

The Spiritual aspect of the Vegan Diet & Lifestyle

More and more frequently, spiritual teachers and religious leaders are speaking out about the importance of the vegan diet. Interfaith leaders have called for a Plant-Based Treaty to avert a climate catastrophe. This kind way of eating also upholds many traditional spiritual and religious teachings and practices.

Lisa Levinson, co-founder of the Interfaith Vegan Coalition has stated,

“Animal agriculture is polluting our planet and is a major threat to the safety of humanity. The Interfaith Vegan Coalition represents 36 member organizations and our partner the Animal Interfaith Alliance with 17 member organizations. Together, we urge Secretary-General Guterres to honor our



The Kindness Era

cherished spiritual values by removing dirty animal agriculture from our food systems and practicing reverence for all sentient beings.”⁹

Other spiritual and religious teachers have made similar remarks, lovingly reminding us of the benefits of the plant-based diet. For example, Supreme Master Ching Hai is a renowned spiritual teacher, artist and philanthropist who advocates for (and follows) a vegan diet. She has stated that when people adopt a vegan diet,

“They will be awakening their own great, compassionate, loving, self-nature. And then their level of consciousness will rise up automatically. And they will understand more than they ever did.”¹⁰

Rabbi David Rosen shares similar views. In an interview with Jewish Eco Seminars, he stated,

“Then I became much more aware also of the cruelty involved in the transportation of animals. And other questions confronted it, if you slaughtered the animal the right way and process its food but you completely mistreated it from point A to Y, does that make it really kosher? So, there was another problem there. I also became aware of not only the treatment of animals but also the way that they are pumped full of antibiotics and hormones and that this is retained in the food chain with added toxicity. There was also cancer in the family at the time, so I became more conscious also of the health dimensions of this. All these led me to realise that I had to make a change in my lifestyle and my diet.”¹¹

Rabbi Rosen is the International Director of Interreligious Affairs of the American Jewish Committee, Former Chief Rabbi of Ireland and Honorary President of the International Council of Christians and Jews. He has embraced a vegan diet and lifestyle and encourages others to do so. In an



The Kindness Era

article entitled, “Vegan is the new kosher, rabbis worldwide declare”, he is quoted as saying,

“Today, there are important ethical reasons why the whole world should be living according to a plant-based diet. But from a Jewish perspective, there are specific particular concerns that relate to specific Jewish injunctions which are born out of the religious tradition of Jewish practice law ... that should demand that people should no longer if you like, collaborate or party to an industry which is problematic ethically, environmentally, even in terms of economic justice.”¹²

These are very insightful words that make us realize that animal agriculture undermines our ethical, moral and spiritual ideals in various ways, both individually and collectively.

Reverend Michael Beckwith, founder of the Agape International Spiritual Centre in California, and a dedicated vegan, has shared his awakening to the plant-based diet. He has shared,

“Once I had the spiritual awakening, ... my body was sensitive ... And so I remember eating some chicken, and as I took a bite from the chicken, I could feel the pain that the chicken had in dying and the life [that] the chicken had. It was all in my body. I could feel it. I put it out. I said, ‘Wow, what is this?’ And I realized I was picking up on the grief and the anxiety and the fear [of] the chicken. So I remember calling my mother. I said, ‘I’m going to be a vegetarian.’”¹³

The beloved “Earth Saint”¹⁴ Thich Nhat Hanh (1926 – 2022) gave similar, important discussions on the topic. He was a committed vegan and stated,



The Kindness Era

“We don’t want to eat eggs, and drink cow’s milk, and eat cheese anymore because raising cows and raising chickens creates a lot of suffering. If you have seen the suffering of the chicken, the suffering of the cows, you would not like to eat chicken, eat eggs, drink milk, or eat cheese anymore. It seems the system has been contaminated.

So, to be vegan is not perfect but it helps to reduce the suffering of animals.

There are films made about the suffering of animals. If you have watched these films you will see. We should eat and drink in such a way that preserves compassion in our heart.

We should consume in a way that helps to reduce the suffering of living beings and that way we can preserve compassion in our heart.

A person who does not have much compassion in his heart cannot be a happy person anymore. And that is why I think everyone has to learn how to reduce the eating of meat and the drinking of alcohol.”¹⁵

There are so many valuable messages here. In my observation and experience, I wholeheartedly agree that people without much compassion can’t truly be happy and content. I’ve observed this time and time again in the world. And I’ve experienced this myself. When I lose compassion for myself, my spiritual connection to God/The Universe/Source (whichever name you prefer) is weakened. And then my compassion for others is weakened.

Through the lens of compassion, all beings are equal. It doesn’t matter if someone is a human or an animal. It doesn’t matter if someone is rich or poor, male or female, young or old. When we truly develop compassion and integrate it every day, it is truly transformational.



The Kindness Era

What if our world was devoid of love and compassion? Much of our world, *is* currently devoid of love and compassion. That's why now, in this age of Kali Yuga, every person that can shine with enlightenment, and radiate compassion and love is a true blessing, a true treasure. And the vegan diet is an immense part of this love and compassion.

Current spiritual leaders encourage us to uplift ourselves and the planet through the vegan diet. Their encouragement mirrors the words of the ascended enlightened Spiritual Masters, Saints, Sages, Prophets and Buddhas in many ways. When we study their writings and lift ourselves higher towards their level, then we can better understand and receive their wisdom.

Let's now take a peek at the message that these Spiritual Masters have imparted for centuries. It also allows us to clarify some important misunderstandings that have circulated...

Baha'i

"Briefly, it is not only their fellow human beings that the beloved of God must treat with mercy and compassion; rather must they show forth the utmost loving-kindness to every living creature."

- Abdu'l-Baha, Writings of Abdu'l-Baha

Buddhism

"Kasyapa asked the Buddha: "Why did the Lord previously allow Bhiksus to eat the 'three pure meats' or even 'nine pure meats'?" The Buddha said, "It was so instituted following the need of the occasion, and as gradual steps in the actual segregation from eating meat."

- Shakyamuni Buddha, Nirvana Sutra



The Kindness Era

“All the saints abhorred eating blood or flesh.... Celestial beings never go near people who eat meat as their mouth always has a foul smell.... Meat is not good, meat is unclean; meat eating generates evils and destroys merits and blessings. All the saints denounce eating meat!”

- Shakyamuni Buddha, Lankavatara Sutra

“All sentient beings came from the same origin. Through myriad reincarnations, all sentient beings have been relatives of each other. How can we eat the meat of our relatives?”

- Shakyamuni Buddha, Lankavatara Sutra

“How then can those who practise great compassion feed on the flesh and blood of living beings? If bhiksus do not wear garments made of (Chinese) silk, boots of local leather and furs, and refrain from consuming milk, cream and butter, they will really be liberated from the worldly; after paying their former debts, they will not transmigrate in the three realms of existence. Why? Because by using animal products, one creates causes (which are always followed by effects), just like a man who eats cereals grown in the soil and whose feet cannot leave the ground. If a man can (control) his body and mind and thereby refrains from eating animal flesh and wearing animal products, I say he will really be liberated. This teaching of mine is that of the Buddha whereas any other is that of evil demons.”

— Prohibition Against Killing, Surangama Sutra



The Kindness Era

We see with clarity that the Buddhas have advised people to shun animal-derived “foods.” Still, some people have incorrectly stated that the Buddha ate pig’s feet. This is an unfortunate misconception. Pig’s feet is a type of truffle that is so-named due to the assistance of pigs who sniff the truffles out and help to dig them up from the ground with their feet.

I have met Buddhists who believe that eating meat is acceptable because they are not killing the animals themselves. However, the Buddhas taught that this wasn’t acceptable and explained that there are karmic repercussions associated with this.

It’s important to realize that if we eat meat, someone has to kill an animal. Consumers pay money to buy the flesh of the animal that was killed. In so doing, an exchange takes place. In paying for meat products, one is directly supporting killing.

Christianity

“Thou shalt not kill.”

- Exodus 20:13

“And God said, 'Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the earth, wherein there is breath of life, I have given every green herb for meal and it was so.”

- Genesis 1:29-30

“But flesh with the life thereof, which is the blood thereof, shall ye not eat.”

- Genesis 9:4



The Kindness Era

“Do not be among those who give themselves to wine-drinking, or among those who make themselves full with meat.”

- Proverbs 23:20

“Meats for the belly, and the belly for meats: but God shall destroy both it and them.”

- 1st Corinthians 6:13

“To what purpose is the multitude of your sacrifices unto me? saith the Lord: I am full of the burnt offerings of rams, and the fat of fed beasts; and I delight not in the blood of bullocks, or of lambs, or of he goats... And when ye spread forth your hands, I will hide mine eyes from you: yea, when ye make many prayers, I will not hear: your hands are full of innocent blood. Put away the evil of your doings from before mine eyes; cease to do evil.”

- Isaiah 1:11

“Better is a dinner of herbs where love is, than a stalled ox and hatred therewith.”

- Proverbs: 15:17, Holy Bible

I find this last quote provides a fascinating insight. It denotes a remarkable understanding that even in biblical times, spiritual communities were aware that animals experience emotions.



The Kindness Era

This example clearly highlights that an animal can and does experience hatred based on the circumstances that he/she is kept in. And not only that, spiritual people were aware of these emotions and hence tried to respect the animals with kind treatment and a vegetarian or vegan diet.

A note on the translation of Christian Texts

It appears that in many areas of the bible, the word meat has mistakenly been interposed by biblical interpreters when translating the scriptures into another language. This has resulted in inconsistencies with the messaging around eating meat. Words such as “eat” and “nourishment” have simply been translated to the word “meat.”

I have watched interviews with two different biblical translators who have confirmed these translational errors from their own direct experience of translating the bible. Passages of the original Bible were written in Aramaic which is not known to many people today, sections of the Old Testament were written in Hebrew and from there were extensively translated into Greek. Translating from one language to another can result in incorrect translations.

When translations are done by people of a different generation who have a different lifestyle, a different culture and different outlooks from the original text, this can lead to translational inconsistencies. The translation is done by people who didn't hear the direct teachings from Jesus at the time when Jesus lived. Hence, there can be a lack of context and assumptions and subconscious biases can affect the translation.

In the online article, “Vegetarianism: Supported in the Bible,” Stephen Knapp gives some examples of translational inconsistencies in The Holy Bible. He writes:

“For example, in John (4.8) it states: ‘For his disciples were gone away unto the city to buy meat.’ The word meat was taken from the Greek word trophe, which actually means nourishment. This is exactly the same case in Acts (9.19): “And when he had received meat, he was strengthened.”



The Kindness Era

When translated accurately it means that by receiving nourishment, he felt stronger.”¹⁶

His [article](#) is very well written and I encourage you to take the time to read it.

There is overwhelming evidence that the Lord Jesus came from the Essene community which was comprised of devout vegetarians. Some have said that Lord Jesus was in fact vegan. We know that He fasted (meaning abstained from eating any food at all) for significant periods during his life on Earth.

We learn a great deal about this in [The Essene Gospel of Peace](#) (a free copy is available at this link). This beautiful manuscript was found in the secret archives of the Vatican. The first version of The Essene Gospel of Peace was released to the public in 1928 by Edmond Bordeaux Székely, the individual who found the book in the Vatican.

In his book, *Cleanse & Purify Thyself*, Richard Anderson, a celebrated expert in cleansing/detoxification reveals a personal experience that he had in regards to the Essene Gospel of Peace. He holds these teachings very dear to his heart. He describes the blissful experience one night of being visited by “an angel of light.” During her visit, he asks whether the words written in the Essene Gospel of Peace were true. The angel says yes!

Confucianism

“All men have a mind which cannot bear to see the sufferings of others. The superior man, having seen the animals alive, cannot bear to see them die; having heard their dying cries, he cannot bear to eat their flesh”.

- Mencius, King Hui of Liang, Chapter 4



The Kindness Era

Cao Đài

“... The most important thing is to stop killing... because animals also have souls and understand like humans.... if we kill and eat them, then we owe them a blood debt.”

- Teachings of the Saints, About Keeping the Ten Precepts – Abstaining from Killing, Section 2

Essenes

“For I tell you truly, he who kills, kills himself, and who eats the flesh of slain beasts, eats of the body of death. For in his blood every drop of their blood turns to poison; in his breath their breath to stink; in his flesh their flesh to boils; in his bones their bones to chalk; in his bowels their bowels to decay; in his eyes their eyes to scales; in his ears their ears to waxy issue. And their death will become his death.”

- The Essene Gospel of Peace, Book 1

“Kill not, neither eat the flesh of your innocent prey, lest you become the slaves of Satan. For that is the path of sufferings, and it leads unto death. But do the will of God, that His angels may serve you on the way of life.”

- The Essene Gospel of Peace, Book 1

Hinduism

In Hinduism, animals are said to have souls. It is also believed that those souls who have had human lives reincarnate as animals under certain circumstances. This can include enlightened beings who choose an animal



The Kindness Era

incarnation to achieve certain divine goals. It also includes humans that have reincarnated as animals due to karmic circumstances where atonement needs to be carried out.

Hindu texts state:

“Those who have forsaken the killing of all; those who are helpmates to all; those who are a sanctuary to all; those men are in the way of Heaven.”

- Hitopadesa (Hindu Text)

“Ahimsa (non-violence) is the highest Dharma. Ahimsa is the best Tapas. Ahimsa is the greatest gift. Ahimsa is the highest self-control. Ahimsa is the highest sacrifice. Ahimsa is the highest power. Ahimsa is the highest friend. Ahimsa is the highest truth. Ahimsa is the highest teaching.”

- Mahabharat Shantiparva, 262.47
(Note – Ahimsa means non-harm to living things).

“The mode of living which is founded upon a total harmlessness towards all creatures is the highest morality.”

- Mahabharata, Shantiparva 262.5-6

“What is the good way? It is the path that reflects on how it may avoid killing any creature.”

- Tirukural, Verse 324



The Kindness Era

“May all beings look at me with a friendly eye. May I do likewise, and may we all look on each other with the eyes of a friend.”

- Yajur Veda 36.18

A Note from the Cows on Ahimsa

Some delightful cows had a message regarding ahimsa, especially for this book! These cows live at the Deep Peace Trust Sanctuary which was founded by Billie Dean. Billie Dean is an interspecies telepath, and the sanctuary is the largest farm animal and wild horse sanctuary in Australia. Billie kindly passed on the following message from some of the wise cows. They said:

“At the Deep Peace Trust sanctuary, our cows have shared that there would be a "Kindness Revolution". The cows have talked extensively about how their true purpose has been hidden from humans. They are, among other things, Keepers of the Earth Wisdoms. They are not food. They get very upset when they think they are considered food. The Kindness Revolution is the spiritual vegan movement. When humans start seeing them and other animals for their sacred selves, and respect them and their precious lives, the world will change dramatically.

They also wanted me to express just how terrible it was when their children are taken away. It causes them so much pain, anguish and grief. And they were incredibly grateful to be able to keep their last children here in the sanctuary, that made them so happy.



The Kindness Era

They also wanted me to share about the Hindu concept of Ahimsa. This is a practice of “non-injury” in thought, word or deed to all beings. The cows remind us that what we do to others, we do to ourselves because we are all connected. Thoughts, words and deeds ripple not just on our 3D earth but into other dimensions and realities. Likewise, when we live sacredly, honouring all beings with reverence, that also ripples. And it is healing to ourselves.”

Cows have been considered sacred beings in India for so many generations. Lord Krishna was a cow herder as a child. Lord Krishna has been called by other names including Govinda and Gopala which means “friend and protector of cows.” Cows have always been of such service to humankind including ploughing our fields in times past, thus helping us to grow vegetable crops for our survival. Cows are high-level spiritual beings with spiritual levels higher than that of many humans.¹⁷ They deserve our respect and our love.

Islam

“Allah will not give mercy to anyone, except those who give mercy to other creatures.”

- Prophet Muhammad (May Peace Be Upon Him), Hadith

“Do not allow your stomachs to become graveyards of animals!”

- Prophet Muhammad (May Peace Be Upon Him), Hadith

“There is not an animal on the earth, nor a flying creature on two wings, but they are people like unto you.”

- Qur'an, Al-An`am 6:38



The Kindness Era

“Whoever is kind to all creatures of God is kind to himself.”

- Prophet Mohammed (May Peace Be Upon Him), Hadith

“Treat others as you would be treated. What you like not for yourself, dispense not to others.”

- Abdullah Ansari, Islamic Sufi text

“Seest thou not that it is Allah Whose praise all beings in the heavens and on earth do celebrate, and the birds of the air with wings outspread? Each one knows its own mode of prayer and praise, and Allah knows well all that they do.”

- Qur'an Sura Al-Nour, 41

“A good deed done to an animal is as meritorious as done to a human being, while an act of cruelty to an animal is as bad as an act of cruelty to a human being.”

- Prophet Mohammed (May Peace Be Upon Him), Hadith

“All creatures are like a family of God: and He loves the most those who are the most beneficent to His family.”

- Prophet Mohammed (May Peace Be Upon Him), Hadith

“Allah will not give mercy to anyone, except those who give mercy to other creatures. Where there is an abundance of vegetables, a host of angels will descend on that place.”

- Prophet Mohammed (May Peace Be Upon Him), Hadith



The Kindness Era

“At one time The Rasul of Allah said to his cousin 'Ali, "O 'Ali, you should not eat meat. If you eat meat for forty days, those qualities will come within you. Those actions will come within you. Their blood will come within you. Their qualities and their actions will come within you. Because of that, your human qualities will change, your compassionate qualities will change, the essence of your body will change. O 'Ali, you should not eat meat or flesh. You have to diminish that. Do not eat that."

- Muhammad Raheem Bawa Muhaiyaddeen, Islamic Sufi saint
Author of the book *God, His Prophets and His Children*

Quranic Medicine

The Quran is the holy book of Islam. It is interesting to note that the esteemed Professor Jamshid Khodadi, after extensive study of the Quran, founded “Quranic Medicine.” He teaches that health can be achieved through following a plant-based diet and that this is the preferred diet.

Professor Jamshid Khodadi has said,

“If we examine the Sura Al Rum (30), verse 30 in the Qur’an, we find an interesting point where God says that human nature is vegetarian. At the end of the verse, it says: “... though most men do not realize it.” Sadly, the majority of people do not understand this nature. Last year in the earthquake in China, many people died. And those surviving noted that in the earthquake area, there were many frogs. And 24 hours before the earthquake, the frogs migrated and left that area; 24 hours after the quake the frogs returned.



The Kindness Era

The question is: how come animals but not humans, know the coming of such disasters? One of the reasons is stated in Sura Al Rum (30), verse 30, that the majority of people do not know their nature and they do not choose a diet based on their nature. And sadly, their only hope is to wait to see what the public media are saying. So, when we return to our true nature and our true self, our Godly nature, accept God's path, we will indeed become one with the entire Creation and we will know all the possible disasters which might put our lives in danger, before they occur.”¹⁸

Animal communicators can definitely relate to this. There are many known examples around the world of animals trying to save humans before catastrophic events. There are examples of animals fleeing before natural disasters occur, including elephants trying to put people onto their backs to rescue them. Animals who are in tune with nature have also told animal communicators about impending environmental catastrophes.

It's no wonder that Professor Jamshid Khodadi has said,

“And people who follow the Path of the Truth and use plant-based food, they will realize many unknowns of the universe. Nowadays, we see that those who seek the Truth, most definitely use plant-based food. And we note that if we use plant-based food, we find affinity with the entire creation.”¹⁸

Jainism

“Therefore, neither does he [a sage] cause violence to others nor does he make others do so.”

- Acharanga Sutra 5.101-2.



The Kindness Era

“A man should wander about treating all creatures as he himself would be treated.”

- Sutrakritanga 1.11.33

“One should not injure, subjugate, enslave, torture, or kill any animal, living being, organism, or sentient being. This doctrine of nonviolence is immaculate, immutable, and eternal. Just as suffering is painful to you, in the same way it is painful, disquieting, and terrifying to all animals, living beings, organisms, and sentient beings.”

- Acharanga Sutra 4.25-26

“Have benevolence towards all living beings.”

- Tattvartha Sutra 7.11

“This is the quintessence of wisdom; not to kill anything. All breathing, existing, living sentient creatures should not be slain, nor treated with violence, nor abused, nor tormented, nor driven away. This is the pure unchangeable Law. Therefore, cease to injure living things.”

- Sutrakritanga 1.11.10-16

Judaism

“Then the Lord God said, "It is not good for the man to be alone. I will make a helper who is like him." So the Lord God



The Kindness Era

formed out of the ground each wild animal and each bird of the sky, and brought each to the man to see what he would call it.”

- Genesis 2:18-19, Talmud and Christian Old Testament

“What is hateful to you, do not do to others.”

- Talmud, Shabbat 31d

“I will make a covenant on behalf of Israel with the wild beasts, the birds of the air, and the things that creep on the hearths, that all living creatures may lie down without living in fear.”

- Hosea, 2:18, Talmud

This last excerpt really touches the heart. I’m sure that many readers will connect with it, as it speaks to the heartfelt desire within our hearts and souls – that all animals will be able to live a life with no fear, especially from humankind. Many of us long for such a harmonious world.

Sikhism

“You say that the one lord is in all, so why do you kill chickens?”

- Guru Granth Sahib, 1350

“Those mortals who consume marijuana, flesh and wine - no matter what pilgrimages, fasts and rituals they follow, they will all go to hell.”



The Kindness Era

- Guru Granth Sahib, 1377

“You eat hunted meat, but which animal is willing to have their head cut?”

- Guru Granth Sahib, 1374

“You kill living beings, and call it a righteous action. Tell me, brother, what would you call an unrighteous action? You call yourself the most excellent sage; then who would you call a butcher?”

- Guru Granth Sahib, 1103

“Just as clothes stained with blood become impure, one cannot have pure consciousness when one consumes blood and flesh of other beings.”

- Guru Nanak Dev, Guru Granth Sahib, 140

Tibetan Buddhism

“The offerings to the deities of meat obtained by killing animate beings is like offering a mother the flesh of her own child, and this is a grievous failure.”

- The Supreme Path Of Discipleship: The Precepts Of The Gurus, The Thirteen Grievous Failures, Great Guru Gampopa



The Kindness Era

The Message Has Been the Same for Centuries

In reading these excerpts, we realize that a plant-based or vegan lifestyle is not something new or “new age”. It’s what Spiritual Masters have encouraged us to do for centuries. The enlightened ones for centuries have told us that the way of compassion, love and good karma is to refrain from eating meat. Perhaps if we had followed this advice our world would be a much better place.

These messages have come from those who have an enormous reservoir of love and compassion. They have lovingly shared these words, often risking their own lives against the cruel and violent oppression of their times, to tell the truth, so that humans, animals and the Earth may be uplifted. I give gratitude for these enlightened teachings of the spiritual Masters past, present and future.



The Kindness Era



Chapter 4 – Physical and Energetic Biology

I've heard it said, "give an apple and a bunny to a baby and watch to see which one he eats." So, what is "natural" for us to eat? Why do we eat what we do and crave the foods that we crave?

Let's look at this from a few different perspectives starting with our human bodies. Many Doctors, Medical Specialists and Natural Health practitioners acknowledge that humans are herbivores based on our bodies and how they function.

So, let's take a look at our anatomy and physiology to gain an understanding of why so many health experts believe that we are herbivores.

Our Mouths:

Human Jaws: Human jaws move up and down and from side to side, and the muscles of our mouth that allow us to do this are different to those of carnivores. These movements allow us to chew fruits, vegetables and plant matter effectively. In comparison, the jaws of carnivorous animals move upwards and downwards. Our mouths don't open up very



The Kindness Era

wide, and our jaws don't open at a wide angle. In comparison, carnivores have a larger mouth opening and their jaws do open up to a wide-angle.

Teeth: Our "canine" teeth are not really canines when compared to other animals. They don't protrude outside of the mouth and they aren't sharp like canine teeth found in carnivorous animals. Our back molars are flat. This indicates that we are herbivores as these teeth help us to grind down plant matter to eat.

Enzymes: Our mouth also has a digestive enzyme called amylase. This helps us to digest carbohydrates. But carnivores do not have this enzyme present.

Taste Buds: It has also been pointed out that humans have different receptors on the tongue as compared to carnivores. Carnivores are observed to enjoy eating raw meat while humans season meats with herbs, spices, salt, sauce etc. Humans usually cook meat and can become very ill if they don't.

Human Nails:

Human nails are comparatively short and soft compared to carnivorous animals that have strong, sharp claws.

Human Digestive System:

Stomach: The volume of our stomach and the pH level of our stomach acid is very different to carnivores. We have a smaller stomach (less than half the size of carnivores) and our stomach acid is considered to be only moderately acidic. This mirrors our behavior as we eat smaller, more frequent meals than carnivores. Carnivores may quickly eat large amounts of food in one sitting. Hence, they have a larger stomach capacity and can more quickly digest food in their stomach. Their stronger stomach acid is also necessary to kill the bacteria that they are ingesting, especially because flesh begins to putrefy when an animal has died.

This difference in stomach pH levels is an important one. Humans are not designed to eat raw meat. Our stomach acid does not break down dangerous bacteria the way that carnivorous animals do. The World Health Organization has stated that bacterial contamination of meat is a real



The Kindness Era

problem. Raw meat contains certain types of bacteria including pathogenic bacteria which can cause severe illness. When an animal is slaughtered, the salmonella within his/her intestines often contaminates the meat. Meat is a reservoir for bacterial growth, and some of these bacteria are not easily destroyed. The pathogenic bacteria *Clostridium perfringens* is an example of a bacteria that is not easily destroyed at normal cooking temperatures.¹⁹

Researchers have also linked *E.coli* bacteria from preparing and eating chicken to urinary tract infections. Chicken is very commonly contaminated with fecal bacteria (that is - bacteria from pooh). Bacteria have been found on chopping boards and kitchen surfaces where people prepare chicken flesh, even after cleaning with hot water and detergent. Even after bleaching surfaces and equipment, researchers found that *Campylobacter* and *Salmonella* could still be found in the kitchens of those who prepared and ate chicken.

So how is this linked to urinary tract infections? In those people who prepare the chicken or touch surfaces that are contaminated with *E.coli*, the *E.coli* on their fingers then infects them when they wipe themselves after toileting. The *E.coli* has been traced “from the slaughterhouse to the meat, to the urine specimens obtained from infected women.”²⁰ Scary stuff.

And, of course, we humans can become contaminated with parasites that are found in raw meat and seafood including sushi. Some parasite infections can lead to death, such as infection by the tapeworm from pigs which can infect and damage our brain and nervous system.²¹ It can take years for this to become apparent, so in the meantime, people will quite often not know that they are infected. This is similar to mad cow disease in as much as infection by cow prions can take decades to show its symptoms of infection.²²

Intestines: Humans have quite long intestinal tracts. Our intestines are about 10 times our body length! As food transits through the intestines, it is broken down even more, and nutrients are absorbed. Fibre helps to feed the beneficial bacteria in our digestive tracts and this helps to keep our bowel movements regular. Meat contains no fibre, and is linked to bowel cancer.²³ Constipation in humans can lead to many health problems that can affect various systems of the body. However, carnivores have a



The Kindness Era

markedly shorter intestinal tract than us herbivores so that the meat is eliminated faster from their body to avoid it putrefying in the intestines.

Other Considerations:

- We do not produce our own vitamin C. We need to obtain this important nutrient from our diet. We know from history that people have died of scurvy. But carnivorous animals do make vitamin C.
- Humans develop heart disease, but wild carnivorous animals virtually never develop this.²⁴ Why is this relevant? Because heart disease is mainly due to diet. In humans, consuming animal products is the leading cause of heart disease. Our bodies are telling us that they can't cope with eating animal products day after day and year after year. To quote Dr Caldwell Esselstyn,

“Coronary disease has no building blocks from the plant-based diet. Meat, cheese, milk, butter, ice cream, eggs, fried foods, oils, and margarine are the lethal atherosclerotic lynchpins.”²⁵

Coronary artery disease is the number 1 cause of death in adults in America. But leading cardiologists and doctors unequivocally say that it forms because of the animal products in our diet (along with oils and margarine). A low-fat wholefood plant-based diet is the only diet that has been scientifically shown to both prevent and reverse heart disease.²⁶

It's important to note that our human bodies make all the cholesterol that we need. We do not need to eat anything that has cholesterol in it. No plant foods contain cholesterol - this is only found in animal-derived foods. All of this indicates that we are herbivores by nature.

For those who would like more in-depth information on the differences between human herbivores and carnivorous animals, I encourage you to look up writing done by Dr Milton Mills. His work on “The Comparative



The Kindness Era

Anatomy of Eating” is much more in-depth and scientific than the general outline given here.²⁷

What about the Doctrine of Signatures and our Food?

If we look to nature to guide us about the food that we eat and how each food may benefit us, the doctrine of signatures is interesting to contemplate. The doctrine of signatures elucidates which benefit is present in various foods – in particular fruits, vegetables and herbs. Keen observation is made to decipher clues including how the foods look and grow. It is thought that Paracelsus (1493 – 1541) is responsible for making this theory broadly known. This perspective offers us a unique way of understanding and appreciating food.

Consider the walnut as an example of the doctrine of signatures. A walnut looks like the human brain encased in its skull. From a doctrine of signatures perspective, walnuts were thus regarded as being helpful for the head. And researchers have backed this up. For example, a study in the *Journal of Nutrition* wrote, “English walnuts (*Juglans regia* L.) are rich in numerous phytochemicals, including high amounts of polyunsaturated fatty acids, and offer potential benefits to brain health.” The paper also states that walnuts help to lower brain cell inflammation, improve signalling between brain cells and help new brain cells to form.²⁸

Another example to consider is carrots. When sliced, carrots look like an eye. It turns out that carrots contain the carotenoids called lutein, zeaxanthin and beta-carotene. Studies have shown that people with the eye condition of age-related macular degeneration have low levels of lutein and zeaxanthin.²⁹ And the carotenoids lutein, zeaxanthin and beta-carotene are beneficial for their eyesight.

It’s no surprise that herbalists have also used the doctrine of signatures to gain more insights into herbs. For example, the herb meadow saffron (*Colchicum autumnale*) has roots that look like swollen toes. And this herb is used to treat gout, a painful condition where the big toe becomes inflamed.

When we consider the doctrine of signatures, it’s also interesting to consider the process of photosynthesis. Plants essentially use light to create their own energy. Chloroplast cells in leaves contain chlorophyll that

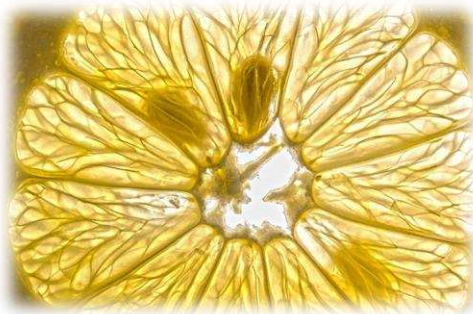


The Kindness Era

absorbs the energy from the sun. Through the process of photosynthesis, water is broken down into oxygen and hydrogen. From a doctrine of signatures perspective, this speaks volumes.

The plants are using a high vibration energy as fuel. Sunlight is emitted from a high-level spiritual being - the sun – and through utilizing this high vibrational energy, the plants grow.

By growing, their very existence helps humans. How? Because they put oxygen into our atmosphere which is essential for us to stay alive. Consider for a moment that without trees and plants, we wouldn't be able to survive on Earth. Even at this simplistic level, we can see that plants and trees, by virtue of what they are and what they do, are in loving service to us in many ways. Each day that they exist they bring blessings.



Dr Gabriel Cousens, Founder and Director of the Tree of Life Foundation and its Tree of Life Center in the USA, has given some key insights into light within food. His insights are multifaceted because, in addition to being a medical doctor, he also studied psychiatry, Ayurvedic medicine, holistic medicine and has obtained a Doctor in Divinity.³⁰ In a Tree of Life Foundation newsletter Dr Cousens stated:

“Our health and consciousness depends on our ability to attract, store, and conduct electron energy through eating foods with a high solar electron content. This is essential for the energizing and regulation of all life forces. The greater our store of light energy, the more energy is available for healing and the maintenance of optimal health. Light is our umbilical link to the universe.”³¹



The Kindness Era

Such poetic words. We also have some other insights about the light within raw fruits and vegetables. Some people can see light radiating from raw fruit and vegetables with their own eyes. Other people rely on methods such as Kirlian photography which shows radiant raw fruits and vegetables emanating light. This comes back to Dr Cousen's comment that "light is our umbilical link to the universe."

As mentioned, the Doctrine of Signatures applies to food such as fruits, vegetables, plants, herbs and trees. But nowadays people also consider meat to be food. So, let's take a moment now to look at meat and animal products through this lens of keen observation to decipher how it may impact us if we eat it.

If we look at the standard agricultural system of today, many young animals are conceived and born under unnatural circumstances, in unnatural environments, and often separated from their mother at a very tender age. Take bobby calves for example. They are separated from their mother hours after birth, sent to slaughter at 5 days old, or slaughtered for veal at 3 months old.³²

This is a time of incredible emotional turmoil for the mother and her baby. Mums cry out for their babies and try to physically prevent them from being taken away. Bobby calves are largely confined to small pens where they receive no physical contact with the other calves. They are often kept malnourished so that their flesh will stay a light pink colour due to anaemia. In large operations the pen comprises of a tiny fenced area and tiny shelter with the calves still exposed to the elements. Calves stand in the mud and their own excrement all day. They shiver in the cold. Some do not survive in the rainy, cold weather and can get stuck in the mud. They don't have the warm body of other calves or their mum to warm them. At a young age they are sent to slaughter where they witness other calves killed in front of them before they themselves are killed.

The question becomes, what energetic signature are we taking on if we eat veal? Looking at the short, lonely life of a bobby cow gives us insights into the energetic signatures that we would take on if we consumed them.

An interesting consideration when we think about food in this way is the topic of eggs. Vegans avoid eggs for many reasons that directly relate to the poor treatment of the hens and chicks. These birds are often considered to be the most mistreated of any animal on our planet due the extensive



The Kindness Era

suffering that they endure, and the overwhelming number of chickens involved.

For hundreds of years, vegetarians around the world have also avoided eggs due to the teachings of the Ascended Masters. Supreme Master Ching Hai has given an insight into why past and present Spiritual Masters have advised people to avoid eggs. She has stated,

“Eggs contain half of the life, and then they unite together and become a chicken. This is the first reason why we should not eat eggs. Now some eggs are unfertilized, but still they contain half of the life in them.

The second reason is that chickens they eat all kinds of worms with bacteria and disease. So when we eat them, the eggs are not that pure – not good for our delicate system. The more we practice, the more we become very sensitive. It's dirty.

The third reason is that all the black magicians, witches, they use eggs to attract so-called dead souls, controlled souls. If we eat them, we also attract these souls to ourselves. So we add more negative nature to our own beings. It's not very helpful for spiritual progress, so we don't eat eggs.”³³

- From “Practicing Makes The World More Civilized” News 55, Media Reports Spoken by Supreme Master Ching Hai (vegan) at Columbia University, New York, USA, November 3, 1989 (originally in English).

I was curious about this, so I did some deeper research. Part of this involved me reaching out to a hen for her perspective. This particular hen lived on a sanctuary. On the topic of humans eating eggs, she said,

“It's unnatural. It's out of the natural order. It isn't following the evolvment plan that is laid out for humans. There are other ways to nourish the body. The way we nourish the



The Kindness Era

body needs to be in sync with nature and the world. We have to nourish our mind. We need to learn, we need to have wisdom, we need to nourish the heart. If these aren't nourished ... we won't be able to get the nourishment from the food."

People who like to consume eggs but wish to cease doing so may benefit from having their vitamin D level checked and obtaining vitamin D from a more compassionate source such as algae-derived, vegan supplements or from the sun.

Once we study the pitiful lives of factory farmed animals and intensively farmed land and ocean animals, we realize that the energy that we take in if we eat their flesh and by-products is the opposite of nourishing us. This is for many reasons, including the torment and suffering that animals experience when they are raised for consumption.

Listening with an open heart

People who listen to nature with an open heart may receive profound insights. For example, Julia Graves, author of *The Language of Plants A Guide to the Doctrine of Signatures*, states:

"As a child, I just knew which plant to pick up and hold to my head for a headache to go away. Once I heard about the concept of a 'doctrine of signatures,' I would just stand silently, in awe of nature talking to me, talking and talking in her silent, direct speech. The book of nature seemed so obviously spelled out, and in oddest contrast to what I learned in medical school. My professors seemed never to have heard of nature being vibrant and alive and brimming with patterns of energy that are right there for us to understand..."³⁴



The Kindness Era

This sounds very similar to the process of animal communication. And if we listen with an open heart to the messages that all animals convey, we inevitably receive messages from animals that express displeasure with being regarded as food, as well as messages of how animals would like to be treated. The hen mentioned above also expressed the following:

“We all have different personalities. We have needs, just like humans. People need to know how deeply we feel, and how aware we are (here I felt the extended consciousness of this beautiful chicken). We need to live our lives naturally. We need to create bonds, we need to be able to spread our love into the world.

Anyone listening, look at us hens like any other animal. Look at us with kind eyes and a kind heart. See the human in us. See those aspects of you in us. And then you will see. Then you will treat us kindly...

Kindness isn't a philosophy. You do kindness with your actions. Every action can be fuelled by kindness and love. We just need to tap into that and then radiate it outwards. And we need to reflect because if we don't look within, we will be blind.”

She also said,

“We are dignified. We carry ourselves with dignity. And when we can't do that, we just wither.”

The animals say that they want to be treated with love and respect. The animals say that they have feelings. They don't want to suffer. Yet this is exactly what happens when they are regarded as food. To borrow the words of Julia Graves, animals are also “vibrant and alive and brimming with patterns of energy that are right there for us to understand...”



The Kindness Era

This is important to acknowledge. As human beings and animal communicators, if the information that an animal shares is too overwhelming for us – even at a subconscious level (that is, a level that we aren't even aware of), we can block it out. We might also do this by not being able to peek behind the curtain to learn about what animals endure before ending up on the dinner plate. Hence, we will miss messages around a certain topic when the animals wish to communicate about it.

In some circumstances, it can also be like having a conversation with a friend who doesn't want to discuss a particular topic. We can sense from others when they don't want to speak about a certain topic by their body language, their tone of voice, their lack of interest in the topic, their lack of focus, and perhaps even their avoidance. And when we sense this, we will often not raise that topic in conversation, but stick to other subjects that are more mutually acceptable.

It's the same with animals. The animals that we converse with know us very quickly and very deeply. Many of us have received personal messages from animals when we connect with them for the first time, even when they have never previously met us! And so, the animals can also sense whether we are open to receiving such information or not. If not, the animals can also avoid raising the subject of meat-eating with us if we are sending those avoidance signals. This partly explains why some animal communicators might not have received such information pertaining to the animal's suffering.

Animals also speak amongst themselves, and animal communicators describe how animals have discussed many concerning facets of being intended for food. This includes their fear of being slaughtered and their worry for their loved ones who are being raised for meat consumption or for their by-products.

You may wonder what happens physically when animals are feeling emotions such as sadness, fear, worry and helplessness. Did you know that in addition to experiencing these overwhelming emotions, the cells of the body also record them?

Body Cells Record Emotional Information

Cells have receptors that can grant access to allow substances to enter the cell. Or they can deny access to substances and prevent them from entering



The Kindness Era

the cell. The receptors like gatekeepers. People have also described cell receptors as being similar to a lock and a key. The cell receptor is the lock, and specific substances with the right “key” can gain entry into the cell. A substance can then bind with cells and cause changes in the cell’s activities. Hormones are an example of a substances that enters into the cells and cause changes in their activity.

The late Dr Candace Pert, a neuroscientist, discovered the brain’s opiate receptors and did a lot of research into understanding the role of cell receptors. She wrote the book *Molecules of Emotion* which gave fascinating insights into cells and the way that they function.

In the book, *Molecules of Emotion*, Dr Pert wrote,

“A feeling sparked in our mind or body will translate as a peptide being released somewhere. [Organs, tissues, skin, muscle and endocrine glands], they all have peptide receptors on them and can access and store emotional information. This means the emotional memory is stored in many places in the body, not just (or even primarily) in the brain. You can access emotional memory anywhere in the peptide/receptor network, in any number of ways.”³⁵

Ultimately, Dr Pert concluded that:

“The body and mind are not separate.”

If we pause to think about it, I’m sure that we will realize how much sense this makes. Many of us know this through working with people and animals and even our personal experiences. Bodyworkers such as massage therapists are taught that when massaging someone there may be a release of emotions. This occurs when an area storing emotional trauma is massaged, as the emotions may be released. Yoga instructors are also aware of this and acknowledge that during yoga poses people can experience a release of emotions.

We store trauma in our bodies. And those who work with animals and do bodywork and animal communication with animals know that they also



The Kindness Era

store trauma and suffering in their bodies. And these energetic imbalances can cause ill-health.

When we understand this, we then understand that when people say they don't want to eat animals because they don't want the animal's suffering in their body, they are correct. Perhaps you understood how this occurred from an energetic perspective, but through Dr Pert's work, we have been given an understanding of how this occurs physically - through emotional information stored at the cellular level.

Through ingesting meat (which is comprised of cells) we take the cellular memories of the animal being into our own body.

We also have the centuries-old traditional Chinese medicine (TCM) stating that intense emotions cause blockages within the body's energy systems. We know that this is the same for animals – animal communicators will often relay this understanding. Animals in particular often respond extremely well to acupuncture, acupressure and herbal TCM treatment.

In TCM, it is said that we have meridians that run through our bodies:

“According to Chinese medical theory, energy flows through our body through a network of “roads” [that are] almost like a highway system. Stress, anger, or any intense emotion acts like a traffic jam, blocking the free flow of energy in the body

...”³⁶

Again, this is stored/trapped emotion. In the case of animals, the emotion has been experienced due to suffering and trauma. And this has effects on a physical and energetic level. Just like us.

So, what about people who say that specific organs of an animal's body are “good for us to eat?” If we look at TCM, there has always been an understanding that particular emotions are associated with and affect particular organs. Broadly speaking, these emotions are regarded to be either positive or negative. For example, in broad terms, excessive anger and irritability are thought to affect the liver and are associated with many various types of dis-ease. A liver imbalance can also lead to grumpy moods.



The Kindness Era

The different unpleasant emotions and their corresponding organs in TCM are outlined below...

Organ	Emotions
Kidneys	Fear
Bladder	Fear
Liver	Anger, resentment
Gallbladder	Anger, resentment
Heart	Hatred, injustice
Small intestine	Hatred, injustice
Stomach	Anxiety
Pancreas	Anxiety

This information is important to consider because there are people who promote eating animal organs for health reasons. But if we are consuming animal organs, what emotional/vibrational residues are we putting into our body/mind? And how does this affect us? How does it affect our mood? How does it affect us spiritually? How does it affect our capacity for compassion and kindness?

Ultimately, for most animals who become food, their lives are full of unnecessary suffering. They experience grief, despair, worry, fear, anxiety, despondence and anger. This is stored in their bodies energetically and on a cellular level. If we ingest this, we are affected in various ways.

An Amazing Organ – the Heart

When we consider the heart more deeply, we discover an amazing reservoir of stored information. Scientists have discovered that we actually have neurons within our hearts that are similar to those in our brains. Neurons are special cells that help to send signals in the brain. They can pass on chemical and electrical signals. It is thought that neurons have several functions, for example, some store memories.

So, imagine the surprise when scientists found that the heart contains neurons! Neurons are said to “fire” when they transmit their signals. And it is now believed that the heart neurons fire in synchronicity with the brain! Amazing. So, the heart and brain are connected in a very special way.



The Kindness Era



Studies have shown that the heart reacts to intense emotions, particularly anger and grief. The heart also responds to positive emotions such as joy. David Malone, a researcher who has created the film *Of Hearts and Minds* has said,

“It is our heart working in tandem with our brain that allows us to feel for others... It is ultimately what makes us human...

Compassion is the heart’s gift to the rational mind.”³⁷

It’s not too surprising then to learn of stories from heart transplant who experience dramatic changes following heart transplants. The stories they share describe personality changes after receiving a heart transplant – changes that mirror their donor. Researchers state that these changes “included changes in food, music, art, sexual, recreational, and career preferences, as well as specific instances of perceptions of names and sensory experiences related to the donors.”³⁸ Wow!

As I read about this topic over the years, I came across some fascinating stories that recipients shared. One man received the heart of a young man who had loved playing the violin. After the heart transplant, he would sit for hours listening to classical music. Another story involved a little boy who received the heart of another little boy who had passed away. The families of the recipient and the donor arranged to meet. What happened when they met was amazing – the little boy ran straight to the donor’s mother to hug her. He had never met her before, but he said that it was the donor (the deceased little boy whose heart was now beating in this little boy’s chest) that made him run to her.

Another story conveyed that the donor had been a committed and passionate vegan. She would not allow people to bring meat into her house. The recipient of her heart also became vegan. On the flip side, another story involves a woman who received a heart transplant and then began to have strange new cravings for beer and Kentucky Fried Chicken.



The Kindness Era

She made some enquiries and learned that her donor had been an 18-year-old male who had loved eating these foods.³⁹

These transplant stories are examples of how taking a different heart into one's body presents new "information" that is received which can influence the personality of the recipient. These are in people who receive live organs which are connected to their body, so the effect is much more obvious. Yet people may be eating heart tissue (and brain tissue) from animals when they eat sausages⁴⁰ or pies⁴¹ for example.

When eating meat and animal-derived ingredients, we experience these energetic burdens that can affect us physically, mentally (even subconsciously), emotionally and spiritually without many of us being aware of what is happening.

What Energy do We Radiate?

Human and animal beings are always broadcasting energetic information out into the world. 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."⁴²

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



The Kindness Era

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."

- Excerpt from a speech by Supreme Master Ching Hai (vegan). Stated at the World Premiere of "The Real Love: The Musical" in Pasadena, CA, USA on 27 August, 2011.

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 and 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



The Kindness Era

liberate animals from human violence, and you have answered the call.”⁴³

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...”⁴⁴

So many of us long for a 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.



The Kindness Era



Chapter 5 - One Drop, Many Ripples...

We Are All Connected

“The cows remind us that what we do to others, we do to ourselves because we are all connected. Thoughts, words and deeds ripple not just on our 3D earth but into other dimensions and realities. Likewise, when we live sacredly, honouring all beings with reverence, that also ripples. And it is healing to ourselves.”

- Billie Dean, telepathic animal communicator and founder of the Billie Dean Deep Peace Sanctuary Trust

Pause for a moment to consider this. You are one person, but how many people and beings are you connected to? How many people and beings are affected by you?

Those who you are most connected with may include the immediate family, spouse, children, animal-family members, the trees and plants in the garden.



The Kindness Era

Then there is the extended family, close friends, the in-laws, grandparents, cousins, aunts and uncles.

Then there are the people that you interact with through work, if you are an animal communicator there are clients (both people and animal people), people you chat with at the farmer's markets on the weekend, the person at the library who loans you the books, the other children at your kid's school, the sensei at your local dojo or the yoga teacher, the barista at the coffee shop etc.

We are not a single drop alone. We are like a teeny drop in a vast ocean. We are surrounded by many others and energetically in connection with each other. And so, we also affect one another.

When we truly send love out to all, our circle of compassion and love is very wide and inclusive. Yet for many people, including so many "animal lovers", their circle of compassion and love seems to end when an animal is deemed as food or livestock. But as energetic beings, we are also connected to these animals that are destined for slaughter.

And we are also connected to those beings who raise and slaughter the animals. Are you aware of the immense challenges, danger, physical suffering, mental and emotional suffering and other problems that people working in slaughterhouses and meatpacking companies endure? And did you know that many do not want to be doing this work?

Why is this relevant you might ask?

As souls on a spiritual path, we have a calling to search for the truth. Most people don't know how these slaughterhouse workers and meatpackers are affected. And because they too are like a drop in a vast ocean, many people are unaware of the people and animals around these workers who also suffer.

If our societies are to change in a meaningful way, if we are to achieve peace within communities, between countries and globally, we need to acknowledge and understand this. It affects us more than one realizes.

The animals give us insights into how this affects us on a profound level. A very in-tune rooster shared the following message with me. I received the image of the world with a sort of dingy mist/cloud/gas around it. And this dingy energy encircled our planet.



The Kindness Era

I received the explanation,

“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 showing me that collectively, our everyday choices and actions have created a thick, oppressive energy that smears our planet and affects us all. Many people are not yet aware of this.

This was such a powerful message to receive.

Another animal communicator has shared similar insights. Sharon Callahan, animal communicator and Founder of Anafloa Flower Essences, has shared,

“I feel that the entire earth is almost encapsulated in a fog or cloud of suffering that certainly includes the suffering of human beings, but more than anything, the suffering of animals that are killed by the millions every day. That energy of the suffering that they go through stays in a kind of band around the Earth. So, if enough people became vegetarian and then vegan, we would begin to dissipate that energy by simply balancing it.”⁴⁵

Sharon’s insights reveal that the suffering “band” around our planet is comprised of the suffering of humans and animals. Suffering and “doing naïve things” are often flip sides of the same coin.

And many people are naïve about the tremendous suffering that slaughterhouse workers, meat packers and livestock animals endure.

With this in mind, let’s look at how a single slaughterhouse worker can impact those around him/her.



The Kindness Era

To put this into perspective you must know that *over 55 billion animals from the land and ocean are killed each year to feed American consumers alone.*

According to the Animal Kill Clock, this is 271 land animals killed each second, and 16,234 animals killed each minute.

If we include ocean animals, then the Animal Kill Clock estimates that 1,758 animals are killed each second and 105,480 animals are killed each minute.⁴⁶ And this is only in the United States. Imagine how high these numbers are on a global scale.

So how many slaughterhouse workers are there? And who are these workers? In the USA:

“Today, more than 500,000 people work in meat slaughtering and processing. In 2018 their average annual salary was \$28,450, just above the federal poverty line for a family of four. Slaughterhouse employees are predominantly people of color and immigrants. Nearly 30% of slaughterhouse workers were born outside the United States and many are undocumented.”⁴⁷

Migrants and refugees also make up a portion of slaughterhouse workers in Australia⁴⁸ and I suspect this may be the case in other countries. Imagine escaping from war, political oppression or religious persecution to have to face these deplorable working conditions in your new country. How would you feel if, because of your poor language skills, you were forced to take such a terrible job to try to support yourself and your family? Simply heartbreaking.

Animal slaughtering is clearly not a highly sought-after career. People don't actively pursue a career as a slaughterer or meatpacker. People don't go to college with these career aspirations in mind. And for good reasons. So how are these workers and the people around them affected?



The Kindness Era

Physical Health

Meatpacking is a very dangerous job. According to the Food Chain Workers Alliance, 65% of meat processing and meatpacking workers have been injured at work. Injuries can include slips and falls, cuts on sharp knives and saws, pulled muscles and more.

Celeste Monforton, a Professorial Lecturer at the Milken Institute of Public Health wanted to understand the nature of the injuries in these workers. She requested information so that she could learn about the injuries that were experienced. When she was finally granted access to the information, she wrote an article describing the Tyson Food employees and the injuries that they sustained. The following is some of the information that she reported.

Although the information didn't include all the Tyson foods facilities, Celeste found that from January 1, 2015, to September 30, 2015, the employer had reported:

- 34 injuries that required hospitalization:
- 17 of these injuries were amputations (Celeste points out that this averages out at over 1 amputation per month)
- During this time a worker lost both hands⁴⁹

These are not minor injuries. These include dramatic, life-altering and life-threatening injuries. And remember this isn't the full number of injuries because Celeste was only given figures for a portion of the facilities.

For each of these people, how do their injuries affect them? It can affect their overall life, their ability to earn an income, their mental health, and their relationships with their families.

Can you imagine being a double hand amputee? You would need to figure out how to do everything again – eating, wiping yourself after going to the toilet, getting dressed. Every single aspect of your life would be forever changed. You might feel as though you have lost your dignity. Imagine the humiliation that the person must feel at having to be reliant on someone else for practically everything until he/she manages to find a way to cope and adapt?

And the reason that people are placed into these dangerous jobs, is because people buy meat. If nobody was to buy meat, nobody would have



The Kindness Era

to slaughter and pack it. It's really that simple. The meat that people buy is not only tainted with the suffering of the animal, but also the suffering of the people who slaughter and pack it. If we buy meat, these are the horrendous conditions that we are supporting.

And there are other dangers and health hazards. A Health Hazard Evaluation Report (2015) found that 76% of workers in a chicken processing plant had an abnormal nerve conduction test result in at least one hand.⁵⁰

The slaughter process can be quite dangerous too. The methods used to render animals unconscious before their demise very often don't work. Professor Timothy Pachirat went undercover at an abattoir in the USA. He stated,

"Sometimes the power, angle or location of the steel bolt is insufficient to render the cow unconscious, and it will bleed profusely and thrash about wildly while the knocker tries to shoot it again..."⁵¹

Cows are large, strong animals. In this desperate state, they can easily injure someone.

Professor Pachirat went on to write a book about his experience and observations, called Every Twelve Seconds. His book tells the story of working in a slaughterhouse where one cow was killed every 12 seconds. The back cover of his book states,

"Through his vivid narrative and ethnographic approach, Pachirat brings to life massive, routine killing from the perspective of those who take part in it. He shows how surveillance and sequestration operate within the slaughterhouse and in its interactions with the community at large. He also considers how society is organized to distance and hide uncomfortable realities from view."⁵²

We must also remember that death is a reality for these workers. For example, an abattoir worker in Queensland, Australia died due to broken machinery in the slaughterhouse.⁵³



The Kindness Era

Animal farmers or “livestock producers” can also face death as a consequence of their work. An example is three brothers who became trapped in manure pits on their farm. Manure pits are massive pits that hold animal feces. They produce dangerous gas such as methane, ammonia and carbon monoxide.

It was reported that the brothers were trapped in the manure pit, were later found unconscious (presumably they had been overcome by the toxic fumes), and were later pronounced dead.⁵⁴

And this isn't a one-off freak occurrence. Deaths due to fume intoxication from manure pits happen every year in the United States. One news article states how a young man, only 16 years of age, encountered the fate of dying due to a manure pit.⁵⁵

I invite you to pause for a moment here and remember the ripples in the pond. This 16-year-old was one drop in the water, the ripples are all those people who loved him and had to endure the heartbreak of losing him. Especially at such a young age. This grief would affect his friends, family community and extended family. Imagine it was you who lost your son or brother or cousin or best friend. How would you feel?

Would you like your loved one to work in a slaughterhouse or as a meatpacker or around a manure pit?

Would you want to do this work?

If the answer is no, then why would we want anyone else to have to take part in this horror? As long as people consume meat, there will always be someone who has to slaughter it. The act of raising and slaughtering animals drops the vibration of so many people. It lowers their spiritual level. It earns bad karma. If we pay for meat, we are voting with our money to keep systematized cruelty, killing, danger and suffering to humans and animals within our societies. We are all connected. If we are supporting it, we too share in some of this bad karma.

If we pause for a moment and think back to our spiritual views and our gift of being able to communicate with animals, I am reminded of several teachings.

In the Bible, it states,



The Kindness Era

“So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.”

– Matthew 7:12

Many of us would never choose to work under such soul-destroying, dangerous conditions. So how can we expect others to do this when we wouldn't do it ourselves?

In the Buddhist teachings, there are 5 guidelines for ethical living.

The first precept is to abstain from killing. It is a vow to abstain from taking life.⁵⁶ Killing humans and animals is clearly against this Buddhist precept.

The second precept is to abstain from taking what is not given. From a spiritual perspective, the lives of animals are not given to us to take. Animals who are facing slaughter protest their deaths. They are not giving permission for their lives to be taken. An onlooker doesn't need to have the precious gift of animal communication to see this.

Some people have argued that if we were on a deserted island and starving, with no food in sight, what would we do if an animal came and offered themselves to us to eat? This is a very unlikely scenario. But if it did happen, animals love us so unconditionally that there may be an animal who does offer himself or herself so that a starving human may continue to live.

But 99.9% of the time this is not what happens. The lives of animals are violently stolen. If an animal were to offer themselves so that a starving human may live this is only an indication of how precious they are, and how deeply and unconditionally they love. Their love is a blessing and their existence on Earth is a blessing.

In Buddhism it is also stated that,

“All tremble at violence; life is dear to all.

Putting oneself in the place of another,

one should not kill nor cause another to kill.

One who, while himself seeking happiness,



The Kindness Era

oppresses with violence other beings

who also desire happiness,

will not attain happiness hereafter.”

- The Dhammapada. Chapter 10, verses 130, 131

There is no need to kill animals for food. Killing animals lowers our spiritual level and attracts negative energy. We have so many other foods to nourish us. We are blessed with the ability to store food. We are blessed with refrigerators and freezers to keep our food fresh so that it may nourish us for longer periods of time. We have technology that helps us to farm. We need to be grateful for the blessings that we have been given, instead of taking lives that are not ours to take.

Psychological Suffering

We’ve now developed an understanding of the physical dangers of meatpacking and animal slaughtering. Can you imagine going to work each day in a stressful environment where you know that one wrong move could mean hospitalization and amputation? This makes me anxious just thinking about it. We all have days when we are less focused and days when we are more tired. But people still need to go to work even when they aren’t feeling their best. And the risk of injury would increase on those days. So, the threat of injury is a psychological toll in and of itself.

Slaughterhouse workers have also stated that their employers often do not treat them with respect, and have reported verbal abuse from employers. On top of all of this, they are even more degraded. An Oxfam report shows that chicken processing workers were denied bathroom breaks so they had to resort to wearing diapers (nappies).⁵⁷

Slaughterhouses breed a culture and cycle of violence, degradation and suffering for workers and animals that continues over and over again. There is quite a bit of research that outlines the psychological suffering of slaughterhouse workers and the impact of this on the community at large. Researchers have identified the following as areas of concern:



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Deliberate Cruel Treatment of Animals

Slaughterhouse workers have often reported deliberate cruelty that they have inflicted on animals both at work and outside of work. Their ability to empathise with animals decreases. Intentional acts of cruelty at work occur very often.

The explicit descriptions that workers have shared are too harsh for kind-hearted readers, so to sum up I will say that workers torture animals in various ways and that sexual violence toward the animals also occurs. This violence even extends to former racehorses. Undercover investigations in Australia show that these discarded horses experience intentional cruelty at the hands of abattoir workers before their death.⁵⁸

Workers aren't paid to inflict additional cruelty onto the defenceless animals, but the job affects them to such an extent that there are psychological imbalances that occur.

Specific Aggressive Outlooks

Researchers have found a concerning combination of behaviors and outlooks in slaughterhouse workers. These are aggression plus negative attitudes toward animals plus less empathy toward humans.⁵⁹

To me, this is a terrifying combination. It feels like a ticking bomb that could go off at any moment, with potential violence directed at humans and animals.

High Levels of Aggression and Violence

I think the following quote from a slaughterhouse worker gives more than enough insight into this:

“Down in the blood pit they say that the smell of blood makes you aggressive. And it does. You get an attitude that if that hog kicks at me, I'm going to get even. You're already going to kill the hog, but that's not enough. It has to suffer.”⁶⁰



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Nightmares

Many slaughterhouse workers report having nightmares. As a former slaughterhouse worker has written,

“As I spent day after day in that large, windowless box, my chest felt increasingly heavy and a grey fog descended over me. At night, my mind would taunt me with nightmares, replaying some of the horrors I'd witnessed throughout the day.”⁶¹

Another online article states,

‘A worker at a chicken plant said one of his colleagues was “hailed off to the mental hospital” after he “kept having nightmares that chickens were after him.”’⁶²

On a practical level, we know that we process the day's events while we sleep. But on another level, dreams can be so much more. They can be reflections of energetic occurrences, a way to repay karmic debt and even spiritual experiences. I have heard spiritual teachers speak about the souls of the animals and how they surround slaughterhouse workers after their death.

I also recall a story that was told by someone about their childhood. This person lived in a rural setting and didn't eat meat very often. But when she did, she would dream about the animal and what the animal endured. She asked her parents where meat came from, but as a child, her parents wouldn't tell her. Her dreams told her where meat came from though.

An empathetic, vegan person has described her own experience that is similar to this. Although she is a vegan, when cleaning out the house and cupboards she got tired of catching large cockroaches and putting them outside. So, she sucked them up with the vacuum cleaner to make the task quicker. Over the next few days, she could faintly see small dark energy balls around her, and she felt jumpy and anxious. She said that she realized



The Kindness Era

that the souls of those cockroaches had stayed within her auric field for a while and that emotionally she felt it.

This story relays the experience of a sensitive person who killed a small number of small insects. If she experienced this, imagine how killing large animals in large numbers can affect someone spiritually, especially when the animals are killed in such terrifying circumstances. I shudder to think.

Drug and Alcohol Abuse

The following quote captures the essence of this problem:

“[a] lot of [the slaughterhouse hog killers] have problems with alcohol. They have to drink, they have no other way of dealing with killing live, kicking animals all day long.” ⁶³

Drugs including methamphetamines are also used as a coping mechanism.⁶⁴

Sadly, I have read an interview with a halal slaughterhouse worker who says that it's the same in halal slaughterhouses. In this case, it is particularly sad because the Islam religion does not condone drinking alcohol.⁶⁵ The person interviewed stated clearly that drug and alcohol use was common in the halal slaughterhouse with workers showing up drunk or high to cope with the merciless work.

A slaughterhouse worker featured in the “Slaughterhouse Workers Reveal All” video by Million Dollar Vegan says,

“Some of the workers and the coordinators sell drugs to other workers. As far as I know, the management has no idea that this is happening.”⁶⁶

Researchers have found that severe anxiety is experienced in slaughterhouse workers.⁶⁷ It is understandable why they experience this, and how one may turn to drugs and alcohol to attempt to suppress this.

Animal activist Susana Chavez worked as a chicken slaughterer in Mexico at the tender age of 15 years old. She recalls that:



The Kindness Era

“My boss and co-workers resorted to drugs and alcohol consumption after their shifts. My boss’s wife hid her black eyes behind dark sunglasses. We all directed our attention away from her plight: The abuse she was facing at the hands of someone who was supposed to care for her – the same way we had to ignore the animals we were charged with killing. If compassion were a muscle, this work we did left it weak and atrophied.”⁶⁸

Post-Traumatic Stress Disorder (PTSD)

Dr Chi-Chi Obuaya (a psychiatrist) has compared the situation of slaughterhouse workers to child soldiers who are forced to do the unthinkable under war conditions.⁶⁹ However, I think the term PITS (below) seems to capture the overall psychological suffering even more accurately.

Perpetration-Induced Traumatic Stress (PITS)

This is like PTSD but it occurs because the person was the one who inflicted the trauma or created the suffering. People with PITS can have psychological disturbances including depression, paranoia, anxiety, dissociation (detaching from reality) and amnesia (loss of memory). People suffering from PITS may also use drugs and alcohol as a coping mechanism.⁷⁰

Suicidality

A person can only withstand so much suffering. There are reports of suicidal thoughts from slaughterhouse workers who are surrounded by death each working day.⁶¹ One worker recalls how a man he worked with did kill himself.⁷¹



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Psychological Tolls of Life-Long Physical Injuries

As you are aware, slaughterhouse workers and meatpackers experience a high level of injuries. They often work in cold, dangerous environments, work breaks can be denied, and meatpackers experience a lot of repetitive strain injuries.⁷² It has been said that turnover in chicken plants can be as high as 100% in just one year. This speaks volumes. A quote from the Oxfam America website states:

"The meat and poultry industry still has one of the highest rates of injury and illness of any industry.

- The US Government Accountability Office"⁷³

Slaughter-House Workers & Crime

It has been found by various researchers that slaughterhouse workers have an increase in overall crime, especially in violent crimes and sexual crimes. Amy Fitzgerald, a criminology professor at the University of Windsor in Canada has said that slaughterhouse workers become "desensitized."⁷⁴

One slaughterhouse worker has openly stated to a researcher,

"My attitude was, it's only an animal. Kill it. Sometimes I looked at people that way, too. I've had ideas of hanging my foreman upside down on the line and sticking him. I remember going into the office and telling the personnel man that I have no problem pulling the trigger on a person - if you get in my face I'll blow you away. Every sticker I know carries a gun, and every one of them would shoot you. Most stickers I know have been arrested for assault."⁶⁰

(Note: A Sticker is a slaughterhouse worker who cuts the animal's throat open to bleed it).

Researchers have found that slaughterhouse workers have higher arrest rates with arrests occurring for crimes that include violence, rape and sex



The Kindness Era

offences. Other researchers have documented increases in domestic violence and child abuse among slaughterhouse workers.⁷⁵

Professor Andrew Knight has written a paper on Jack the Ripper. Jack the Ripper was a serial killer in London in 1888. Upon investigation of the evidence, it is believed that he was a slaughterhouse worker. The incisions in the people that were his victims were very specific. They were analyzed and found to be consistent with incisions made by slaughterhouse workers.⁷⁶

Jack the Ripper went so far as to send a note saying that he fried one of his victim's kidneys and ate it. You read that correctly – he ate it!⁷⁶

As I write this, I am feeling nauseous. But we must consider this information because there are many links between animal violence and human violence. This link is recognized by psychologists, psychiatrists and mental health professionals today. And when someone is violent it affects countless other people who are also made to suffer. This includes the victims of violence such as family members and family pets.

The very nature of this work has profound psychological and spiritual repercussions. Slaughterhouse workers are hidden for a reason. They are not pleasant places. As the late Russian Theosophists Nicholas and Helena Roerich have written:

“Try to carry out a psychic energy experiment near a slaughterhouse and you will receive signs of acute madness, not to mention the entities which attach themselves to the exposed blood.”⁷⁷

It has been said that those who are in jail for violent crimes are not the vegans and vegetarians within our society. Instead, it is those who eat meat. I think that if research were carried out to verify this, then we would find this to be quite an accurate observation.

Saint Francis of Assisi (the patron saint of animals, c.1181 – 1226) once wisely said,



The Kindness Era

“If you have men who will exclude any of God's creatures from the shelter of compassion and pity, you will have men who will deal likewise with their fellow men.”

We see that these words still apply, hundreds of years later.

As we self-reflect, we really must ask ourselves, do we really treat others the way we wish to be treated?

Some important questions to consider include:

- From a spiritual perspective, how can we continue to ask these people to torture and kill the sweet animals? How can we ask them to sacrifice their physical, mental and spiritual safety to do this degrading work?
- Would you be happy to work in a slaughterhouse or to work as a meatpacker? If not, how can we expect others to do this work on our behalf when we don't need meat to survive or to be healthy?

If the answer to any of these questions is no, then we must ask ourselves why do we continue to support an industry that is built upon the exploitation of humans and animals? Every time we purchase meat and animal products, we are supporting cruelty and suffering of the animals and of fellow humans. We must realize this and make this connection. It is a cycle of abuse that keeps occurring because people still eat meat and animal products. In so doing, the industry is supported financially and continues.

“When we consume the products of factory farming, we are telling factory farmers: I approve. Do it again.”

- Rev. Frank L. Hoffman⁷⁸

Richard Anderson, author of the book Cleanse and Purify Thyself has stated,



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“... The dark thoughts of hate, anger, fear, etc. profoundly inhibit love, joy, peace and enlightenment. As long as the dark unresolved issues remain within us, a heavy weight holds us low. Herein is the key as to why the great spiritual genius would never indulge in the barbaric act of semi-cannibalistic consumption of innocent creatures of God, for the negative feelings of fear, hate and death vibrate throughout the animal as it is being murdered. Who would want to acquire and assimilate that?”⁷⁹

But it doesn't have to be this way. Many of us have realized that we don't want to support this atrocious industry. Many have gone vegetarian and vegan. Many are waking up and discovering for themselves all of the benefits that this lifestyle brings with it. The vegan diet helps us to have a more peaceful mind and a more peaceful nature. It's no wonder that Albert Einstein said,

“It is my view that the vegetarian manner of living, by its purely physical effect on the human temperament, would most beneficially influence the lot of mankind.”

Unfortunately, those that don't support this industry are still affected by its continuation. Let's explore how the eating of animal products affects kind-hearted and empathetic people of the world...

There are so many people around the world that are aware of this abusive industry and wish that it will end soon. Their hearts have to endure the suffering of knowing exactly what happens to the animals because they have summoned the courage to peek behind the veil to learn what happens. And what happens is simply unthinkable.

Vegans in particular see the world through a special lens. When they see dairy milk, they don't see a white liquid drink. They know that only pregnant cows give milk and that this milk was lovingly created for baby calves. They see the mother who had mastitis and was painfully milked, and they see the baby calf that was taken away and killed for “veal.” They



The Kindness Era

see the mother who was killed as she aged prematurely due to the mistreatment that she endured. They know that dairy milk isn't necessary for survival for most people on our planet. That glass of white dairy milk isn't just milk to them. It represents cruelty and harshness.

They don't see a piece of "meat" on the plate. They see the flesh of an animal that once lived, breathed, and longed for a life of freedom and safety, away from all of the cruelty inflicted upon them. They see the animal families torn apart for corporate profit. They see the flesh of another spiritual being who was treated deplorably.

They don't see an egg on a plate. They see part of the female chicken's reproductive cycle. The egg is a female chicken's period. They see the cruel treatment of the chickens who are crowded into filthy battery cages and have portions of their beaks cut off without any pain relief or anaesthesia. They see the males who hatch out of the eggs that are considered worthless and are killed by suffocation or ground up by sharp blades while they are still alive.

And with this knowledge, their heart is burdened. Burdened to know that people don't care. So saddened when their family and friends choose not to understand and acknowledge this wide-scale cruelty, but to participate in it as consumers. They live witnessing the cognitive dissonance that affects so many, perplexed that many of the people that they would naturally assume would be vegetarian or vegan just aren't. People like vets, vet nurses, animal trainers, animal groomers and even animal communicators.

I recall a story that I read online. An animal communicator wrote that a client called her in tears, asking her aren't you vegan? She seems to have assumed that the animal communicator would be vegan, but something had happened that made her realize that this wasn't necessarily the case. This saddened her so much to think that her trusted animal communicator was not.

While some people reading this may feel that tears are a bit dramatic, remember that vegans feel disappointment every single day. Walking through a grocery store is enough of a painful reminder of the systemized cruelty in our world. Discovering that someone isn't a vegan when you have trusted them and assumed that they were is yet another major disappointment.



The Kindness Era

Vegan psychologist Clare Mann has had years of experience working with and counselling vegans who experience deep anguish. She has created the term Vystopia to describe what these people feel and endure.

Vystopia

Vystopia (vis-toh-pee-uh)

Noun

1. The existential crisis experienced by vegans, arising out of an awareness of the trance-like collusion with a dystopian world.
2. Awareness of the greed, ubiquitous animal exploitation, and speciesism in a modern dystopia⁸⁰

In addition to feeling such grief about the livestock industry and the consumers that support it, vegans may also feel disappointed with themselves. Why you may ask? Many regret not making this dietary and lifestyle choice earlier. They can regret their role in partaking in the cruelty during the years that they ate meat and animal products. This too can lead to mental anguish and feelings of guilt.

It's easy to understand how, when a person becomes informed about a particular issue, they wish to do something to end the suffering of others. For example, some people have endured sexual abuse as children and will be passionate about stopping the cycle of abuse in families. There may be social workers who work with women affected by domestic violence who are passionate about ending this type of suffering.

Having personal experience with something can increase the intensity of emotions and how passionate we feel about a certain issue. We now see that in increasing numbers, former hunters, butchers, mainstream chefs (including those that killed sea creatures in their kitchens), omnivore-restaurant owners, ranchers and livestock farmers have quit their industry and gone vegan. Howard Lyman is one of the most famous examples – a fourth-generation American cattle rancher who almost died due to toxic exposure to the chemicals he used to raise the cows. These people often express their guilt and remorse at formerly being a part of this cruel industry.



The Kindness Era

Meat causes so much suffering to both animals and humans. The cruelty spreads into society and influences community members. It builds predatory energy on Earth and within people. It contributes to the band of suffering or heavy energy around our planet. And it makes the kind-hearted people among us suffer even more in knowing the cruelty that takes place, and that they are unable to stop it.

But we can choose not to financially support this industry by eating vegan foods and...

Let's Run to the Rescue with Love!

To end this chapter optimistically we can acknowledge that so many people are awakening and making changes for a kinder world. In his acceptance speech for his 2020 Oscar Award, Joaquin Phoenix gave some sage advice. He said,

"I think at times we feel or are 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, one species, has the right to dominate, use and control another with impunity.

I think we've become very disconnected from the natural world. Many of us are guilty of an egocentric world view, and we believe that we're the centre of the universe. We go into the natural world and we plunder it for its resources. We feel entitled to artificially inseminate a cow and steal her baby, even though her cries of anguish are unmistakeable. Then we



The Kindness Era

take her milk that's intended for her calf and we put it in our coffee and our cereal.

We fear the idea of personal change, because we think we need to sacrifice something; to give something up. But human beings at our best are so creative and inventive, and we can create, develop and implement systems of change that are beneficial to all sentient beings and the environment.

I have been a scoundrel all my life, I've been selfish. I've been cruel at times, hard to work with, and I'm grateful that so many of you in this room have given me a second chance. I think that's when we're at our best: when we support each other. Not when we cancel each other out for our past mistakes, but when we help each other to grow. When we educate each other; when we guide each other to redemption.

When he was 17, my brother [River] wrote this lyric. He said: "run to the rescue with love and peace will follow."

Let's help each other to blossom and thrive and live joyful lives! Let's run to the rescue with love! And let's create peace on this magnificent planet.

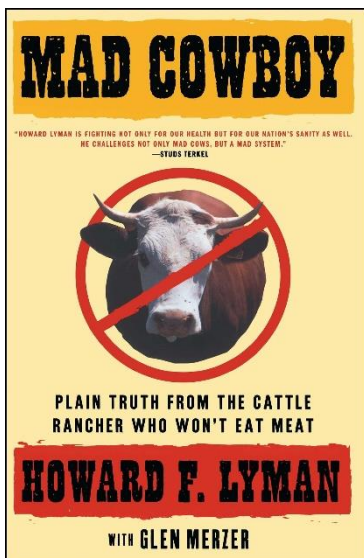


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Resources



Ferdinand (animated film) tells the story of a sweet bull who has a very gentle nature. He and his animal friends stumble across an empty slaughterhouse in one of the scenes. This scene, with all of the sharp and scary devices, speaks volumes. If you are soft-hearted like me you will be happy to know that this movie has been rated as suitable for those ages 6 years and over. This movie could be a way to start having loving conversations about animal agriculture with family and friends.



Mad Cowboy: Plain Truth from the Cattle Rancher Who Won't Eat Meat by Howard Lyman. As a fourth-generation “cattle” rancher, Howard Lyman developed a spinal tumour that nearly paralyzed him. Now a staunch vegan, Mr Lyman uncovers the propaganda put forward by the beef and dairy interests.

He is an example of someone who is deeply regretful of his past involvement in the livestock industry. As such, he has taken bold steps to educate others so that they won't be swayed by the propaganda of this industry,



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Chapter 6 – Animal Agriculture is a Major Cause of Human Hunger & Starvation

One drop, many ripples... livestock farming and animal consumption drives food shortages. You may wonder how this might be the case, so let's explore this. But first, let's explore how wide spread the problem of hunger and starvation is.

In 2020 it was estimated that the number of undernourished, hungry, and famine-stricken people in the world was between 720 - 811 million people.⁸¹ The human population is predicted to reach 9.7 billion by 2050. And we need to feed everyone.

Eighty-two percent (82%) of the starving children in our world live in countries that feed crops to animals. These animals are then slaughtered and their flesh is eaten by people in more affluent countries such as the USA, European countries and the UK.⁸²

The situation in Ethiopia is dire with 40% of people considered to be starving or hungry. Yet the country has 50 million cows, 50 million sheep and 35 million chickens. Even while so many people go hungry, the animals are fed and given water. The country is also cutting down 24,000 acres of forest annually to make room for more livestock.⁸²



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A key to understanding why people go hungry is this: crops fed to livestock animals who are then slaughtered for meat feed drastically fewer people.

While they are alive and bred in such huge numbers, livestock animals intensively use up resources including land, water and crops. If these crops were fed directly to humans, then we could feed everyone on Earth with a surplus.

According to Dr Richard Oppenlander,

“In 2011, there was a record harvest of grain globally, with over 2.5 billion tons, but half of that was fed to animals in the meat and dairy industries. Seventy seven percent of all coarse grains (corn, oats, sorghum, barley, etc.) and over 90% of all soy grown in the world was fed to livestock. So clearly the difficulty is not how can we produce enough food to feed the hungry, but where all the food we produce globally is going...”⁸³

Many experts have stated that we could feed a much larger population of human beings if the majority of the world adopts a vegan diet. Researchers have stated,

“Our analysis finds no nutritional case for feeding human-edible crops to animals, which reduces calorie and protein supplies.”⁸⁴

As I write this, it has been reported that 41 million Americans are at risk of going hungry during the year and America has openly stated that they are facing a food shortage.⁸⁵ But, by focusing on eating plant-based food, the USA could feed the entire American population plus an additional 390 million more people!⁸⁶ Researchers on this topic have declared,

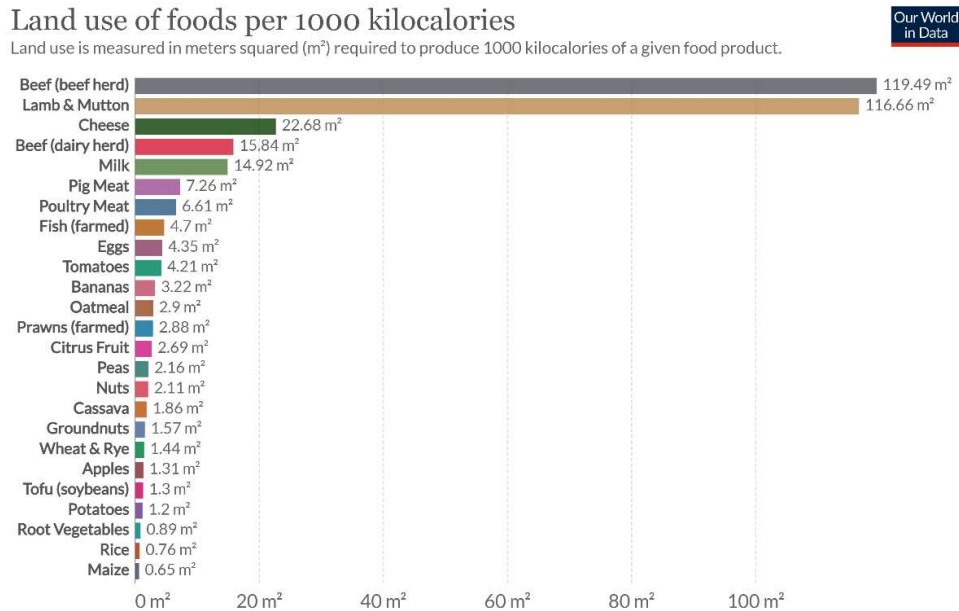
“. . . due to the disparate resource requirements of plant- and animal-based food items, replacing animal-based items with more resource-efficient plant alternatives will increase food



The Kindness Era

availability by permitting reallocation of production resources from feed to human food.”⁸⁷

Seventy-seven percent (77%) of the world’s habitable land is used for agriculture, and most of this is used to raise livestock.⁸⁸ The graph below from Our World in Data shows you how much land is used to grow different foods.⁸⁹



Source: Poore, J., & Nemecek, T. (2018). Additional calculations by Our World in Data.
OurWorldInData.org/environmental-impacts-of-food • CC BY

When looking at this graph it’s important to remember that many plant crops go to feeding livestock animals. This includes crops such as soy and cereals.¹⁰²

The amount of land used for grazing livestock and cropland used to grow food to feed to livestock equals the size of North, Central and South America combined!¹⁰² This figure is mind-blowing.

The table on the following page highlights how much land we sacrifice to raise animals for food. It shows how many meters squared (m²) are needed to produce 1000 calories of each food.

Notice how massive the land requirement is for animal products. It takes about 92 times more land to produce 1000 calories from beef compared to



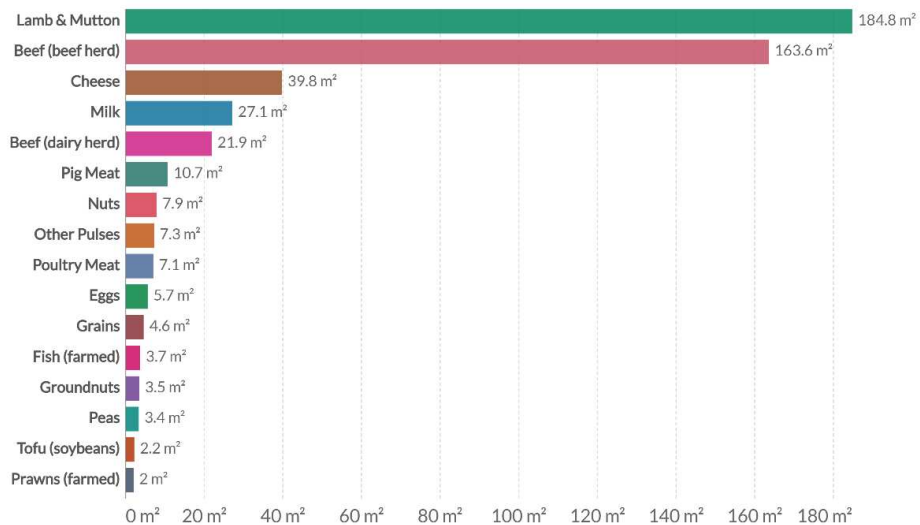
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tofu. And it takes about 84 times more land to get 100 grams of protein from lamb or mutton compared to tofu.

Land use per 100 grams of protein

Land use is measured in meters squared (m²) per 100 grams of protein across various food products.

Our World
in Data



Source: Poore, J., & Nemecek, T. (2018). Additional calculations by Our World in Data.
OurWorldInData.org/environmental-impacts-of-food • CC BY

It's devastating to know that this food isn't being directly fed to the millions of starving people in the world.

Land is vitally important for many reasons. As WorldHunger.org states,

"A principal problem is that many people in the world still do not have sufficient income to purchase (or land to grow) enough food or access nutritious food. This is an element of "food security".⁹⁰

Hunger is also a cause of poverty. Consider that:

"By causing poor health, small body size, low levels of energy and reductions in mental functioning, hunger can lead to even greater poverty by reducing people's ability to work and learn, thus leading to even greater hunger."⁹⁰



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By feeding crops to livestock animals instead of to humans, we are supporting starvation, hunger and poverty. It is a cycle of suffering and inequality that is not humane.

Food Shortages Can Cause War

With Covid, we have witnessed the craziness that comes with people panic-buying and hoarding food and other supplies. Humanity is on the cusp of global tragedy right now, on many fronts. We have discovered that we have a global food shortage. The invasion of Ukraine has also affected this as Ukrainian farmers supplied many countries with wheat crops in particular. But have you considered that food shortages can lead to war?

According to Torreón Creekmore from the Intelligence Advanced Research Projects Activity in the USA:

“When crops fail and prices rise, people don’t have the money to purchase food, which can lead to stealing, then riots, social unrest, and mass migrations. National security depends on agriculture.”⁹¹

Dr Will Tuttle, the author of the book *The World Peace Diet*, has echoed these sentiments. He has written,

“The very first word for war going back ten thousand years is the ancient word “gavyaa” meaning literally “the desire for more cows.” Economic injustice, war, hunger, domination of women, and the arising of a privileged ruling elite are all linked to the ancient invention of animal herding around which we still organize our society. Thus, instead of using our economic surplus to revitalize our ecosystems, rebuild our infrastructure, and assure adequate housing, food, education, healthcare, and opportunity for all, we use it primarily for subsidizing the wealthy military and medical complexes. We



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sacrifice our children in wars that benefit a ruling class that uses the media and other institutions to propagate narratives that justify and promote an agenda of violence. Eating animal foods, we are fuelling continued harm to our cultural health as well as the ongoing exploitation of our children and of ourselves.”⁹²

If we take a step back for a moment and look at war from a spiritual perspective, we see that war is an external reflection of our inner disharmony and ignorance. Earth Saint Thich Nhat Hanh (1926 – 2022) stated:

“We often think of peace as the absence of war, that if powerful countries would reduce their weapon arsenals, we could have peace. But if we look deeply into the weapons, we see our own minds- our own prejudices, fears and ignorance. Even if we transport all the bombs to the moon, the roots of war and the roots of bombs are still there, in our hearts and minds, and sooner or later we will make new bombs. To work for peace is to uproot war from ourselves and from the hearts of men and women.”⁹³

A powerful way to uproot war from our hearts is to adopt the peaceful vegan diet and lifestyle. Going one step further, many of us believe in karma or “as you sow so shall you reap” or that “like attracts like.” Based on this understanding, one might wonder if animal agriculture is in any way linked to war. Supreme Master Ching Hai has stated:

“The animal diet is a diet of violence. It begins already from the way we raise them, the way we treat them, the way we force-feed them with antibiotics, and all kinds of tortures upon them and it ends with the way we violently kill them, massacre them en masse in order to satisfy our split



The Kindness Era

seconds' enjoyment. So we should stop being a part of this violent circle. This is a war with complete imprisonment, torture, executions with knives and guns and explosives even, extremely high financial and health cost for people as well, and destruction of all kinds, such as psychological damage and environmental devastation, and soon, maybe the destruction of the whole planet. If we continue to generate non-peaceful energy, be it through war between humans or war on animals, we will not beget peace because like begets like."

- Excerpt from a conference with Supreme Master Ching Hai (vegan) "From Crisis to Peace: The Whole Universe is Blessing Us." Mexico City, Mexico – June 4, 2011. Video #951⁹⁴

When we reflect on all of this information there is one weighty question left on our minds. As an online article eloquently implores:

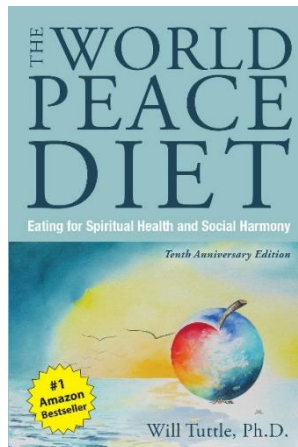
"A shift towards veganism gives us the opportunity to feed the world in a manner that is both efficient and sustainable, using the resources we already have. How can we waste food on fattening cows for slaughter when people are starving all over the globe?"⁹⁵



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Resource

The World Peace Diet by Dr Will Tuttle is a masterpiece. It is well-written and gives a very thorough overview of how we deviate from spiritual health and social harmony by consuming animal products.



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Chapter 7 – Environmental Effects of Livestock Production

Each facet of animal agriculture goes out like ripples that become metaphorical tidal waves destroying the soil, the trees, the insects, the reptiles, the animals, the air, the oceans, rivers, lakes and aquifers, and us human beings.

The Number 1 Cause of Global Warming is Animal Agriculture

The United Nations has found that animal agriculture accounts for more greenhouse gas (GHG) emissions than the exhaust from all the world's transportation combined. That's more than all of the planes, cars, trucks, buses, motorcycles etc. combined on our planet.⁹⁶ At least 51% of the world's GHG emissions are from the livestock industry.⁹⁷

Furthermore, the top five meat and dairy corporations have been found to emit more annual GHG emissions than the world's three largest gasoline corporations.⁹⁸



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Rob Bailey, Board Member for the Centre for Disaster Protection and former energy, environment and resources research director at Chatham House has said:

“Preventing catastrophic warming is dependent on tackling meat and dairy consumption.”⁹⁹

Farming for vegan food is a win-win situation in many ways as you will discover in this chapter. Other researchers have found that:

“A global switch to diets that rely less on meat and more on fruit and vegetables could save up to 8 million lives by 2050, reduce greenhouse gas emissions by two thirds, and lead to healthcare-related savings. It could also avoid climate-related damages of \$1.5 trillion (US).”¹⁰⁰

How is Livestock Production So environmentally Devastating?

We are constantly told about carbon dioxide (CO2) emissions, but politicians and most scientists ignore other greenhouse gases that are more devastating than CO2.

The Kyoto Protocol which requests that countries adopt policies and measures to reduce GHGs has received criticism for not recognizing non-CO2 pollutants. Ignoring non-CO2 pollutants dangerously eliminates animal agriculture from the climate change agenda.¹⁰¹

Thankfully we have honest scientists and researchers who have shared facts about greenhouse gases, and why we need to target non-CO2 gases to heal our planet. We know that animal farms:

“... produce massive amounts of animal waste like urine and manure that emit around 400 different harmful gases into the atmosphere. Some of these gases include nitrous oxide, ammonia, particulate matter, endotoxins, and hydrogen sulfide.”¹⁰²



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So, let's take a look at some of these gases to get an understanding of why they are so destructive.

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.¹⁰³ Other livestock animals that emit methane include sheep and pigs, while poultry manure also 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.”¹⁰⁴

Methane breaks down in about 12 years.¹⁰⁵ But CO₂ takes a few centuries to break down.¹⁰⁶ This is why scientists have logically pointed out the following:

“Since methane does not last long in the atmosphere, efforts to reduce it will bring immediate benefits for the climate and human health.”¹⁰⁷

Negative health consequences from methane include respiratory diseases, heart disease, and damaged airways and lung tissue.¹¹⁷

Some writers try to blame methane on rice production, but they are pointing their finger in the wrong direction. If rice paddies are kept clean of debris, the methane doesn't form. In addition, livestock production provides only about 10% of the calories that rice does.¹⁰⁸ Rice is clearly not the problem.

In short, methane comes largely from animal agriculture. Methane heats the atmosphere much more than CO₂ but breaks down in a much shorter time than CO₂. When government, the media and others average



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greenhouse gases over 100 years, they are biasing the information that they present. This makes methane look less destructive than it is.

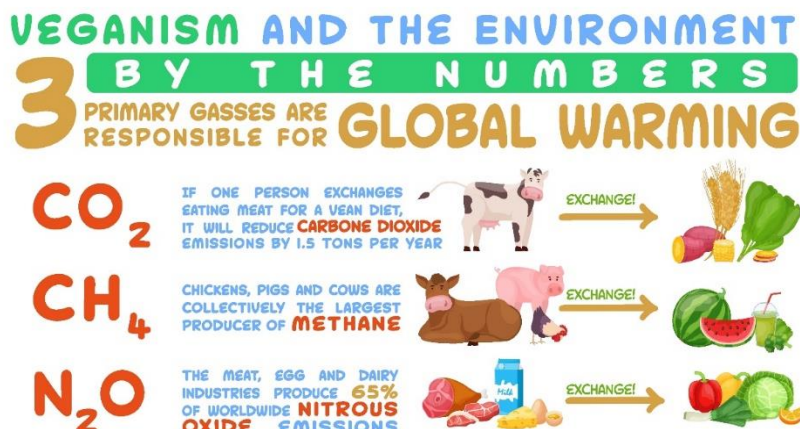
In turn, this leads people to dismiss animal agriculture as being the leading source of GHG emissions globally. But it remains the industry that we need to target the most, not just to reduce GHG emissions, but to do so as quickly as possible.

Nitrous Oxide (N₂O)

“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.”¹⁰⁹

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).”¹¹⁰



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Ammonia (NH₃)

Ammonia comes from animal urine and feces. 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 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.”¹¹¹

Furthermore, ammonia has detrimental impacts on the health of the environment, us humans, and animals.

“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.”¹¹²

Ammonia is a significant cause of acid rain and ecosystem acidification. Acid rain means overly acidic rain. This can dissolve elements (for example



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aluminium) from the soil that can end up in streams and wetlands. Acid rain can remove important nutrients from the soil which can make plants and animals unhealthy. It can also leave our forests vulnerable to disease, pests and weakness due to nutrient imbalance.¹¹³

“Livestock emit almost 64% of total ammonia emissions, contributing significantly to acid rain and to acidification of ecosystems.”¹¹⁴

Other Ways that Animal Agriculture Destroys Our Environment

The infographic on the following pages is worth a thousand words. I convey my thanks to the Cowspiracy team who have permitted me to include it in this book. This infographic summarizes incredibly well how animal agriculture is decimating our planet. I encourage you to watch the movie [Cowspiracy](#) to learn about the facts in more depth.

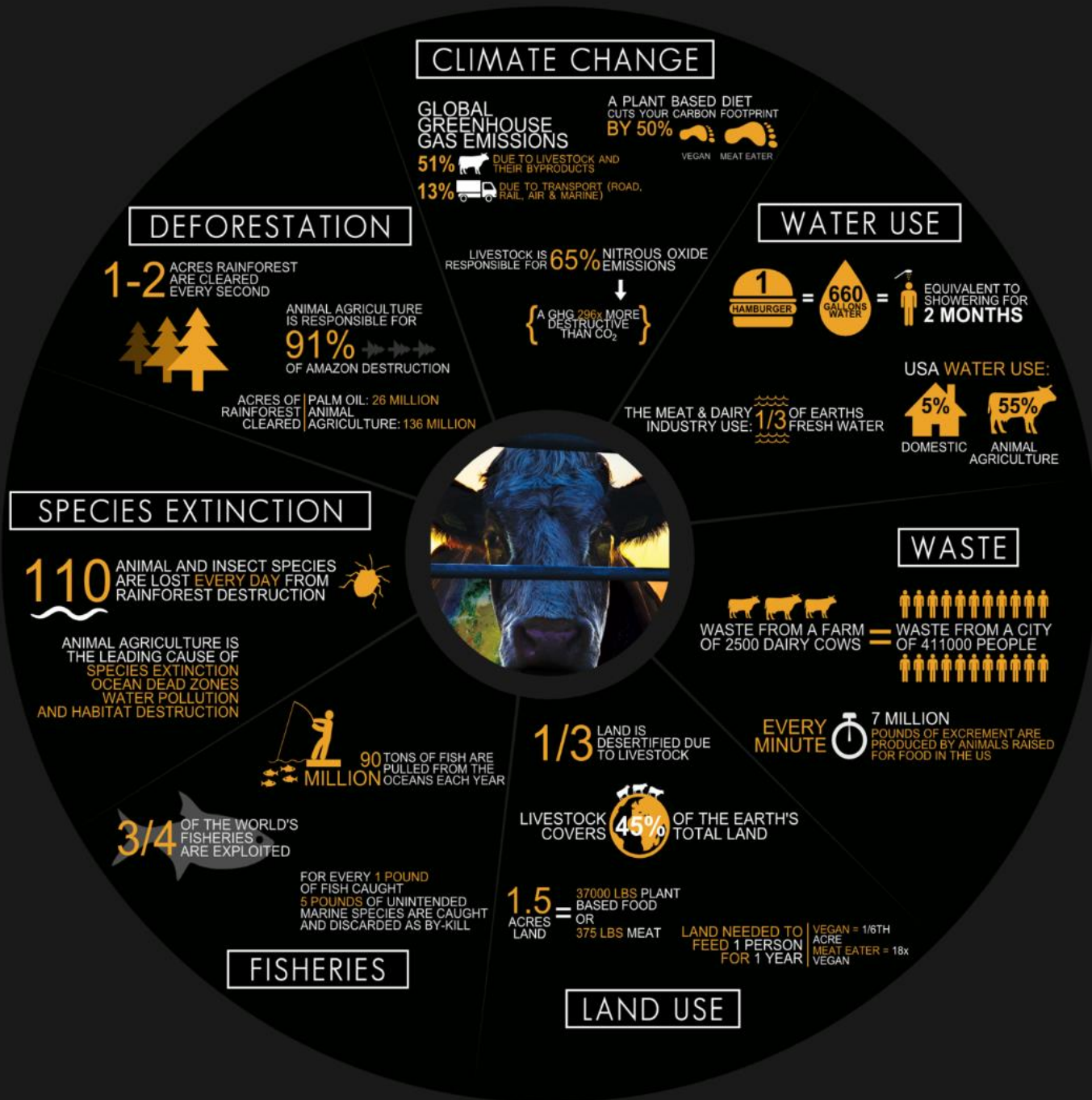


The Cowspiracy infographic is on the following page. You may need to zoom in to read all of the information that it conveys...



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ANIMAL AGRICULTURE IS THE MOST DESTRUCTIVE INDUSTRY FACING THE PLANET TODAY. **HERE'S WHY:**



The infographic continues on the following page...



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WHAT CAN WE DO ABOUT IT?



A PERSON WHO FOLLOWS A VEGAN DIET PRODUCES 50 % LESS CO₂, AND USES 1/11TH OIL, 1/13TH WATER AND 1/18TH LAND COMPARED TO A MEAT EATER

WE CAN MAKE A DIFFERENCE, SIMPLY BY EATING LESS ANIMAL PRODUCTS AND REPLACING THEM WITH PLANTS



INFOGRAPHIC BY LUKE JONES
HEROHEALTHROOM.COM

SOURCES

ALL SOURCES DERIVED FROM COWSPIRACY.COM/FACTS

To see the references used for this infographic be sure to click [this link](#). Again, thank you to the Cowspiracy team for your permission to include this infographic here.

Animal agriculture pollutes our land and oceans. We now have dead zones in the ocean as large as countries where there is low oxygen and almost no life within the water. The way that we farm fish affects the health and wellbeing of wild fish. We are tearing down forests to clear land for more animal agriculture, and the animals who once lived in those forests lose their homes and/or lose their lives, especially in the Amazon rainforest:

“Animal agriculture is responsible for up to 91% of Amazon destruction.”¹⁰⁹

It is for the reasons cited above that the late Rajendra Pachauri (former chairman of the Intergovernmental Panel for Climate Change) stated:

“Don’t eat meat, ride a bike, and be a frugal shopper – that’s how you can help brake global warming.”¹¹⁵

There is widespread awareness of the environmental catastrophes that we face, from declining bee populations to severe natural disasters including droughts and floods. The Transforming Our World In Harmony With Nature report outlines:



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“The crises associated with climate change, global warming, and dwindling fish stocks, desertification, deforestation, acidification of the oceans, and lack of clean drinking water have developed because we did not accurately read the signs Nature was giving us in time. As a consequence, our actions and inaction are threatening human survival.”¹¹⁶

One of the chief authors of this report is Dr Maia Kincaid, an animal communicator. Dr Kincaid has written,

“From the very first conversations in the early days of my work, I noticed that animals, plants, insects and the Earth are keenly aware of the well-being of our species and, at least in their conversations with me, this seems to be their favorite topic of choice.”¹¹⁷



This is understandable. Many animal communicators are receiving words of distress from wild animals and animals such as birds, horses and primates who know what their fellow animal beings are enduring as their homes in nature are decimated. The devastation is obvious. And we can easily imagine what it would be like if we were in the situation of the animals who are directly dependent on nature for their food, water and survival.

Koko the gorilla signed a message for humanity regarding our treatment of the environment. She seems to have been speaking on behalf of all of nature when she signed:



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“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.”¹¹⁸

Koko’s message is clear. Animals are losing their homes and losing their lives. And unfortunately, the animals aren’t the only ones losing their homes.

No-Win for Climate Change Refugees

With climate change we see people displaced. They lose their homes. They lose their lives. Climate refugees must leave their homes due to floods, drought, natural disasters, severe weather events etc. and there is an alarming number of climate refugees.

“... the United Nations High Commissioner for Refugees (UNHCR) released data showing that the number of people displaced by climate change-related disasters since 2010 has risen to 21.5 million.”¹¹⁹

It has further been noted that,

“in addition to sudden disasters, climate change is a complex cause of food and water shortages, as well as difficulties in accessing natural resources.”¹¹⁹

Many countries that are affected by climate change are those very countries that already have a high number of refugees and displaced people living there. For example,

“In Bangladesh, more than 870,000 Rohingya refugees who fled violence in Myanmar are now exposed to increasingly frequent and intense cyclones and flooding.”¹²⁰

Tuvalu, a small island located between Australia and Hawaii is an example of a country that is literally sinking underwater. As the island inhabitants

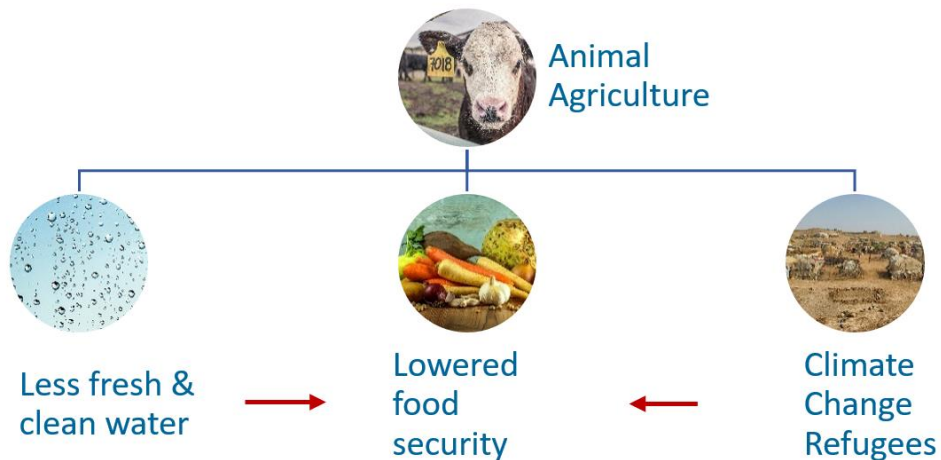


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are affected more and more, they lose land to grow food and there is less freshwater.¹²¹

The same is being experienced by people on the island nation of the Republic of Kiribati. The President of Kiribati has bought land in Fiji to relocate the citizens. There are about 100,000 inhabitants of Kiribati, and the President has said that “it’s already too late” for their island home.¹²²

Animal agriculture sets up a terrible cycle of destruction for the planet, and for us humans and the animals that live on it. As we destroy our planet, we increasingly risk our food security.



No-Win for Rural Communities When CAFOs Come to Town

CAFOs (Concentrated Animal Feeding Operations) make life hell for many people living in rural areas who are powerless against animal agriculture corporations. CAFOs are large scale, with at least a thousand animals, and they discharge waste into the water supply.¹²³

Once CAFOs open, the area immediately surrounding them is affected. Housing prices drop, residents’ health is negatively impacted, and many residents are unable to find buyers for their houses when they want to move. Hence, they get trapped – financially unable to move elsewhere



The Kindness Era

while their health declines. Here's more insight into why people want to move away from CAFOs ...

“The most pressing public health issue associated with CAFOs stems from the amount of manure they produce. CAFO manure contains a variety of potential contaminants. It can contain plant nutrients such as nitrogen and phosphorus, pathogens such as E. coli, growth hormones, antibiotics, chemicals used as additives to the manure or to clean equipment, animal blood, silage leachate from corn feed, or copper sulfate used in footbaths for cows.

Depending on the type and number of animals in the farm, manure production can range between 2,800 tons and 1.6 million tons a year (Government Accountability Office [GAO], 2008). Large farms can produce more waste than some U.S. cities—a feeding operation with 800,000 pigs could produce over 1.6 million tons of waste a year. That amount is one and a half times more than the annual sanitary waste produced by the city of Philadelphia, Pennsylvania (GAO, 2008). Annually, it is estimated that livestock animals in the U.S. produce each year somewhere between 3 and 20 times more manure than people in the U.S. produce, or as much as 1.2-1.37 billion tons of waste (EPA, 2005). Though sewage treatment plants are required for human waste, no such treatment facility exists for livestock waste.”¹³⁵

The air quality in these towns becomes extremely polluted. As we now know, about 400 gases are emitted into the atmosphere due to animal agriculture. The sheer number of animals intensifies this air pollution. And along with animal feces and urine, antibiotics have been found in air



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samples. This is not good news with the growing cases of antibiotic resistance that we are experiencing. Feces can sit in massive lagoons and their putrid smell is unbearable. Or CAFO operators might dump this waste into the local waterways.

Health problems that result from living near a CAFO include headaches, eye irritation, respiratory problems (chronic bronchitis, obstructive airway disease, interstitial lung disease and scarring of the lungs), nausea and weakness.¹²⁴ One resident of a town described her experiences after a CAFO opened opposite to her home:

“At one point, I was pulling my son out of the bathtub and rushing him to emergency care, because he would have blisters all over his body when he got out of the water,” she told Truthout. And that wasn’t all. Her son regularly threw up when he got off the school bus and took a breath of air, which smelled of chicken dung. Payan’s family decided to move away, but it was all but impossible to sell the family home. “Who wants to move next to an area where you can’t even go outside and breathe without vomiting?”¹²⁵

In this article, Payan goes on to describe a local resident who developed tumors on her body and a neighbor whose son died of an asthma attack. These types of symptoms are thought to be caused by nitrate pollution from the CAFO.

It’s truly heartbreaking to think of our environment, water, land and air being degraded and poisoned by livestock agriculture. What legacy are we leaving our children? And it’s so saddening to think of people like Payan who are suffering so terribly due to living next to these operations.

No Win for Animal Species Facing Extinction

For many reasons including some of those outlined above, animal agriculture is the leading driver of species extinction. A Chatham House report, Food System Impacts on Biodiversity Loss (2021) has declared that our food system is the top driver of biodiversity loss. The report outlines that the top priority for action is that global dietary patterns need to



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become very plant-heavy. That is, we need to drastically decrease the farming of and eating of animals.¹²⁶

The Global Assessment Report on Biodiversity and Ecosystem Services (2019) outlined that 1 million species are at risk of extinction. Animal agriculture was identified as the top cause of the deterioration. Livestock production was found to be the single largest driver of habitat loss. And alarmingly, farmed animals now make up over 90% of the large land animals.¹²⁷

The following animals have all been impacted by animal agriculture:

- Insect numbers have dropped by an estimated three quarters in the last 25 years. The dwindling number of bees is of particular concern as their survival is important in pollinating various fruits, melons, berries, vegetables, nuts, herbs, beans and other crops.¹²⁸
- One in five reptiles are believed to be at risk of extinction.
- Farmland bird numbers have dropped by more than 50%.¹²⁹
- Exploitation via fishing, hunting and capturing wild animals is also affecting species survival. This includes animals such as the Chinese pangolin, Sumatran rhinoceros and western gorilla. These animals are illegally hunted.¹³⁰

Jane Goodall, UN Messenger of Peace, has stated:

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

The inhumane crowded conditions not only cause intense suffering to sentient beings but enable the transfer of pathogens from animal to human risking new zoonotic diseases.

On ethical grounds it should be phased out as soon as possible.”¹²⁶



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Remember, we are all connected. Animals mirror us. And they are showing us that through their threatened survival we are also endangering ourselves due to animal agriculture. As animal communicator Trisha McCagh has explained:

“Now with extinction, if you have a table and you remove one of the legs, what happens? It’s going to fall over. Well, that’s what’s happening as we’re taking out certain species. We’re removing species from the planet. The animals have explained to me that it’s like taking keys out, vital keys; and will eventually affect us.”¹³¹

Can you imagine living in a world without animals? It would be so lonely.

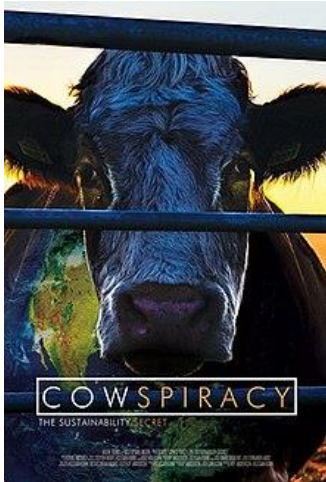
I would love for future generations of our children to be able to enjoy the wonder and beauty of the animal people.

Adopting the kind vegan diet is the fastest way to restore our environment and prevent species and habitat extinction. And the animals love us for doing this!



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Environmental Sustainability Resources



[Cowspiracy: The Sustainability Secret](#) is a fantastic documentary that outlines how animal agriculture is causing massive destruction to our environment.

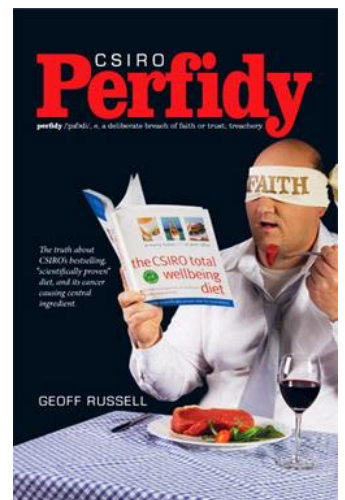
Viewing options are outlined on this very informative website (follow the link above).

[CSIRO Perfidy](#) by Geoff Russell

The truth about CSIRO's best selling "scientifically proven" diet, and its cancer-causing central ingredient.

"Read this book: it may save your life. And if enough people read it, it just might save the planet."

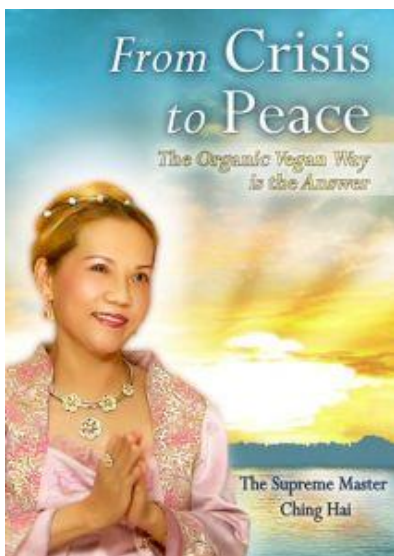
- Peter Singer, Professor of Bioethics, Princeton University



[From Crisis to Peace The Organic Vegan Way is the Answer](#) by Supreme Master Ching Hai.

This book is free to download and circulate. You may download it from the link above.

This book contains scientific evidence that has been shared by the author in interviews with journalists, conferences and gatherings around the world over the last 25 years.



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Chapter 8 – Food Addictions: Fears and Subconscious Drivers

So far, we have acknowledged the many harms of meat-eating. Let's now move on to explore how we can move away from this habit. There can be many reasons why we may crave animal products in our diet. And the good news is that we can eliminate such cravings. Understanding what is limiting us in overcoming cravings and addictions is a major step in overcoming these limitations. So, let's investigate various limiting factors.

Conscious & Subconscious Drivers for Eating Animal Products

Let's start by looking at our minds. We have the conscious mind and the subconscious mind. The conscious mind contains information that we are aware of such as our name, the names of our animal family members, and what day of the week it is.

The subconscious mind contains information that we aren't aware of. People often use the metaphor of an iceberg to describe our conscious and subconscious mind. The ice above water (that which we can see) represents the conscious mind. The ice below the water represents the subconscious mind. Many limiting beliefs, attitudes and outlooks reside in the



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subconscious. This is important to acknowledge because the subconscious mind is a major driver of our behavior.

According to Dr Bruce Lipton, author of the book *The Wisdom of Your Cells*:

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

And

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

It has been observed that many of the subconscious beliefs that we have are negative and/or self-sabotaging. This can make it difficult to achieve goals. It can affect every aspect of our lives such as communication, relationships, our careers etc. And, it can also influence the types of food that we wish to eat.

Betska K-Burr is the founder of a system of coaching called Power Coaching® with Mind-Kinetics®. This as an advanced coaching technique that surpasses current coaching as we know it today. I refer to it as coaching of the future! The method that she has developed has effective ways of quickly accessing and understanding the subconscious mind, as well as techniques to reprogram our limiting subconscious beliefs.

Betska has assisted many clients to achieve goals, increase emotional intelligence, and break unwanted habits. In her work and research involving thousands of people from over 50 countries, Betska has observed that there are 2 major reasons why people may struggle with adopting and maintaining a vegan diet.

The 2 major reasons that she has identified are:

1. Fear
2. The number one subconscious belief that she has identified is, “I don’t love myself enough to look after myself.”

Let’s explore further to understand how these might be limiting us.



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I Don't Love Myself Enough to Look After Myself

Some people are only too aware of the overly critical self-talk and judgement that they experience. There are regrets, worries, shame, self-blame, past traumas, embarrassment, disappointment, grief... so many deep emotions. And all this is overlaid with the stresses of modern-day living.

Much of the advertising in our world is designed to make us feel like we aren't good enough and that to achieve happiness, we should purchase what is advertised such as expensive beauty products, designer clothes and other items.

Movies, TV shows, and even songs from pop artists can carry low-level vibrations that directly and negatively affect our emotional state. These different factors can influence our behavior and the choices that we make. They can make us feel bad about ourselves.

And of course, all of this can be made worse by eating low vibration "foods" such as meat, fish, dairy and eggs that bring in the trauma and suffering vibration of the deceased beings.

We are being influenced on so many levels, and we need to become aware of the influences so that we may loosen their grip on us. We can become more assertive consumers of media. We can choose what to watch and what to listen to. We can start to observe how different shows, actors, songs, social media contacts etc. affect us. And we can choose whether we want to keep exposing ourselves to their influence.

When we lack self-love, our ability to listen and hear other people is often diminished. We may not have the capacity to cope with listening to their struggles when we are struggling so much ourselves.

As animal communicators, this may affect the messages that we receive. If we aren't able to cope with messages from agricultural animals who are suffering, then there's a good chance that we won't hear them. At a subconscious level, we may block them out.

Another powerful way of valuing ourselves more is to develop self-compassion. Dr Kristin Neff is a world pioneer and researcher of self-compassion. She has said that there are 3 components of self-compassion which are:



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“. . . self-kindness, as opposed to self-judgment. A lot of times when we suffer, we just take a very cold attitude toward ourselves. So self-compassion involves being warm and supportive – actively soothing ourselves – as opposed to being cold and judging ourselves.

The second part is remembering that imperfection is part of the shared human experience – that you're not alone in your suffering. Often, when something goes wrong, we look in the mirror and don't like what we see – we feel very isolated in that moment, as if everyone else has these perfect lives and it's just us who's flawed and defective. When we remember that imperfection is part of the shared human experience, you can actually feel more connected to people in those moments.

The third component is mindfulness. If you aren't mindfully aware that you're suffering, if you're just repressing your pain or ignoring it or getting lost in problem solving, you can't give yourself compassion. You have to say, "Wait a second. This hurts. This is really hard. This is a moment where I need compassion." If you don't want to go there, if it's too painful or you're just too busy to go there, you can't be compassionate."¹³²

Dr Kristin Neff is the author of several books including *Self-Compassion* and *Self-Compassion Step by Step*. Her website www.self-compassion.org has resources and tips that many might find to be very useful. Her [speeches](#) are also very powerful.

So where do we start with being compassionate with ourselves?

The following article that appeared in an [Australian Vegans](#) publication gives us tips on this:



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“Pause for a moment and think about the thoughts that go around your mind during the day. Thoughts such as, “I am such an idiot I should have known better,” “I’ll never be good at this,” “Why do I even bother I knew I wouldn’t be able to...,” “I can’t believe I forgot that, it was so important, I am a total screw up” are examples of times when showing a bit of self-compassion would go a long way.

When you think about it, most of us wouldn’t talk to our family and friends this way! So why speak to ourselves like this? And this thinking certainly isn’t productive - scientists have found that being so self-critical can make us even more emotional and makes it harder to bounce back from failure.

Self-compassion, on the other hand, has been found to make us more emotionally resilient, helping us to view “failures” as opportunities for growth and helping to improve performance after a “failure.” It is considered to be a skill for overcoming stress.

And the good news is that self-compassion can be learned!

To become more self-compassionate, firstly try to become more mindful. Start paying attention to the thoughts that you have about yourself, your performance, your self-worth and your abilities. When you have a thought such as, “I’m such an idiot”, pause for a second and take a deep breath.

Recognise that this is a moment when you are not practising self-compassion. Remember that you are human. We all make mistakes. Breathe.



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Next, when you have these critical thoughts about yourself, then ask yourself, “If my friend/parent/spouse/sibling came to me because they were upset about this same issue, what would I say to them?” Would you tell them that they are an idiot? I would like to think not! Often we are our own worst critic. If the words that you would say to your friend are kind and caring, then say these same words to yourself.

Alternatively, you could think of a kind-natured person that you know, and the wise words that this person would bestow upon you in your particular situation. Allow the words to filter through, and accept them. Let them settle. Breathe.

Practising self-compassion can feel a bit strange at first - it can be like exercising a muscle that you haven't used for a while. It can feel almost as though you are making excuses for yourself. But persevere. Given some time and more self-compassion, you will be surprised to notice the changes in yourself. Will you be less affected by daily trials? Is your mood more stable? Does your performance at work improve? Are you better able to manage your team? Does your family notice that you are often in a better mood when you get home? Do your pets notice your contentment and like to snuggle with you more? Give it a try and see!”

I extend thanks to Australian Vegans for granting kind permission to include this article. To read other insightful articles from the publications for free please [visit their website](#).¹³³

When we are in a state of self-judgement, shame, loneliness and despair it can be easy to reach out and eat whatever food is in front of us. And because like attracts like, we might crave foods with the same low



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vibration as our own thoughts, specifically those animal-derived foods that have the vibration of suffering within them. Practicing self-compassion can help with returning to a more peaceful state, and helping us to be more resilient so that we can have more control over our food choices and cravings.

We can also work with someone qualified to help us develop more self-compassion and self-love. This may be a Mind-Kinetics® Power Coach® or a psychologist, holistic counsellor or psychotherapist for example.

Now let's turn our attention to some of the fears that Betska K-Burr has discovered are limiting us and our ability to make positive change.



Fear of not getting enough protein

When getting information on protein, one must obtain information from an unbiased and well-researched source. For many health and nutrition professionals, their studies don't adequately cover vegan diets. They might be biased by lack of education. And they can be biased by attitudes, assumptions, habits and misinformation that has been directed at them.

This is why we need to educate ourselves on the topic of protein in a comprehensive manner. So, let's dive in!

A healthy vegan diet that is adequate in calories provides all the protein we need. Protein helps to build tissue in the body, repair body tissue and maintain body tissue.

Why is plant protein superior? There's much research that shows that by cutting out animal protein we lower our overall risk of death from all causes! Research shows that healthy plant-based diets help to reduce death from heart disease, and death due to chronic disease.

Protein isn't a single nutrient in a food – it's part of a package. And plant-based foods offer a lot of health benefits over meat due to other factors such as the presence of phytonutrients (plant nutrients) and phytochemicals (beneficial compounds naturally occurring in plants).

It's interesting to learn why so many people misunderstand protein. Biased research from the outset has led to wrong information being shared.



The Kindness Era

The first protein recommendations were made based on assuming what people would eat if they could. In the 1800s, the amount of recommended protein in the USA was 189 grams daily. *This is over 3 times the current recommendations!*

It's important to note that excess protein can cause problems such as constipation and bloating (which can lead to a host of other issues), weight gain in the abdominal area, brain fog, kidney strain and kidney disorders, bad breath etc.



In 1913 researchers then based their protein recommendations on rats instead of humans. They fed rats and decided that rats did better on meat diets and hence incorrectly classified animal protein as superior and plant protein as inferior for humans.

Can you see the problem here?

Basing human protein recommendations on rat physiology is problematic because we are not rats! Baby rats grow a lot faster than humans and so it's thought they have a higher protein requirement due to this. Rat milk is 11 times higher in protein than human breast milk, and rats grow from baby to adults in only 5 short months!¹³⁴

Then the notion of "incomplete proteins" was put forward in the book *Diet for A Small Planet* by Frances Moore Lappé (1970). Her book stated that vegetarians (and by extension vegans) needed to combine foods to get all the amino acids in suitable amounts.

However, modern science stated that this is incorrect. Although her intentions were noble, the author has apologized for presenting incorrect dietary information. As a sociologist, she shared a lot of accurate



The Kindness Era

information in her book which largely outlined that a veg diet can help to end world hunger.

We've also become aware of our mistaken knowledge surrounding what ancient people ate. For example, the gladiators from ancient Greece were predominantly vegan. They were known as the barley men, and barley and beans featured heavily in their diets.¹³⁵

Modern science (and millions of vegans worldwide) tells us that we get all the protein that we need from a vegan diet that provides sufficient calories. There are also top-ranking athletes, competing at the highest levels and following vegan diets. They report that this has improved athletic performance, and many state that the vegan diet has shortened their recovery times and allowed them to work out more.

For a complete overview of protein, please refer to chapter 11 which focuses on plant-based nutrition. Also, read the [protein section](#) of the Physicians Committee for Responsible Medicine website. I also highly recommend that you watch the movie *The Game Changers*.¹³⁶

The film features strongman Patrik Baboumian who is a committed vegan. He holds records such as the World Record for yoke walk in 2015 where he carried 560kg (or 1,234.6 pounds) of weight.¹³⁷



Fear that People Will Think I'm Weird and Reject Me Personally and Professionally

This reminds me of a poem by Marianne Williamson. In her book, *A Return To Love*, the last stanza of the poem, *Our Deepest Fear* reads as follows:

“And as we let our own light shine,

We unconsciously give other people permission to do the same.



The Kindness Era

As we're liberated from our own fear,

Our presence automatically liberates others."¹³⁸

We can think of the kind of person we want to be and the kind of leader we wish to be. Do we want to lead with kindness and compassion? Do we want to be a positive example for others? We can focus on what we want to be and detach from what other people might think about us.



If we are feeling a little shy or nervous about our diet then we can remind ourselves why we eat a plant-based diet in the first place. Many people adopt a vegan lifestyle for the well-being of animals and the planet. These are strong motivations! Many people also do this for health reasons, and they become great examples and inspiration for other people.

If we approach the situation with love, compassion and detachment then we are setting a wonderful example for others and living our truth. We are also helping to bring change to the planet, and being a voice for the animals.

When shared lovingly, people may be grateful for this information. An example that comes to mind is animal communicator Rosina Maria Arquati. I saw an interview with her years ago, and it has always impressed and stuck with me about how candid she is about her vegan diet. During the interview, she explained that she discusses the vegan lifestyle during her animal communication workshops.



The Kindness Era

This does a few things. It gives students information that can set them on a path that will benefit them personally and spiritually. If they choose to follow a plant-based diet this might further develop their animal communication and intuitive skills. If they choose to adopt a plant-based diet this is a way that they may be of deeper service to the animals.

Rosina's website has a link to a vegan association and another link for vegan peace. Her website states,

“Although Rosina is a vegan, she would not force others to eat a plant-based diet. She hopes humans change from their hearts and let their conscience decide which kind of diet to eat, then, such a change would be long-term.”¹³⁹

I also notice that when Rosina is featured in the media, her vegan lifestyle is often mentioned. For example, in the Zeus Times, the article states,

“Like many internationally renowned animal communicators, Rosina is a vegan. Veganism is a more compassionate and respectful lifestyle for our animal friends. Being vegan means not eating any meat, eggs or milk...”¹⁴⁰

When interviewed for a newspaper about puppy mills, the author also included information to say that Rosina is a vegan.

“Animal testing is one of the worst types of cruelty. It is not only done on rats but dogs and cats as well,’ she said. The strict vegan urged people to start reading labels on the back of products to see how they were produced.”¹⁴¹

If we share this information with compassion, kindness and detachment, then we are simply being honest about a very important and timely topic. This information is directly related to animals and thus is related to animal communication. There are people in unrelated industries who also share this message such as athletes, actors, singers and more.

By stating this information it's important to note that we are not judging others. We are in no way saying that we are better than them. We are all



The Kindness Era

learning people. We can all learn so much from each other. There is a need to speak the truth, especially when speaking the truth means the difference between thriving or suffering for the animals and the planet.

People who adopt a vegan and vegetarian diet will tell you how grateful they are to have discovered the information that led to their compassionate lifestyle.

Hence, I encourage you to be honest with this information. Share this information gently and with compassion, love and detachment.

Fear of Getting Sick from Lack of Nutrients

It's important to realize that there are vested interests in keeping people fearful of this. This fear is perpetuated by:

- The media
- The livestock industry
- Uninformed medical professionals
- Uninformed mental health professionals
- Uninformed natural health practitioners (including naturopaths, Chinese and Ayurvedic doctors, dieticians and nutritionists)

It's important to get the correct health advice from someone who has done the proper research! This quite often means seeking out someone who has taken the time and initiative to do their own research. Unfortunately, the nutrition information being taught by most institutions is still largely outdated. The curriculum is also affected by politics and industry bias.

A dietician once told me that her professional association was sponsored by Nestle. It's worth noting that Australian dieticians must be part of a professional association to practice. The Dieticians Association of Australia is also sponsored by:

- Meat and Livestock Australia
- Dairy Australia
- The Egg Nutrition Council

In addition, this association hired a spokesperson paid by Coca Cola to present misinformation on sugar and obesity.¹⁴²

The American Dietetic Association also has conflicts of interest through sponsorship by industries that put profit over health. You can read an



The Kindness Era

investigative report by Michele Simon [right here](#). The report is called *And Now a Word From Our Sponsors*.

Here it's pertinent to point out that these industries also have strong ties to the pharmaceutical industry. How? Because livestock animals require pharmaceutical intervention. Due to the unnatural, stressful, and overcrowded conditions that they are forced to live in, sickness is largely inevitable in these animals.

Consider that up to 70% of the total amount of antibiotics produced is used by the livestock industry. This is despite a plethora of professionals citing antibiotic resistance as one of the five greatest health threats facing the USA.¹⁴³

These industries have a lot of money to sway people to act and speak on their behalf. They have a lot of money to invest in advertising to continue to influence people. And they profit from the livestock industry continuing to function.

Thus, it is a mistake to think that your doctor (even a natural doctor) is aware of the extensive research and benefits that a whole food vegan diet brings - unless they have specifically studied this with reputable educators. These include the [eCornell Plant-Based Nutrition Certificate Program](#) and [Doctors for Nutrition](#), among others. They may also have read books by the growing number of health experts that advocate for a whole food vegan diet.

Let's now revisit that people have active biases and vested interests against plant-based diets. Here are two examples that I've experienced where the public was not honestly informed of facts.

The first example comes from a speech that was presented at a conference. I remember listening to a speech by the then-President of the Vegetarian Association. He had agreed to be featured on a mainstream TV show along with two other individuals who would have their diets compared, and he told us about this experience.

Part of the show format included taking blood samples and checking the blood test results of these show participants. When the hosts checked the blood test results for the omnivore (the only person of the 3 who included meat in their diet), they found that he was low in iron, anemic. But this



The Kindness Era

wasn't the case for the other two people featured - a vegan and a vegetarian).

Take a guess – do you think the TV show aired the footage showing that the only meat-eater was anemic?

No.

I wonder why this was the case. Was there a hidden agenda? Was it because of personal bias? Was it because of marketing interests? Did the show producers want to maintain stereotypes? We'll never know the complete story.

I do know that when I was a teenager, I got a glimpse into the media world when I took part in a mentorship program with a large national newspaper. I learned that if a well-written story doesn't comply with the views of the advertiser, then the story isn't published. This is a large reason why I didn't pursue journalism as a career.

The second example comes from the prestigious Garvan Institute of Medical Research. I was fortunate enough to interview a researcher there. His team conducted a study where the bone density levels of vegan Buddhist nuns were compared to non-vegan western women. The nuns had a lower intake of calcium (about 370mg per day) and a lower protein intake. However, their bone density was found to be essentially the same (a little bit less, but not statistically significant).¹⁴⁴

But for weeks afterwards, I saw headlines that misconstrued the research. Headlines such as, "Vegan diet leads to less dense bones"¹⁴⁵ and other headlines such as Vegetarian diet "weakens bones."¹⁴⁶ The articles cited this research as their source of information. I saw an article by a dairy company stating that this research showed that a lack of dairy weakens the bones. It was a gross misrepresentation of the research.

This was not how the lead researcher described the findings to me. Fortunately, some media did represent the research accurately. The Science Daily featured the headline, "Vegan Buddhist Nuns Have Same Bone Density As Non-vegetarians" (this is how the lead researcher described the findings to me). This article features the following quote by the lead researcher, Professor Tuan Nguyen:



The Kindness Era

“In this work we showed that although the vegans studied do indeed have lower protein and calcium intakes, their bone density is virtually identical to that of people who eat a wide variety of foods...”¹⁴⁷

The important thing to realize is that the media and corporations intentionally mislead us. Even one biased or incorrect headline is damaging. Many people scroll through social media glancing at headlines but not reading the entire article.

Regarding dairy, here is a very honest quote from The American Journal of Clinical Nutrition (I have underlined segments for emphasis):

“Although cow milk has been widely recommended in Western countries as necessary for growth and bone health, evidence collected during the past 20 years shows the need to rethink strategies for building and maintaining strong bones. Osteoporotic bone fracture rates are highest in countries that consume the most dairy, calcium, and animal protein. Most studies of fracture risk provide little or no evidence that milk or other dairy products benefit bone. Accumulating evidence shows that consuming milk or dairy products may contribute to the risk of prostate and ovarian cancers, autoimmune diseases, and some childhood ailments.”¹⁴⁸

Based on all of this, I urge you to consult with reputable sources for health information and advice. There are now databases of plant-based doctors and health professionals available in different countries – for example, Plant-based Docs from the USA which allows people to search for plant-based healthcare providers. There are similar websites in different countries.

One profound thing to be aware of is that diseased animals end up on people's plates. The animal agriculture industry is very lax at checking for things like cancerous tumours in meat. If you research this in more depth,



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I'm confident that your fear won't be about a lack of nutrients, but would transform into a fear of eating diseased animal-derived products.

Below is an excerpt from the book "Through the Eyes of a Cow" by animal communicator and Barefoot Veterinarian, Dr Jodi Ruckley. Dr Ruckley travelled to various countries around the world and spoke to cows and calves who were in the animal agriculture system. This is what one cow shared with her:

"They treat me like a producing machine, but I have a big heart. Bigger than the hearts of the men that work here. I give lots of milk every day but I receive no love or respect. I have a serious disease. I have needed medicine for a long time and believe me the farmers know this. But all the days I continue to give milk that can cause problems for humans. I have cancer of the lymphatics. From the outside you can see that I limp. It's the degeneration of my leg. The cancer affects my bones and my blood. I want people to stop drinking my milk because it is poison."¹⁴⁹

The cow also says,

"I am 8 years old and I have lots of knowledge. I know what to do when the farmer is angry so less bad things happen. You must lower your head and not look at him. It's better to stay invisible and walk quickly then perhaps he will not use the stick. They shout a lot and bash us on the bone of our hips with the stick. When they are happy there is no love. They make noises kindly and then we can relax, but they never say thank you or ask how we are."¹⁴⁹

I would like to point out that this cow was in a small dairy operation where the conditions are much better than those faced by cows in large dairy operations. Yet it seems that she still wasn't given the necessary health



The Kindness Era

treatment or any sense of gratitude or extra kindness due to her physical condition. What a remarkable cow. I send her all of my love and gratitude for her warning message.

We know that bovine (cow) leukemia is in beef and dairy products that are sold in stores. Countries with the highest intake of milk also have the highest incidences of breast cancer. It's thought that 9 out of 10 cow herds in the USA have this disease.¹⁵⁰ Humans have been tested and found to have antibodies to cow leukemia, which shows that we are exposed to it.

Even more alarming is that the DNA of the cow leukemia virus has been found in human breast tissue of women who have breast cancer.¹⁵¹ Yes, you read that correctly. We have a major lead into the cause of a life-or-death disease. Yet we don't read this in newspaper headlines. I think you understand why.

Dairy cows also experience other severe challenges to their health. Consider that,

“Cows have a natural lifespan of about 20 years and can produce milk for eight or nine years. However, the stress caused by the conditions on factory farms leads to disease, lameness, and reproductive problems that render cows worthless to the dairy industry by the time that they're 4 or 5 years old, at which time they are sent to be slaughtered.”¹⁵²



The Kindness Era

And young male cows slaughtered for “veal” are intentionally kept anemic so that their flesh will be a light color when eaten.

I recall an interview that I read years ago with the late Bede Carmody who ran a sanctuary called A Poultry Place in Australia. He described how chickens and other birds that are rescued from factory farms come to him malnourished, and mentioned that their combs are pale due to lack of nutrition.

Most chickens are kept in foul conditions, in cages that are stacked upwards. Chickens from the top cages poop on the chickens in the cages below. The chickens can't all access the food equally and dead chicken bodies are just left to rot amidst the alive (but in no way thriving) chickens. Most chickens grow so rapidly nowadays that their legs buckle and break under their body weight and they are unable to walk. Additionally, over 95% of US chicken is reportedly washed with chlorine in an attempt to kill germs on their deceased bodies.¹⁵³

Nowadays, health experts around the world are increasingly worried about zoonoses. These are diseases from animals that jump the species barrier and infect humans. Recent examples of zoonotic diseases are Covid 19 and monkey pox. While there is a lot of political chatter about the Wuhan lab, a group of evolutionary biologists and virologists from various countries concluded that it was a natural zoonotic disease with too many distinct features and counterintuitive features to be man-made. Other scientists agree with this view.¹⁵⁴

While a zoonotic disease has ravaged our world recently, this isn't something new that has occurred. This has repeatedly occurred in human history. Consider the following zoonoses that have affected humankind...

“Zoonotic diseases have been important throughout history and remain one of the world's most important public health challenges (56, 57). During the 400-year span of the Black Death, the plague (*Yersinia pestis*) killed an estimated 50% of the human population in China, 33% in Europe, and 17% in Africa (57). Approximately 60% of all globally emerging infectious diseases are zoonotic diseases that infect both



The Kindness Era

humans and animals (57), and 72% originate in wildlife (56). Common zoonoses of interest include bacterial diseases such as plague, brucellosis, tularemia, anthrax, salmonellosis, and *Escherichia coli*; viral diseases such as rabies, West Nile virus, encephalitis, influenza, and hantavirus; and transmissible spongiform encephalopathies (prion diseases) such as Creutzfeldt-Jakob disease, chronic wasting disease, mad cow, and scrapie (57). Examples of important zoonotic disease outbreaks include Ebola, avian influenza viruses A(H5N6) and A(H7N9), Middle East respiratory syndrome coronavirus, and cholera.”¹⁵⁵

Animal-derived foods also contain contaminants, chemicals, bacteria, heavy metals, unhealthy hormones, disease, cancerous tumors, disease-causing prions, fecal contamination and other sickening matter.

Once we understand this, the question becomes: What disease, germs, chemicals, medications, fecal matter, hormones, “meat glue,”¹⁵⁶ artificial colors, worms/parasites and genetically modified substances are we eating when we consume livestock products?

If we want to eat truly spiritual food, then whole-food, plant-derived foods are the way to do this. Organic is always best. To further increase the vibrational frequency of our vegan foods, we can pray that it be blessed and give thanks before eating it.

OVERCOMING FEARS

We have other fears too when it comes to changing our diets and our habits. But it’s important to remember that love is stronger than fear.

The main thing is that we look forward, that we educate ourselves and we anchor ourselves in the reasons why we are making these changes. Once we are clear on our *why* then things tend to fall in place more easily.



The Kindness Era

Especially if we pray for assistance from divine beings to help us. When we are trying to do something uplifting and noble with so many benefits to so many beings and the planet, there is a host of unseen help that supports us in making this change. We must remember this.



The Kindness Era



Chapter 9 - Consciously Navigating Food Addictions & Cravings

As we put food into our mouths, we are training, programming and habituating our bodies. If our body wants energy, calories and protein where will we feel like getting it? From the foods that we are in the habit of eating. We have programmed our taste buds, bodies and our minds to prefer certain foods, and we can re-program our taste buds, bodies and minds to desire other foods instead.

For example, if you've been eating "meat" as a source of protein, that's what you've programmed your body to want. To re-habituate the body, you need to show the body that it can get protein from plant sources such as tofu, tempeh, beans, lentils, vegan burger patties etc. by eating these foods. As we eat these foods, it becomes habitual and we start to desire these foods more and more.

For those that desire a meaty quality to their vegan food, people have noted that incorporating the umami flavor satisfies this desire and leaves them feeling satiated. Umami is a type of flavor. Just as we have sour, sweet, salty and bitter flavors, more recently the umami flavor was discovered. It is said that the umami flavor is difficult to describe and is a result of different food chemicals that interact.



The Kindness Era

Here are some ways to create the umami flavor when cooking so that you may enjoy the satiation that it brings:

- Fermented foods can be a source of umami satisfaction e.g. tempeh, miso, soy sauce and tamari. Add these when cooking food, or they may be used as condiments.
- When making tomato-based pasta sauce add ingredients such as mushrooms, black olives and even a splash of soy sauce.
- Slowly roasting pumpkin/squash will release umami goodness.
- Some people add MSG (monosodium glutamate) to foods for this flavor, though this may not be the healthiest option. Please avoid doing this if you are allergic or intolerant to this ingredient.
- Nutritional yeast (fondly known as “nooch”) can be added to many dishes.
- Toasted nuts and seeds provide an umami flavor.
- Using vegetable stock in cooking can create an umami flavor.
- Dried shiitake mushrooms can be a delicious source of umami and provides such a great texture.
- Kimchi (salted and fermented cabbage) is also high in umami.

Animal-derived foods also have some addictive qualities that scientists and doctors have researched. It’s good to consciously be aware of this. Dr Neal Barnard has described how foods such as cheese, meat, chocolate and sugar stimulate the secretion of dopamine which helps us to feel pleasure and can therefore have an addictive quality.

He explains more about dopamine in his book *The Cheese Trap: How Breaking a Surprising Addiction Will Help You Lose Weight, Gain Energy, and Get Healthy*. He writes,

“Deep inside the brain, in what is commonly called the “reward center,” brain cells make the feel-good neurotransmitter dopamine, and in certain situations it floods out of the cells, stimulating neighboring cells. If you find a particularly abundant source of food, your brain rewards you



The Kindness Era

by releasing some dopamine. If you were to have – shall we say – a romantic, intimate encounter, your brain has a similar reaction. It gives you more dopamine.”¹⁵⁷

The good news is that instead of consuming non-vegan cheese, meat and chocolate there are vegan cheeses, vegan meats and vegan chocolate to enjoy instead, with many different brands and selections available.

It's important to acknowledge that we can increase dopamine in ways that aren't related to food. Activities such as exercise, meditation, playing with a pet, listening to music, spending time outdoors and getting some sun exposure have been found to raise dopamine levels. Getting good amounts of sleep is also believed to keep dopamine levels balanced.

As we return our focus back to dairy now, we discover that, even though one might crave dairy initially, there are important reasons to leave this out of our diet completely.

For example, cow's milk contains certain addictive compounds that were designed to make a baby cow drink more milk. These are called casomorphins. Dr Neal Barnard has described these in the following way:

“Cow's milk – or the milk of any other species, for that matter – contains a protein called casein that breaks apart during digestion to release a whole host of opiates called casomorphins. A cup of cow's milk contains about six grams



of casein. Skim milk contains a bit more, and casein is concentrated in the production of cheese...

What are these opiates doing there, hidden in milk proteins? It appears that the opiates from mother's milk produce a calming effect on the infant and, in fact, may be



The Kindness Era

responsible for a good measure of the mother-infant bond.

No, it's not all lullabies and cooing. Psychological bonds always have a physical underpinning. Like it or not, mother's milk has a drug-like effect on the baby's brain that ensures that the baby will bond with Mom and continue to nurse and get the nutrients all babies need."¹⁵⁸

This gives us an insight into why people might find dairy products to be addictive – especially cheese which can be high in casomorphins. Now we understand the mechanism behind it – casomorphins facilitate bonding between mother and calf. A major problem with this is that although dairy milk is good for baby cows, the casein protein is harmful to humans. Through his comprehensive research, Dr T. Colin Campbell has shown that casein is a profound carcinogen. He's stated,

"Many people have heard me say, "Casein [the main protein of cow's milk] is the most relevant chemical carcinogen ever identified." Guilty, as charged. Many times I've said this. For the sake of this discussion, let's call it an hypothesis, that is, "Casein causes cancer"...

But it's true. In my laboratory research conducted over a quarter century, funded by taxpayer dollars with findings published in the very best journals, we studied this effect in many ways at a most fundamental, cellular and sub-cellular level as much research as for any other chemical deemed to be a carcinogen. Science when done right means that a hypothesis should be falsifiable, meaning it should be possible to prove it wrong. Otherwise, such views are dreamlike. Personally, I had to have structure to our research both to seek continued funding for our research and to legitimately question assumptions of generations of my family



The Kindness Era

before me. I grew up milking cows for a living and drinking all the milk I could gulp.”¹⁵⁹

Dr Campbell does not gulp dairy milk any longer. He advocates a whole food vegan diet for optimal health as based on his comprehensive research. His research is outlined in the book [The China Study](#). I encourage you to read it and to learn how potent a carcinogen casein is. Educating yourself on this matter could be a motivating factor in overcoming any cheese and dairy cravings.

Other doctors also advise us to avoid dairy. Dr McDougall refers to dairy as “liquid meat.” He clearly says that, contrary to what dairy companies want people to believe, dairy products are not healthy. In a newsletter written by Dr McDougall, he explains his rationale for not including dairy in The McDougall Program:

“In the late 1970s when I was developing the McDougall Diet – after reading the bulk of the nutritional science published since the early 1900s – I came to the conclusion that starches, vegetables and fruits were ideal for human nutrition.

I then asked myself, what would be gained and lost by adding other food categories (dairy, meats, poultry, fish, free-oils, sugars, etc.) to this elemental foundation? In the case of dairy foods, I quickly eliminated the “calcium advantage” because Nature packaged her foods so efficiently that developing a disease due to calcium deficiency is nearly impossible on a diet of plant foods...

After almost three years of exhaustive research I concluded: adding dairy foods to my original plant food-based diet would only supply more calories, fat, animal protein, cholesterol, sodium, microbes, and chemical contamination – ingredients that were making most of my patients ill in the first place. In



The Kindness Era

the final analysis, I found myself unable to discover any reasons to add dairy into the McDougall Diet – the hazards weighed heavily and any benefits were overstated, or blatantly falsified. Yet the drone from the dairy industry's propaganda continues three decades later. I am the uncommon voice out there in the wilderness; people tired of listening without questioning will find my analysis of some of the dairy industry's most familiar messages refreshing."¹⁶⁰

Dr McDougall's insights are refreshing, and patients who follow his program gain wonderful health benefits including disease reversal. The McDougall program involves eating a high starch, low-fat, whole-food vegan diet. In his 12-day program, there is also an educational element that includes addressing behavioral change. This helps with changing unhealthy eating habits.

Another scary component of dairy is the hormone IGF-1 (Insulin-like Growth Factor) that is produced by cows. IGF-1 from dairy is identical to human IGF-1. This hormone is known to:

- Accelerate breast cancer cell growth.
- Plays a major role in the progression of various cancers in children.
- Plays a major role in the growth of breast cancer tumours, melanoma, pancreatic cancers, prostate cancer and small cell lung cancer.
- It's also linked to colon cancer.¹⁶¹

High IGF-1 levels are only associated with animal-derived proteins. Plant proteins do not raise IGF-1 levels. In fact, plant proteins have been found to decrease IGF-1. Researchers found that to get a significant reduction in IGF-1, men and women need to adopt a vegan diet. A vegetarian diet does not offer this protective advantage.¹⁶²

It could be said that one of the greatest rewards for ditching dairy is the profound improvements in health that so many people experience. When cutting out dairy, eliminating dairy foods gives the tastebuds time to



The Kindness Era

change. It's usually said that avoiding a food for 3 weeks is the time needed for taste buds to change their taste preference.

The great news is that there are tasty dairy alternatives that are free from casein and IGF-1. These include vegan cheese products, non-dairy ice cream products, non-dairy yogurt products, etc.

Alternatively, you can experiment in the kitchen to create many of these products at home. There are now vegan cheeses, yogurts, milks, chocolates, ice-creams and more. Nutritional yeast is easily substituted for parmesan cheese on pasta dishes. There are [various recipes](#) available for creating non-dairy cheese at home. Two books containing recipes for vegan cheese include *Artisan Vegan Cheese* by Miyoko Schinner and *The Ultimate Uncheese Cookbook* by Jo Stepaniak.

You might also enjoy creating delicious yogurt at home. My go-to recipe is by Nina, an accredited Nutritionist and Sports Nutritionist. Her original recipe (my personal favorite) is right [here](#). I use probiotic capsules as a starter for my yogurt. Nina has another yogurt recipe [here](#) that can be made by using a variety of plant-based milks.

There are also many [recipes](#) for homemade ice cream that don't require an ice cream maker.

We can educate ourselves on the merits of excluding animal products from our diet. And we can follow through with action. We can eliminate the foods and introduce an abundance of different plant-based foods that make our taste buds happy, leave our stomachs delightfully full and leave our conscience feeling light because we are not consuming animals and their by-products.

By changing our diet, we also begin to change the microbes within our body. Scott Anderson, co-author of "The Psychobiotic Revolution" has stated,

"Microbes can produce toxins and make us feel like crap if we don't give them what they want. So they know how to make us miserable."



The Kindness Era

Microbes increase our craving for food that they like by changing our taste buds, increasing opioid and cannabinoid receptors, and producing neurotransmitters such as dopamine and serotonin. So they also know how to make us happy.”¹⁶³

Knowing this, we are better equipped if we do experience cravings. It helps us to understand that if we are transitioning to the vegan diet, we may potentially crave animal products for a short time. If this happens, it may help to remember that certain microbiota in our gut may be throwing a temper tantrum to get what they want. But just like little children, we can say “No!” and redirect our focus to look for something else to eat.

Other aspects of food cravings involve our minds. Some researchers think that we crave certain foods simply because of our memory of them, including the memory of satisfaction that we had when we ate particular foods. They’ve found that the areas of the brain related to emotion, memory and reward are activated during food cravings. Researcher Marcia Levin Pelchat PhD has said:

“This is consistent with the idea that cravings of all kinds, whether for food, drugs, or designer shoes, have common mechanisms.”¹⁶⁴

And

“Cravings are also like habits. We often reach for a craved food without thinking of it.”¹²⁸

Here we come back to this idea of habit and memory. When we change our diet to plant foods, we start to create new memories of the plant foods and the enjoyment we feel when we eat them. This helps us to desire more plant foods. Choosing plant foods and focusing on our enjoyment of them leads us to crave plant foods and then to habitually reach out for them.

And no discussion on food cravings would be complete without touching on emotional aspects. Consider that when we are feeling sad, depressed, lonely, anxious etc. many of us turn to processed comfort foods that are not very nutrient dense. It’s interesting to note that at these times we need



The Kindness Era

more nourishment on multiple levels. In the book, *Fat Is a Family Affair*, Judi Hollis Ph.D. says,

“Eating is a substitute for true intimacy and risk. If we want to change our bodies, we have to change our relationships... Problems arise when we try to get nurturance without being vulnerable. The only way to do that is with food. Food is that single, solitary, lonely substance that is ever-ready and never fails. Food never expects anything of us... People aren’t quite that predictable or dependable.”¹⁶⁵

So we may seek emotional nurturing from food. If this happens and one craves animal foods when going vegan, a good strategy is to have an alternative food available and to take steps to overcome emotional eating. This can include developing and practising self-compassion, talking to a trusted friend or loved one and working with a professional who can help to overcome emotional eating.

A helpful strategy is to be prepared for times of hunger. Eat regular meals and avoid getting extremely hungry. Be prepared with snacks and meals that can be quickly assembled when hungry.

If you are adopting a whole food plant-based diet, you might be pleasantly surprised because the hyper-nourishing foods often bring improved physical health and a more positive mood!



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RESOURCES

Watch Online for Free:

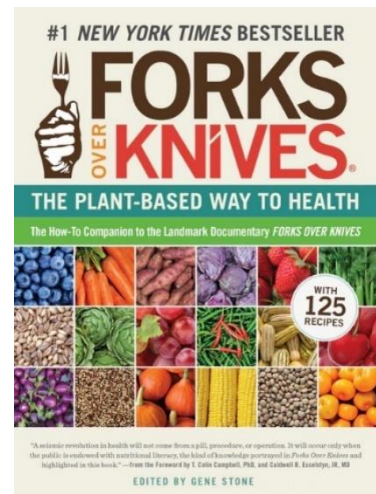
- [PlantStrong Podcast](#) videos by Rip Esselstyn – this former athlete interviews people from all around the world ranging from vegan doctors and medical professionals to vegan athletes. Their knowledge is remarkable.
- Watch videos from [nutritionfacts.org](#) - Watch free videos on more than 2,000 health and nutrition topics. This website is under the leadership of Dr Michael Greger.
- Documentary [Mad Cowboy](#), the story of Howard Lyman – free to watch at that link. The DVD is also available on [Amazon](#).

Movies:

- The Game Changers
- What the Health
- Forks Over Knives
- Food Inc

Peer-Reviewed Research Articles

- [PlantBasedResearch.org](#) - an online narrative review of peer-reviewed, scientific research papers and educational resources that are relevant to plant-based nutrition.



Fantastic Books

- How Not to Die - by Dr Michael Greger
- The Engine 2 Diet - by Rip Esselstyn
- Eat to Live - by Dr Joel Fuhrman
- The China Study - by T. Colin Campbell PhD
- Prevent and Reverse Heart Disease - by Dr Caldwell B. Esselstyn Jr.
- Breasts: The Owners Manual - by Dr Kristi Funk
- The 30-Day Alzheimer's Solution by - Dr Ayesha Sherzai & Dr Dean Sherzai
- Goodbye Autoimmune Disease and Goodbye Lupus by Dr Brooke Goldner

App: Dr Michael Greger has released an app called Dr. Greger's Daily Dozen that allows users to see and check off his recommended daily foods for health. It's available from the [App Store](#) and [Google Play](#).



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Chapter 10 - Plant-Based Nutrition

This chapter contains information on key nutrients in the plant-based diet and how to obtain them from various plant foods. This information is to help you to understand how we can nourish the body with an abundance of fruit, vegetables, grains, herbs, berries, nuts, seeds and legumes.



Protein

It is so easy to obtain daily protein requirements when one is eating a calorie sufficient diet.



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Daily Protein Recommendations:

Women aged 14 and over: 46 grams of protein daily.

Men aged 14 – 18 years old: 52 grams of protein daily.

Men over the age of 18: 56 grams of protein daily.¹⁶⁶

You might be surprised to learn how much protein is in plant foods! The table below outlines this.

Food & Portion Size	Amount of Protein (grams)	Food & Portion Size	Amount of Protein (grams)
Pepitas (pumpkin seeds) – 50g	18.4	Canned baked beans (no added salt) – 210 g	10.3
Cooked lentils – 1 cup	17.86	Organic Sunflower Kernels (seeds) - 30g	8.5
Cooked black beans – 1 cup	15.35	Soft Tofu - 1 cup	15.6
Canned baked beans (no added salt) – 210 g	10.3	Whole wheat bread – 2 slices	9
Organic Sunflower Kernels (seeds) - 30g	8.5	Frozen spinach – 1 cup (boiled and drained)	7.62
Cooked lentils – 1 cup	17.86	Organic, full fat soy milk – 1 cup	7.25
Cooked black beans – 1 cup	15.35	Cooked brussel sprouts – 1 cup	5.64
Cooked globe artichoke – 1 cup	5.85	Smooth peanut butter (organic) – 20g	5.7
Roasted buckwheat groats – 1 cup	5.68	Yellow Split Peas – ½ cup (dried)	6

Below is a sample menu showing how easy it is to meet (and exceed!) protein requirements daily...



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Protein Sample Daily Food Menu

Breakfast:

Oatmeal with soy milk, a teaspoon of ground chia seeds, a banana and some berries

(about 12 grams of protein)

Lunch:

Yellow Split Pea Soup (includes vegetables) and a slice of whole wheat bread (about 20 grams of protein)

(about 20 grams of protein)

Dinner:

Vegan lentil bolognese with a side of steamed broccoli

(about 30 grams of protein)

Possible snacks include:

1 wholefood date bar

(2.5 grams protein)

1 handful of nuts

(about 20 almonds or 15 cashews or 10 brazil nuts)

(about 6 grams)

Total Protein: Approximately 70 grams!

We can now see how easy it is to obtain ample protein while following a vegan lifestyle.

For more information on protein, I encourage you to read the [protein section](#) of the Physicians Committee for Responsible Medicine website.



Vitamin B12



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Vitamin B12 is made from bacterial activity. It can be found on the roots of plants and in the digestive system of animals. Vitamin B12 only occurs due to bacterial activity.¹⁶⁷ It's important to note that this nutrient has been found to be deficient in a large portion of the population, including those who eat meat and especially the elderly.

This vitamin is essential for cell replication (particularly red blood cells). It maintains the protective (myelin) sheath around nerves, helps to convert food into energy and plays a critical role in the production of DNA and RNA (genetic material in the cells). Some forms of dementia are thought to be related to low B12 levels.

Vitamin B12 Levels can be checked with a blood test.

Signs and Symptoms of B12 Deficiency:

- Macrocytic anemia (shown by a blood test). Common symptoms are weakness and fatigue.
- Glossitis – this can include swelling/enlargement of the tongue, sensitivity of the tongue, and redness of the tongue.
- Numbness and tingling in the extremities, pricking sensation in the extremities, peripheral neuropathy
- Depression, dementia

Supplementation:

The best way to supplement is to take sublingual tablets or a spray that is sprayed under the tongue. There are 3 main forms of B12 supplementation: cyanocobalamin, hydroxycobalamin and methylcobalamin.

Methylcobalamin and hydroxycobalamin are utilized more efficiently than cyanocobalamin.

Important Considerations:

It is recommended that all vegans and vegetarians supplement with B12 regularly. Some researchers such as those who carried out the Framingham study suggest that most people in the population, regardless of their diet, are low in B12. To test this, one can do a blood test and supplement accordingly.



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The Framingham researchers found no association between animal products (meat, poultry and fish) and B12 levels and said that people aren't absorbing B12 from these sources. The researcher also stated that people with low B12 levels within the acceptable range can still suffer from neurological symptoms.¹⁶⁸ Therefore, it's best to bolster B12 to healthy levels.

Seaweed, spirulina, algae, tempeh and mushrooms can NOT be relied on to fulfil B12 requirements. Spirulina contains B12 analogues which interfere with B12 absorption. If you are taking a spirulina supplement it's best to take it at least a few hours apart from a B12 supplement.



Carotenoids

Beta-carotene and other carotenoids convert to vitamin A in our bodies. If you have a healthy diet containing a lot of fruits and vegetables you should be getting all the carotenoids that you need! These antioxidants help to prevent damage to the cells in our bodies.

Carotenoids are good for vision, the reproductive system, hydrochloric acid production (aids digestion in the stomach), healthy skin and a healthy respiratory system.

Sources: Carotenoids including betacarotene are available in orange fruits and vegetables (carrots, sweet potato, pumpkin, capsicum etc.), apricots, mangos, green leafy vegetables (spinach, kale etc.), broccoli, spirulina and many other fruits and vegetables.



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Calcium

When considering calcium, it's not just the amount that we want to consider but also how well we absorb the calcium from our food. Fortunately, there are things that we can do to ensure optimal absorption. But first, why do we need calcium?

We need calcium for healthy bones and teeth, to regulate heart function/heart beat (with magnesium), to regulate muscle function (contraction and relaxation), enzyme function (activates saliva, pancreatic and digestive enzymes).

Separating Fact from Fiction:

Many health experts agree that dairy does not promote bone strength. The Nurses' Health Study followed 72,337 women for over 18 years and found that dairy intake did not reduce the risk of osteoporosis-related hip fractures.¹⁶⁹

A 2005 study in the American Journal of Pediatrics found no relationship between dairy intake and measures of bone health. The paper stated,

“Therefore, in clinical, longitudinal, retrospective, and cross-sectional studies, neither increased consumption of dairy products, specifically, nor total dietary calcium consumption



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has shown even a modestly consistent benefit for child or young adult bone health.”¹⁷⁰

Dr Lanou, the lead author of the study said that,

“Under scientific scrutiny, the support for the milk myth crumbles. This analysis of 58 published studies shows that the evidence on which U.S. dairy intake recommendations are based is scant.”¹⁷¹

The RDI for Calcium Is not Universally Agreed Upon

In the USA the Recommended Daily Intake (RDI) for calcium is as follows:

- Males and females aged 9 – 18 years is 1,300mg.
- Males and females aged 19 – 50 years is 1,000mg.
- Males aged 51 to 70 years - 1,000mg
- Females aged 51 to 70 years - 1,200mg.¹⁷²

In other countries, the RDI may differ. For females over 50, the following RDIs come from different countries:

- In the UK - 700mg.
- In Australia and New Zealand - 1,300mg.
- In Scandinavia - 800mg.¹⁷³

The take-home message is to get a good amount of calcium in your diet from plant sources which contain an abundance of calcium and other important nutrients that work together with calcium to build strong bones.

Sources of Calcium:

Calcium from plant sources is more easily absorbed than calcium from dairy products.

Plant sources of calcium include green leafy veggies (kale is great), broccoli, soybeans and whole soy products such as tofu (especially tofu set with calcium chloride), fortified plant milk, sesame seeds, almonds, beans, figs, nuts and seeds, blackstrap molasses, green smoothies etc.

A sample diet with calcium intake is below...



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Calcium Sample Daily Food Menu

Breakfast:

1 cup of oatmeal with calcium-fortified soy milk, ½ cup of frozen strawberries and a banana

(315mg of calcium)

Lunch:

1 cup baked/canned beans with a baked sweet potato, and fresh salad (kale, tomato, cucumber) with lemon juice

(320mg of calcium)

Dinner:

Vegetable stir-fry with brown rice and tofu
Vegetables: broccoli, capsicum, bok choy

(305 mg of calcium)

Possible snacks include:

Green smoothie with kale, apple, banana and orange plus 1 tablespoon of ground chia seeds

1 large tablespoon of almonds

(380 mg of calcium)

Total Calcium: 1,320mg!

Factors that Limit Calcium Absorption or Promote Calcium Excretion:

- Excess salt, caffeine, smoking cigarettes and consuming soft drinks can lower calcium levels.
- Animal protein can lower calcium levels.
- Green vegetables with high oxalate content may interfere with calcium absorption. High oxalate green leafy vegetables include spinach, chard, parsley and beet greens.



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The great news is that there are lots of low oxalate greens including kale, bok choy, endive, lettuce, cabbage, greens from mustard, turnip and collards, and arugula.

- A lack of exercise may contribute to calcium loss¹⁷⁴

Wholefood plant-based foods easily meet calcium requirements. This way of eating also contains other nutrients that work with calcium to build strong bones such as silica, zinc and magnesium.



Vitamin D

Vitamin D is a hormone made in the body from the sunlight on the skin. It is important for bone health. It functions as a hormone because it sends a message to the intestines to increase the absorption of calcium.

Low Vitamin D levels have been associated with cancer progression, diabetes, auto-immune diseases, depression and high blood pressure.

A common assumption is that those with darker and tanned skin have more vitamin D. However, this is not true! The darker the skin, the more melanin is present. Because of this, darker skin needs more sunshine exposure to make the same amount of vitamin D as someone with fair skin.

Nowadays, more health professionals are recommending vitamin D supplementation instead of exposure to the sun due to health concerns arising from the hole in the ozone layer, as well as more people working indoors and not getting much sun exposure.



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Recommended Daily Amount of Vitamin D

For males and females 14 years to 70 years of age, the RDA is 600IU (15mcg).¹⁷⁵

However, in my experience, this is a very low amount. I've seen many people require higher doses of daily vitamin D.

Vitamin D is helpful for many health conditions, so if you're concerned about your vitamin D levels it's wise to have a blood test which will guide you on the optimal amount of vitamin D for you.

Supplementation

Many people require supplementation today due to our lifestyle, especially due to our time spent indoors with minimal sun exposure.

When supplementing, vegan Vitamin D3 is the best choice. These are widely available nowadays.

Vegans traditionally avoid non-vegan vitamin D3 supplements as many of them are derived from lanolin (sheep wool fat). Lanolin is directly linked to the cruelty of shearing the sheep. I've heard accounts of rural people witnessing shearers kicking even pregnant sheep that they shear. Their job is to get the sheep sheared as quickly as possible, and there is no incentive for them to be kind to the sheep.

Sheep are also mulesed. Mulesing is a painful process where the skin is sliced off the buttocks and tail area of lambs to prevent flystrike, especially in Australia. Unfortunately, it is largely done without any anaesthetic at all. What is left is a gaping wound where the red flesh can be seen on the animal's rear end.

When being mulesed, sheep are forced into a vulnerable and uncomfortable position between metal bars or on their backs, or tied and restrained in some way. Their cortisol levels become elevated which shows that their stress level has increased. They display abnormal behaviour that suggests that they are in pain for up to 3 days after this traumatic ordeal. There is also evidence that the mulesed lambs avoid the person that mulesed them for 37 days, and the physical injury can take weeks to heal.

Some efforts to improve this situation have been investigated. Selective breeding for sheep is considered to be a long-term alternative according to



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the Commonwealth Scientific and Industrial Research Organisation for example. Some farmers don't mules their sheep, but they are a definite minority.

Many people who have beloved animals of their own would never allow their own pet to undergo such a painful and disturbing process – especially without anaesthetic!

Fortunately, vegan Vitamin D3 is now available. It is derived from algae! These supplements are available in various brands, and various forms including plant-based capsules, tablets, spray and drops.

When relying on the sun to achieve optimal vitamin D levels, it's important to note that vitamin D production happens within the first 20 minutes of sun exposure. If you wear sunscreen you need more sunshine exposure. Exposing the body in a bathing suit to enough sun to make the skin just begin to turn red is said to be the equivalent of 10,000 IU of Vit D. And remember, this time limit depends on how dark your skin is. If you're darker-skinned then more time in the sun would be required.

Iron

Iron forms part of haemoglobin which carries oxygen in the blood. Plant-based foods contain non-heme iron. Animal flesh contains heme iron. It has also been discovered that nodules on the roots of legume plants such as soy plants contain heme iron.¹⁷⁶ This is the iron that is included in the Impossible™ range of products, most famously known for the Impossible Burger.¹⁷⁷

While there is much said about animal-derived heme iron being more absorbable, plant-derived iron is considered to be safer for the body because it doesn't overload the system (the absorption of non-heme iron is regulated in the intestines).¹⁷⁸

It has been found that the iron status of vegetarians and omnivores (those who consume meat) is basically the same.¹⁷⁹

Recommended Daily Intake

The recommended intake of iron for females:



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- Aged 14 – 18 years: 15mg.
- Aged 19 – 50 years: 18mg.
- During Pregnancy: 27mg.

The recommended intake of iron for males:

- Aged 14 – 18 years: 11mg.
- Aged 19 – 50 years: 8mg.¹⁸⁰

Health Conditions Can Affect Iron Levels

Many people don't realize that certain disease can affect our iron levels - not just blood loss during menstruation or dietary intake.

For example, anaemia of inflammation which may be found in people with chronic inflammatory conditions such as cancer, autoimmune disorders, chronic kidney disease and inflammatory bowel diseases (e.g. Crohn's disease or ulcerative colitis).

If there is ongoing iron deficiency it's best to consult with a health professional with a robust understanding of plant-based nutrition. If anemia is present, it's important to understand what kind of anemia is present. In the case of underlying inflammatory conditions, the way to address iron deficiency would be to address the underlying health condition in addition to dietary exploration.¹⁸¹

Foods that Contain Iron

Legumes such as lentils and beans, tofu, tempeh, pumpkin seeds, whole grains, fortified cereals, leafy green vegetables such as kale, broccoli, dried apricots, figs, prunes, blackstrap molasses and more! A sample diet outlining iron quantities in meals is below.



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Iron Sample Daily Food Menu

Breakfast:

Scrambled tofu containing diced vegetables (bell peppers/capsicum and mushroom) with a slice of toast

(4.7 mg of iron)

Lunch:

Chickpea salad (chickpeas, quinoa, cherry tomatoes, green onions, fresh coriander/cilantro, and sesame seeds, orange juice and miso for dressing)

(4.5 mg of iron)

Dinner:

Lentil soup. Ingredients: lentils, split peas, vegetables (parsnip, onion, carrots) and dried herbs

(5.1 mg of iron)

Possible snacks include:

2 tablespoons of pumpkin seeds/pepitas

½ cup raisins

(3.8mg of iron)

Total Iron: 18mg!

Things that Reduce Iron Absorption

- Black tea & coffee reduce iron absorption so it's best to avoid these for at least 1 hour after meals. You could substitute these with caffeine-free herbal teas and coffee substitutes during this window of time.
- Insufficient calories and thereby insufficient protein can result in low iron levels. Studies show this is common among dieting teenage girls.
- Dairy milk - the casein protein can inhibit iron absorption in a meal.
- Low stomach acid levels (hypochlorhydria) can interfere with iron absorption. Having good zinc intake and including apple cider vinegar in meals (e.g. salad dressings) may assist with this.



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- Certain medications may reduce iron absorption including anti-ulcer medications that change the pH level of the stomach, antacids based on sodium bicarbonate and calcium bicarbonate, and NSAIDS (non-steroidal anti-inflammatories).
- Coeliac disease may reduce iron levels.
- Eggs have been shown to lower iron absorption.¹⁸²

Tips to Increase Iron Levels

- Eat some fruit before or during each meal to provide vitamin C and other organic acids that help iron absorption (mandarin, orange, kiwi fruit, strawberry, mango) etc. Or drink some juice that contains vitamin C during meals.
- It has been found that eating some garlic and/or onion in meals can increase the absorption of iron.
- Make salad dressings with fruits such as oranges, lemons and limes that are high in vitamin C.
- Eat enough calories.
- Drinking 30 to 60ml of raw beetroot juice 2 – 3 times daily may be beneficial for healthy iron levels.
- Cooking foods in cast iron cookware has been shown to increase iron in food. This is increased drastically in moist apple sauces and tomato sauce due to the acidity. There is a product on the market called Lucky Iron Fish. You could [research this](#) to see if it would be useful to you. The iron fish or iron leaf is boiled in some water with some acidifier added (lemon juice or apple cider vinegar for example), and the resulting water is consumed.¹⁸³

For more information on iron in plant-based diets, you may wish to refer to the Physicians Committee for Responsible Medicine [Iron Fact Sheet](#).



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Discovering New Ingredients can be fun!



When adopting a plant-based diet, the easiest way to make changes is to veganize key meals that you frequently eat. For example, if you have breakfast cereal with dairy milk in the morning, an easy way to veganize this would be to substitute the dairy milk with plant milk. Or if you have scrambled eggs in the morning, you could substitute this with scrambled tofu. From there you can veganize other meals that you regularly enjoy.

You might find joy in discovering new products, ingredients and brands. You might also like to join a group such as an online social media group where you will gain other ideas for meals. Some whole-food plant-based YouTubers also have great content with great meal ideas.



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Chapter 11 – Food, Mood & Attitude

(This chapter was written by accredited naturopath Eve Nguyen. Thank you for your permission to share this chapter in this book).

When your body is strong and healthy you can cope better with stress. Being healthy also improves mental outlook, concentration and mood. These are the very things that will help you day after day!

So what can you do to physically feel better and support your mental function and mood? This chapter presents helpful information that will assist you in achieving this.

Eat at the Right Times

So often I have consulted (and worked!) with people who display certain symptoms when they are hungry. A Director I worked with frequently stated at meetings, “Hurry up, I’m getting irritable,” as lunch times were pushed further back to accommodate lengthy meetings.

If you pay attention, you will probably notice that you experience various symptoms if you haven’t eaten for a while such as feeling weak and/or light-headed, headaches, dizziness, irritability, mental “fog”, feeling teary and of course feeling hungry. Such symptoms have typically been described as having low blood sugar levels or hypoglycaemia.

Dr. Joel Fuhrman goes one step further in associating such symptoms with “toxic hunger.” This has to do with the way that food makes you feel after



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eating it, and the body's inability to go without food for a few hours. Dr. Fuhrman has developed an amazing and scientifically-verified approach to eating that emphasizes nutrient-dense foods, and helps to eliminate such symptoms when hungry.

If you experience these symptoms when you get hungry, consider the following tips to get you started on the path to more balanced blood sugar levels:

- Eat a healthy and wholesome breakfast each day made from whole-foods. Avoid saturated fats such as those found in bacon and eggs for example. A better breakfast would be oatmeal with fruit.
- Eat morning tea. Have a piece of fruit handy or a small snack to keep you energised until lunch time.
- Plan meals for the week including snacks. Left-overs from dinner can make a great lunch the next day and can help you to avoid visits to a cafeteria or café that may tempt you with unhealthy food choices.
- Avoid eating candy and other sweets that give you quick bursts of energy but leave you feeling flat later. This also applies to soda/soft-drinks (even those that are artificially sweetened which present their own health problems) and energy drinks.
- Be prepared for inconsistent work hours by keeping food at work for when you stay back late or work during lunch time.
- Drink plenty of water each day (preferably filtered water).
- Consider reading Dr Joel Fuhrman's book *Eat to Live* and incorporate some of his recipes for meals, treats and snacks that will help to eliminate "toxic hunger" and help you with improved mental clarity and focus.

More Energy? Yes Please!

So often I have heard the comment, "If only I had more energy..." So here is an often over-looked tip for increasing your energy levels and health. Start consuming green smoothies or fresh juices!



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Fresh juices almost everyone has heard of. This is juice that is freshly squeezed or pressed. They are not heated like the juices found on supermarket shelves, so they retain many beneficial nutrients in a form that is highly absorbed by the body.

Juicing has enjoyed a revival in popularity in recent years following the movie “Fat, Sick and Nearly Dead” by Joe Cross. Mr. Cross revolutionized his life and health after embracing fresh juices.

You might not have heard about green smoothies yet. I have heard green smoothies referred to as “blended salads”, “life juices” or “youth elixirs”. Essentially, they are a blend of green leafy vegetables with fruits and water or plant milk to make a delicious smoothie.

The act of blending everything together helps to break down the cell walls of the fruits and vegetables so that the nutrients are in a highly absorbable form. By blending it all together the fibre is also retained which helps you to feel full and may help to maintain steady blood sugar levels.

I once delivered a nutrition presentation and one lady was very interested in green smoothies. She told me that she worked in a hospital and recently had to miss lunch due to work. She began to have an irregular heart beat and felt faint and dizzy, which the nurses later attributed to hypoglycaemia.

She wanted to know if she could make green smoothies at home and take them to work for lunch. The answer was yes! Green smoothies make a great snack, morning or afternoon tea and can also be enjoyed for lunch if you don't have time to eat a meal. The trick is to store the green smoothie in an air-tight container and to keep it refrigerated. The natural fibre in green smoothies also helps to keep them fresh.

Some people will be able to keep a blender at work and make smoothies there. If this is the case you could start a green smoothie trend at work and get other staff involved. We often go out for “drinks” at the end of the working week or share candy, biscuits and chocolate with staff members, but how often do we share healthy food that tastes great and gives us more energy?

If you don't like eating breakfast in the morning then green smoothies can be a great alternative. You can add some nuts and seeds to keep you feeling full for longer. Nuts and seeds will add more minerals and good fats to your green smoothie. And you can have more than one glass to really fill



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you up. When compared to fresh juices, green smoothies will keep you feeling full for longer than juices due to the fibre being present.

Other benefits attributed to fresh juices and green smoothies may include: weight loss, increased energy, better mental clarity and focus, a decrease or elimination of food cravings (especially junk food!), improved body odor, no more constipation, and a more positive mental outlook.

Green smoothies can also be a great source of calcium and magnesium. Many green leafy vegetables contain calcium that is in a highly absorbable form – much more absorbable than the calcium in dairy milk!^{184,185} They are also a great source of folic acid and a range of phytochemicals. Kale is a great low-oxalate green leafy vegetable to use.

Phytochemicals are plant compounds that have many different benefits to the body. There are thousands of phytochemicals in fruits and vegetables! For example, the green leafy vegetables kale and Bok choy contain glucosinolates which are precursors to anti-cancer compounds, and blueberries contain anthocyanins which may improve good cholesterol, lower bad cholesterol, and are good for eyesight.

What's more, a recent study looked at the association between mental wellbeing and the amount of fruit and vegetables eaten each day. They found the "existence of a positive association between well-being and fruit-and-vegetable consumption."¹⁸⁶

In other words, the more fruit and vegetables that the people ate the higher levels of well-being they were found to have. Green smoothies are an easy and tasty way to include more fruit and vegetables in your diet.



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Green Smoothie Recipes

So why not try making a green smoothie? For each of the recipes below, simply place the ingredients into a blender, blend until smooth and serve. Note – high speed blenders work best in creating a smooth consistency. As you drink more green smoothies try adding more greens for increased nutrients.

Sweet Summer Magic

- 8 kale or Bok choy leaves (no stems)
- 1 peeled banana
- 2 nectarines (seeds removed)
- 2 cups of water

Tropical Delight

- 1 – 1.5 cups of frozen mango (without the skin)
- 1 peeled banana
- 1 peeled orange
- 2 cups of baby spinach leaves or English spinach leaves
- 1 cup of organic soy milk

Berry Delicious

- 1 cup frozen blueberries
- ¼ cup pomegranate juice (or the seeds of 1/2 pomegranate)
- 2 bananas
- 2 cups of English spinach leaves (or kale for low oxalates)
- 2 cups of water
- Optional – 1 tsp of chia seeds

Iron Booster

- 1 bunch of parsley
- 1 peeled kiwi fruit
- 2 granny smith apples
- 2 cups water
- ½ lemon



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Juice Recipes

Many juice bars provide freshly squeezed or fresh pressed juices. This can be a convenient way to include juices in your diet. If making your own fresh juices (or green smoothies) try to use organic produce wherever possible. Shopping at the Farmers Markets can be a way to buy produce that is not sprayed with chemicals at a low price. In my experience Farmers Market produce is usually fresher and tastier than grocery store produce. It usually lasts for longer in the fridge too. Juicing is also a convenient way to use produce before it goes off in the fridge!

Below are some juice recipes in case you love juicing or want to get started:

Orange and Green Recipe: 5 apples, 2 celery stalks and 2 oranges

A Splash of Pink Recipe: 6 carrots, 2 celery stalks, 3 apples, 1 beetroot

Very Veggie Recipe: 6 carrots, 1 small beetroot, 5 tomatoes, 4 stalks celery, fresh parsley, English spinach, 1 cucumber

And one final bit of information – green smoothies and fresh juices can have a slight detoxification effect on the body. If you don't usually consume many fruits or vegetables, you may initially have to go to the bathroom a few times and with more urgency than usual.

Specific “Better Mood” Nutrients

There are specific nutrients that may help to promote a happier and more stable mood. These include:

Vitamin D

While it is important for building strong bones, vitamin D can also be beneficial in mood regulation.

Low Vitamin D levels have been associated with depression¹⁸⁷ and Seasonal Affective Disorder (SAD). SAD is a type of depression that occurs during the colder months of the year. Some people may not experience fully blown depression. For example, as Winter rolls around some people feel unmotivated, “flat”, a bit despondent, a bit “down” and less energetic.

The good news is that Vitamin D may assist with overcoming these symptoms and may help you to achieve a more positive mood!^{188,189, 190}



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There is a good chance that your Vitamin D level may be low. In Australia, Vitamin D deficiency has been estimated to affect nearly one third of adults¹⁹¹ and in the USA three quarters of the population are thought to be Vitamin D deficient.¹⁹²

The only certain way to know if you are Vitamin D deficient is to have a blood test.

When buying a Vitamin D3 supplement, it is best to purchase one that is made from algae (seaweed). These smell better and are environmentally sustainable. A lady once saw me for a consultation and complained that she had been prescribed Vitamin D by her doctor but that she couldn't take it because of the smell! So, I opened up the bottle and smelled the capsules and we agreed that it smelled like a barnyard.

With the exception of algae-derived Vitamin D3, supplements are synthetically made from sheep lanolin (sheep wool fat). But nobody has ever reported a bad odor from algae-derived Vitamin D to me.

Many people that I have consulted for have not wanted to take vitamin D3 from sheep lanolin because of other concerns such as mulesing,¹⁹³ and the concern of sheep dip and other compounds that might find their way into lanolin-derived D3.¹⁹⁴

So, opt for algae-derived Vitamin D3 for an odorless, environmentally friendly, and toxin-free supplement. At the time of writing there are various brands available in different countries and online shops. The dosage that you take will be guided by your Health Care Provider, and follow up blood tests will be able to show if your Vitamin D levels have been improving.

Magnesium

Magnesium has been dubbed the most important mineral for stress! Magnesium is found in over 300 enzymes in the human body, including those that help to synthesize energy.¹⁹⁵

People have reported that magnesium has helped them in various ways including: muscle relaxation (think of how your neck and shoulders can tense up when you are stressed), increased ability to cope with stress, better sleep at night, waking up feeling more refreshed in the morning,



The Kindness Era

calming eye twitches, calming leg twitches and restless legs when going to sleep at night and assisting in more stable blood sugar levels.

For an easy way to remember which foods contain magnesium, think green leafy vegetables. Green leafy vegetables contain chlorophyll and it is this chlorophyll that contains magnesium. So when Popeye ate his spinach he was getting his supply of magnesium!

Researchers have found some interesting information relating to magnesium deficiencies and supplementation including:

- Magnesium deficiency has been found to create “tetany syndrome.” Symptoms include muscle spasms, cramps, hyperarousal (a state with increased mental and physical tension) and can bring about reduced pain tolerance, anxiety, insomnia, fatigue, hyperventilation and general weakness or lack of strength (asthenia).¹⁹⁶
- In type 2 diabetics magnesium supplementation has been shown to reduce fasting glucose levels¹⁹⁷ and to improve insulin sensitivity and metabolic control.¹⁹⁸
- Magnesium has been found to be helpful with Premenstrual Syndrome (PMS) symptoms such as fluid retention.¹⁹⁹ Premenstrual anxiety has also been found to improve with a combination of magnesium and vitamin B6 supplementation.²⁰⁰
- Low magnesium levels have been linked to constipation.²⁰¹
- High blood pressure has been associated with low magnesium levels.²⁰²

In short, to reap the benefits of magnesium it is important to include magnesium rich foods in your diet! The great news is that a green smoothie will supply magnesium in a highly absorbable form.

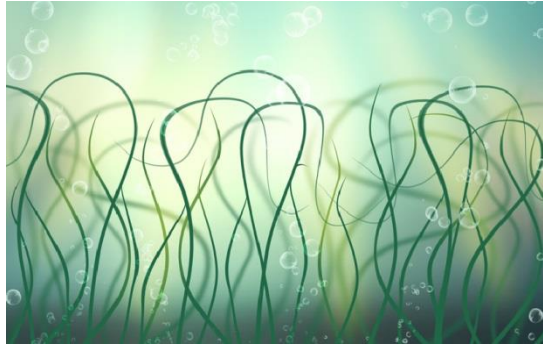
Other sources of magnesium include: Cocoa and cacao (great for making healthy chocolate smoothies and desserts), dark green leafy vegetables, nuts and seeds (especially pumpkin seeds/pepitas), brown rice, avocado, legumes, and whole grains.

If you feel that you need supplementation a health expert such as a Naturopath or Nutritionist will be able to guide you about the type and dosage that is best suited to you.

And remember that you can also soak in Epsom salt baths which are high in magnesium.



The Kindness Era



Omega 3 Fatty Acids

There are two omega 3 fats that we hear a lot about. One is called EPA (short for eicosapentaenoic acid) and the other is DHA (short for docosahexaenoic acid).

Research has found that these fatty acids are: protective against heart disease; beneficial during breastfeeding for the development of the baby's brain, eyes and central nervous system; beneficial for inflammatory disorders such as arthritis, and they are thought to improve children's brain function and concentration.

DHA and EPA have also been shown to affect our mental outlook. Low DHA levels have been associated with depression, anxiety, hyperactivity, schizophrenia, dyslexia and allergies.²⁰³ And EPA has been found to help with symptoms of depression.^{204,205}

So we can see that it is important to get EPA and DHA in our diets. Our bodies can make these fatty acids from eating foods with omega 3 fats such as walnuts, flaxseed/linseed, chia seeds, pumpkin seeds and tofu. How efficiently we convert the omega 3 to EPA and DHA depends on our diet overall. The more refined oils that we have in our diet, the less efficiently we convert these fatty acids into EPA and DHA. This is where it's helpful to follow a whole food plant-based diet which is low in oil.

Many people mistakenly think that EPA and DHA can only be found in fish or krill, but EPA and DHA are found in seaweed – which is precisely where the fish obtain it! If you do take an EPA/DHA supplement, just be aware that they are extracted using vegetable oils, so if you are excluding oil from your diet for health reasons, it may be best to stick to whole foods high in



The Kindness Era

omega 3 fats rather than use an EPA/DHA supplement. I've recently become aware of a brand that extracts the EPA and DHA using water instead of oil. So please do some research if this interests you, and please be sure to ask your healthcare provider for what is best for you.

Please note that seafood should NOT be relied upon for EPA and DHA due to toxicity and other concerns.

More and more manufacturers are providing algae-derived EPA/DHA. Algae does not contain the contaminants found in fish and seafood that affect our health, nervous system and mental ability. It is ironic that some of the contaminants in seafood are actually detrimental to our mental ability - yet many people eat seafood believing that it will help their brain.

Let's take a look at some of the contaminants found in fish and seafood and how they can affect the brain...

Mercury

Mercury is a heavy metal. All fish contain at least small amounts of methylmercury which is the most toxic form of mercury.²⁰⁶ Contaminated fish is the major source of mercury exposure in humans.

Methylmercury has negative health affects – especially on the nervous system and development as outlined below:

- One study found that the negative effects of mercury on children's IQ actually outweighed the beneficial effects of the DHA from the seafood!²⁰⁷ Children exposed to methylmercury in the womb have experienced negative impacts on memory, attention, cognitive thinking, fine motor skills, language and visual spatial skills.²⁰⁸
- Another study found that amongst Mother's with high levels of Mercury, their newborn's brain had smaller cerebellums than that of women with lower mercury levels.²⁰⁹ The researchers concluded that in pregnant women, exposure to low levels of methylmercury influences brain development of the foetus.
- Researchers suggest that women should not eat polluted fish for a period of 1 year before falling pregnant, and also during the pregnancy in order to give the body enough time to eliminate the mercury in their body.²¹⁰
- The average 9-year-old child would exceed the U.S. Environmental Protection Agency's mercury limit if they ate canned tuna more than once



The Kindness Era

every 43 days!²⁶

- Other health effects for adults (besides central nervous system damage) may include hearing loss, diminished vision, declined co-ordination and paraesthesia (abnormal sensations – often a tingling, pricking or “pins and needles” sensation).
- Studies investigating canned tuna show that the methylmercury level is getting worse. Fifty five percent of all tuna examined by the U.S. Environmental Protection Agency was above the human consumption safety level.²¹¹

PCBs (Polychlorinated Biphenyls)

PCBs are chemicals that were banned from use in the USA in 1979 due to concerns about its impacts on both human and environmental health.²¹²

PCBs are found in fish. They build up in our bodies and can remain there for many decades and they are passed onto infants through breast milk.

Research in humans has linked PCBs to:

- Fibrosis (thickening of connective tissue)²¹³
- Diabetes^{214,215}
- Cancer²¹⁶
- Reproductive health problems: Endometriosis,²¹⁷ thought to play a role in reduced sperm count, premature puberty, changing normal levels of oestrogens and testosterone.²¹⁸
- Disrupted immune system function. One study on Dutch children linked PCB levels to increased ear infections, chicken pox and lower immune function overall.²¹⁹
- In children and babies: low birth weight²²⁰ and negative effects on cognitive and neurological development.²²¹
- May affect the endocrine system – thyroid hormones have found to be affected.²²²

Dioxins

Dioxins are a highly toxic chemical and more than 90% of human exposure is through food. They stay in the human body for 7 – 11 years.²²³ Dioxins have been associated with:

- Cancer⁸⁹
- Chloracne (a skin disease that looks like severe acne)⁸⁹
- Liver damage - including increased rates of liver cancer, gallbladder cancer



The Kindness Era

and biliary tract cancer⁸⁹

- Impaired immune system⁸⁹
- Impaired endocrine system²²⁴
- Reproductive health problems. May promote the development of endometriosis.²²⁵

Other contaminants found in fish and seafood include chlordane and DDT which are pesticides that are now banned from use in the USA.

So for healthy sources of omega 3 fatty acids try including more chia seeds, flaxseed/linseeds, walnuts, green leafy vegetables and pumpkin seeds in your diet and avoid seafood. And if you take EPA and DHA supplements, take supplements derived from algae instead of fish oil or krill oil.

Vitamin B Complex

There are various B vitamins and as a group, the B vitamins are called the “B-complex.” The B-complex vitamins are known for many actions including energy production and stress support (supporting nerve and brain function).

The B vitamins can be found in various foods. If people are low in folic acid then they are probably not eating enough vegetables!

One study looked at B-complex vitamin supplementation and how it affected work place stress. They found that the group taking the B-complex vitamins for 90 days reported significantly lower personal strain, reduced confusion and less depressive or dejected moods.

The researchers concluded that,

“Given the direct and indirect costs of workplace stress, these findings point to the utility of a cost- effective treatment for the mood and psychological strain effects of occupational stress. These findings may have important personal health, organizational and societal outcomes given the rising cost and incidence of workplace stress.”²²⁶



The Kindness Era

Vitamin B12 in particular is an important and often-overlooked vitamin. It used to be thought that people over the age of 50 and vegetarians were most prone to low B12 levels, but recent research has found that the general population is often low in B12 unless taking supplements or eating fortified foods.²²⁷ All natural B12 is of microbial origin.²²⁸ It has been suggested that the Recommended Dietary Allowance should be higher than the current 2.4 mcg in America even amongst a “healthy population between 18 and 50” years of age.²²⁹

A deficiency in B12 may cause symptoms such as depression,²³⁰ confusion, fatigue, nerve damage, digestive issues and brain wastage.²³¹ It is also interesting to note that there are a few forms of dementia that are reversible with vitamin B12 therapy.²³² Other conditions that have shown improvement with B12 include Bell’s Palsy, diabetic neuropathy, homocysteinemia, male impotence and sleep disturbances. It is also thought to have a balancing effect on the nervous system.²³³

To test your B12 levels you can get a blood test or urine test. Ensure that functional B12 is being measured.²³⁴

When taking a B12 supplement it is best to take methylcobalamin or hydroxycobalamin as a sublingual tablet or lozenge – these are tablets that you place under the tongue and dissolve in the mouth.²³⁵

Vitamin C

Most people think of coughs and colds when they think of vitamin C, but there is so much more to this vitamin!

Vitamin C has been shown to help lower cortisol (a stress hormone) built up from physical and mental stress. In a study on marathon runners researchers found that those who took 1,500mg of vitamin C per day had significantly lower cortisol levels after racing.²³⁶ In another study on vitamin C and psychological stress the participants who took 3,000mg of vitamin C daily had lower blood pressure, lower cortisol levels and lower subjective levels of stress as compared to the placebo group.²³⁷

Vitamin C is in a range of foods such as oranges, lemons, lime, kiwi fruit, pineapple, strawberries, bell peppers/capsicum, guava, cherries, mango,



The Kindness Era

watermelon etc. So adding more of these foods into your diet will increase your vitamin C intake.

If you do supplement with Vitamin C there are various forms to choose from such as calcium ascorbate, ascorbic acid and sodium ascorbate. People with high blood pressure should avoid sodium ascorbate. There are also whole-food vitamin C supplements which contain vitamin C derived from plants like acerola cherries and rosehips. If you have green smoothies or fresh juices these may also serve to boost your dietary vitamin C intake.



High Protein, Low Mood!

Many people are on some sort of weight loss diet and very often it is a high protein, low carb diet or the Atkins diet itself. Unfortunately, these diets are not conducive to good mood or good health (or even long-term weight loss as many studies have found!).

High protein diets that limit carbohydrate intake can strain the liver and kidneys and lead to increased constipation, bad body odour, worsening of allergies and osteoporosis. Research has been published that confirms that a high protein diet also lowers your lifespan.²³⁸

Now, if you are like me you will find that information to be depressing enough! But there's more. Low carb diets can leave you feeling moody, depressed and unmotivated.

This impact on mood may be partly due to the effects on serotonin. Serotonin is a neurotransmitter that is linked to improved mood and



The Kindness Era

feelings of wellbeing – and we can increase or decrease serotonin in the brain by paying attention to what we eat!

Serotonin is made by converting the amino acid tryptophan. Foods that we often regard as “high protein” (e.g. turkey and other meat- protein sources) contain the amino acid tryptophan. But the problem is that they also contain other amino acids that compete with tryptophan absorption and conversion to serotonin.²³⁹ So what’s the solution?

According to Dr. McDougall,

“A low-protein carbohydrate-rich diet (full of starches, vegetables and fruits) results in the highest levels of serotonin in the brain... For you this means less hyperactivity, anxiety, depression and insomnia - provided you eat that healthier diet.”²⁴⁰

For women, eating carbohydrate-rich and lower protein dinners during the week leading up to a period has also been linked to improved mental wellbeing (less tension, anger, depression, sadness and fatigue).²⁴¹

Researchers in New Zealand have found that the more fruit and vegetables people eat, the more positive their mood is. Dr. Connor who led the study is quoted as saying,

“After further analysis we demonstrated that young people would need to consume approximately seven to eight total servings of fruits and vegetables per day to notice a meaningful positive change. One serving of fruit or vegetables is approximately the size that could fit in your palm, or half a cup.”²⁴²

And fruit and vegetables are great for weight loss!

And now let’s talk more about weight loss. What does the research show here? The research clearly and repeatedly shows that high protein, low carbohydrate diets do not promote long term weight loss. An example of a study that presented these findings involved 103,455 men and 270,348



The Kindness Era

women in Europe. They found that those who ate the most meat gained the most weight – and this was regardless of their overall calorie intake.

The researchers stated,

“Our results do not support that a high protein diet prevents obesity or promotes long-term weight loss, contrary to what has been advocated.”²⁴³

Even worse, research has shown that high protein diets are associated with higher mortality (increased death from all causes). One particular study analysed dietary information for over 100,000 participants over a minimum of 20 years. They concluded that a low carbohydrate diet rich in animal foods was associated with higher all-cause mortality (death from all causes), cardiovascular mortality (death due to cardiovascular disease) and cancer mortality (death due to cancer).²⁴⁴ What price are we willing to pay to try to lose weight?

The lead researcher Dr. Theresa Fung said,

“This research indicates that all low carb diets are not the same, and the differences have an indelible impact. One that is based on plant foods is a better choice than one that is based on animal foods.”²⁴⁵

So what can you do if you want to feel happy and lose weight? Follow a high nutrient, healthy, plant-based (meaning vegan) diet.



The Kindness Era



Chapter 12- Clearing Up the Clouds

We've learned that we can make changes in our lives that are for the greater good of the world at large. We can create incredible shifts in the world by being kind, making kind choices, and including the animals in our circle of compassion.

I now bring your awareness back to the message from the rooster that was described earlier in this book - 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 are contributing to such dense energy.

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



The Kindness Era

“I feel that the entire earth is almost encapsulated in a fog or cloud of suffering that certainly includes the suffering of human beings, but more than anything, the suffering of animals that are killed by the millions every day. That energy of the suffering that they go through stays in a kind of band around the Earth. So, if enough people became vegetarian and then vegan, we would begin to dissipate that energy by simply balancing it.”²⁴⁶

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 out into the universe.

Here it's important to remember the message from the wise cat - that the way that we can attract light and positive energy is to be kindness and compassion in action. The cat showed me bright, beautiful light from the universe or heavens attracted to people. The cat showed me bright, glowing, thick beams of light shining into people and explained that the light isn't going into everyone for a reason. 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. This chapter will explore another facet of this that many people may not have considered.



The Kindness Era

It's vital to acknowledge that our actions have a vast impact, and can affect the world around us. We have a framework here to some degree that gives some relevant insights into this, called "the butterfly effect."

The butterfly effect essentially tells us that small changes can lead to very drastic consequences. The butterfly effect comes from the work of Edward Lorenz. His work as a meteorology professor at MIT university led him to some surprising revelations about how small changes could lead to large consequences in the environment, especially when trying to forecast the weather.

Some of you may have heard the term, "A butterfly can flutter its wings over a flower in China and cause a hurricane in the Caribbean" – which is a line from the movie Havana. When Lorenz was asked about this line, and whether it was true, he said that he is not sure of the answer.

Wow - that's a big statement to make! It shows the unknown power of chain reactions.

We also know the power that words can carry, and how spoken words can also carry their own chain reactions. And so, we are reminded to speak kindly. Anyone who loved the movie Bambi would recall Thumper recounting his mum's advice,

"If you can't say something nice, don't say nothing at all."

It's not always easy to do this, but many people do try. In the 2015 movie Cinderella, the Fairy Godmother also gives us an insight into this. She says,

"Names have power, like magic spells. And of a sudden it seemed to her that her stepmother and stepsisters had indeed transformed her into merely a creature of ash and toil."

If you have seen this film, you'll know that the stepmother and stepsisters started calling Ella by the name of Cinderella due to the cinder ash that she was covered in as they made her wait on them like a servant.

We know from working with animals in particular, that simply changing an animal's name can be such a powerful thing. People who have watched the iconic animal communication session with the leopard Diablo recall that he



The Kindness Era

wished for his name to be changed. And it was changed to Spirit! Such a lovely difference! I recall working with a very timid dog named Autumn who also wished for a name change to something warmer that would imbue her with more confidence.

So, we have an understanding that seemingly small things can cause significant reactions and changes. And we know that our actions, thoughts and words that we put into the world have an effect.

Spiritual teachers from many faiths have given guidance for centuries on ways to protect and uplift ourselves spiritually. Adhering to such wisdom also provides protective elements on a wider scale, including the building of positive, protective energy around the planet. We have gotten some idea of how inflicting cruelty onto animals causes suffering. So, let's now explore some other ways that humankind is attracting darker energy into the world.

One area is alcohol consumption. Many religious and spiritual writings around the world encourage people to abstain from drinking alcohol. The reasons behind this are many, and we will look at this for a moment from a spiritual perspective.

It has been said that the word alcohol is derived from the Arabic word “al-kuhl” which means body eating spirit. It is thought that this is where the term “ghoul” actually originates. As far back as Aristotle, various people shared this view. It is said that Aristotle gave the term “spirits” to the process of alcoholic distillation because he said that drinking alcoholic beverages puts spirits into the person that drinks them.

I know someone who has had quite a few spiritual experiences in her time. She once told a story about someone who went out drinking alcohol, and the next day she could see a black/negative energy trapped in the person's spleen. Alcohol, the “in-toxicant” had indeed brought the “toxin” of black energy “in” to her.

Other people with psychic tendencies have reported similar things. Some tell of their experience of seeing negative/low-level spirits around people at social events. What some have described seeing is that once people became intoxicated, their souls left their bodies and that negative spirits entered their bodies, and drove the bodies to do certain acts.²⁴⁷



The Kindness Era

I once explained this concept to someone whose husband would do some strange things when he was drunk. She told him what I had explained, and her husband told her that it was true. He said that when he's drunk, other spirits or energies come into him and make him do things. This isn't a man who is a psychic. Yet he had an awareness that this is his experience.

Many spiritual teachers have tried to warn us of this. Consider writings from the Cao Đài faith which states:

“Many people have half their body die, as a result of wine... Once we lose our human status, we can't expect to rise up to the ranks of the sages, saints and Buddha. Also, when our mind is uncontrollable, we leave our door open for negative spirits to enter thus leading us to do many sinful things, and causing us to be bound forever by the cycle of reincarnation.”

- Divine Messages, Book 1, Lesson 64

The Holy Bible says,

“Be not among winebibbers, among riotous eaters of the flesh. For the drunkard and the glutton shall come to poverty, and drowsiness shall clothe a man with rags.”

- Proverbs 23:20-23.

This is an interesting statement. It reminds me of what many people have said – that people seem to be walking around as though they are asleep. Many things dull our consciousness and our spiritual awaken-ness.

In Buddhism, it is stated,

“A disciple of the Buddha should not intentionally consume alcoholic beverages, as they are the source of countless offences.”

- Brahmajala Sutra

The beloved spiritual teacher Paramahansa Yogananda (1893 - 1952) described similar things. He once said,



The Kindness Era

“The temporarily exhilarating effects of alcohol and drugs are counterfeits of true spiritual experience. The use of alcohol and drugs frequently leads to overindulgence in sex, which shuts out the power of spiritual inspiration by tying the mind to intense body-consciousness.

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

The counterfeits are harmful, for they are the lures of 'maya', the cosmic delusion force that is ever trying to mar all the beautiful expressions of God in this universe.”

- Excerpt from Lecture "The True Experience of Spiritual Ecstasy" delivered at Self-Realization Fellowship international headquarters in Los Angeles, California, December 16, 1934²⁴⁸

These words are so powerful. So many people use alcohol to suppress their emotions and to manage anxiety and depression. This robs us of the ability to process our emotions and learn from them. It also robs us of the ability to develop emotional intelligence and cultivate peace, and actually hinders our ability to do so.

I know people who can't relax in social situations without alcohol to help them. Even when in beautiful surroundings of nature, there are people that still need a glass of wine in their hand to relax. We only have to look at social media posts to see this truth.

After drinking alcohol, we can be left feeling depressed and hungover. We might regret the things that we did and/or said while we were drinking.

So, we seem to have people with psychic abilities confirming through their lived experience what spiritual Masters have warned us about. Nowadays



The Kindness Era

we also have science telling us about the “countless offences” that are linked to alcohol consumption.

In some very surprising research that came out of the United Kingdom, researchers stated that alcohol abuse is more harmful than heroin or crack abuse. They concluded that alcohol is the most harmful drug to society.²⁴⁹

The Centres for Disease Control and Prevention (USA) say that alcohol is responsible for over 95,000 deaths in the USA per year. They state that this is 261 deaths per day. This includes death due to the long-term health effects of alcohol consumption, as well as from deaths such as poisoning or overdose (when alcohol is used with another substance), suicide, and car crashes.²⁵⁰

This can have a ripple effect on communities in many obvious ways such as the Doctors and nurses who are inundated in hospital emergency rooms on Friday and Saturday nights due to alcohol-related injuries, family members who suffer from domestic violence when their spouse is inebriated, children who witness grown-ups being violent when drunk, etc.

With alcohol removing our inhibitions, it has also been observed that being intoxicated can lead to increased sexual activity. Sexual assault in college students is one facet that has been researched. One journal paper has stated that it can be the sexual perpetrator who drinks alcohol, and/or the victim who drinks the alcohol that can increase the chance of sexual assault from acquaintances.²⁵¹

Another study found that in college students, drinking alcohol around the time of having sex increased the likelihood of the students engaging in unprotected sex with casual partners.²⁵² Unprotected sex with casual partners carries risks such as STDs and unplanned pregnancy.

In a well-written article, Alcohol.org states that alcohol can have the following repercussions:

“Getting into an accident and/or getting injured

Engaging in possible criminal behaviors

Being more open to trying other drugs

Having violent outbursts and getting into fights

Taking part in unwanted or unsafe sexual encounters



The Kindness Era

Becoming the victim of a crime.”²⁵³

The article describes in detail how alcohol affects the brain and thus affects our behavior in various ways.

The use of recreational drugs carries similar negative consequences to alcohol.²⁵⁴ And of course, alcohol and drug use can have devastating effects on bystanders and community members who are not intoxicated. This can include those who become car crash victims in accidents caused by someone who is drunk or is under the influence of drugs. Losing a loved one this way would cause a lot of pain and resentment in the family and friends of the deceased.

It can also cause much suffering to family members who watch their loved ones come to harm through the use of drugs and alcohol. Watching family members form and suffer from these addictions can be heartbreaking. It robs them of peace of mind and even their physical and financial safety.

So, we begin to get an insight into how, both personally and as a society, alcohol can indeed cause great suffering. When we reflect on this, we may be compelled to ask ourselves:

“Perhaps we have experienced the changing of the voice, violence, sexual promiscuity, ingesting of harmful substances, destruction to property, conflictual behavior and other negative expressions.

Is this the manifestation of light, love and positivity?”²⁵⁵

Quite evidently no, it is not.

All of this can encourage and attract negative energy to us. All of this escalates our suffering. This is not just based on a spiritual perspective, but based on very practical observations.

We were given this physical body to serve us on our Earthly journey, and we have a duty to care for it to the best of our ability. But alcohol is a poison to our body. It dehydrates us, robs us of important nutrients, injures our liver and more. Researchers have said that there is no “safe” level of drinking alcohol because it is a poison that damages the brain. They also say that no amount of alcohol is good for health.²⁵⁶



The Kindness Era

When our body is in good health, we have so many blessings, we can do so many things, we can invest our energy into uplifting activities and have a more positive mental outlook. But if we intentionally harm it through poisonous substances, how will our health and wellbeing be affected?

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

It's important to remember that we can be addicted to alcohol without calling it an addiction. If alcohol is used to unwind, relax, take the edge off, help us to socialize, or is needed to have a good time, or used to escape from sadness, guilt or other unpleasant emotions then we are using it as a crutch. This is disempowering us. By staying away from alcohol and developing our resilience and emotional intelligence, we begin to empower ourselves!

If you're reading this and thinking, "this makes sense, but it's hard to stop drinking," then below are some wise words by Leo Babauta:

"Quitting something can be hard, it's true. But not quitting them is harder - you have to live with health problems (or other problems) for the rest of your life. That's years of pain vs. a few days or weeks of struggle. To me, the choice is clear - choose yourself."²⁵⁷

What Might We Do to Stop Drinking Alcohol?

Here are some practical tips that may help people as they stop drinking alcohol, and choose to empower and elevate themselves:

- As we are focussing on the spiritual sphere, we can pray for help to overcome cravings and addictions to alcohol. You can pray to the highest divine source you know, whichever name you have for a higher power, as well as ask angels and guides to help you abstain.



The Kindness Era

- Set a goal and focus on the benefits. People who give up alcohol report many positives such as an increase in concentration, feeling more awake, sleeping better, better work performance, nicer complexion, improved liver function, feeling happier, weight loss and easier weight loss. It can also help to avoid getting “man boobs” (gynecomastia).
- It might be worth thinking about the nutritional needs of your body. Alcohol uses up your:
 - B vitamins (involved in energy production; brain and nerve function; and so many other positive things)
 - Vitamin A levels in the liver
 - Serum (blood) levels of vitamin C
 - Zinc, which plays a role in the immune system and wound healing
 - Magnesium
 - It also interferes with vitamin D metabolism
- Consider giving your body some support and/or seeing someone such as a naturopath or nutritionist. This might help you to rebuild strength and optimal nutrition in your body which could make you more resilient overall.
- Engage in activities and practices to manage stress. This could include drinking herbal relaxation tea, perhaps even taking a herbal tonic and taking supplements such as a vitamin B complex and magnesium. These nutrients support the nervous system and may leave you feeling more calm, balanced and energized. Exercise can help to stabilise mood and release endorphins to make us feel happier. Other stress management tactics could be connecting with nature, mindfulness practices, self-compassion meditation etc.
- Don't skip meals! Fluctuating blood sugar levels can be a major factor in driving people to drink alcohol. Ensure that you eat a good breakfast, lunch and dinner and be sure to have snacks in between as needed. Have snacks ready for when you do get hungry. Also, keep up your water intake.
- Avoid temptation. It might be a good idea to avoid the pub or dining at restaurants that serve alcohol (if this is usually when you drink). Instead, you could go to watch a movie, try a new restaurant, go



The Kindness Era

bowling etc. Or you could even see if there is an alcohol-free bar or club near you. More alcohol-free bars and clubs are springing up as there are more people who are seeking this option.

- If you visit places where people are drinking alcohol and you don't want to draw attention to yourself for not drinking alcohol, you can always drink a non-alcoholic beverage from a wine glass. There are drinks such as sparkling apple cider, sparkling grape juice, lemon and lime bitters etc. that won't stand out at a party. Many places now make delicious mocktails too.
- Book in with someone who may be able to assist you in overcoming alcohol cravings and/or dependence. Many different approaches may appeal to you, for example, hypnosis, seeing a naturopath, seeing a psychologist or holistic counsellor, or even seeing a Mind-Kinetics® life coach.

We can learn to nourish ourselves in so many ways that elevates us spiritually. We can also nourish ourselves on other levels - physically, mentally and emotionally - to help us become more resilient overall. Our actions can have broad and powerful effects. Hence, avoiding alcohol can have many far-reaching benefits and positive consequences.

Much of the information above also relates to recreational drugs use. It doesn't benefit us spiritually to consume alcohol and recreational drugs. A Manager that I once had told me a sickening story about her friend who witnessed severely disturbing practices in clubs. People who were under the influence of drugs partook in these activities that are not fit for humans. I won't divulge the story as it's too repulsive to go into detail.

Suffice to say, my Manager's friend was understandably traumatised by what he had seen. And this brings us back to the circle of heavy energy around our planet – that we create – that is there due to people's naïve actions and the suffering of humans and animals.

The best way to uplift ourselves and the beings around us is to connect with and cultivate our inner joy, optimism, awe, creativity and nature-connection. We can build up our emotional intelligence and emotional resilience. This approach is so much more favorable than relying on



The Kindness Era

external placebos such as alcohol and recreational drugs that cause so much suffering on such a wide scale – even to our beloved pets.

How Drinking Alcohol Can Affect Our Pets

Drinking alcohol around pets can affect them, especially if they are sensitive and/or see energy and energetic beings. If the animal can see or sense unpleasant energy and entities this may be scary for them, or it could potentially make them feel more protective and put them on high alert! Just as alcohol consumption can attract negative energies and entities, so too can smoking cigarettes and taking recreational drugs which can affect animals in the same ways.

What's more, if we feel ill due to partaking in any of the above, this can also adversely affect the animals. The animal members of our family love us so much that through their immense love, the animals will often try to take physical suffering into their own bodies to alleviate our suffering.

In some cases where drugs or cigarettes give off an odour, scent and smoke, this directly impacts the health of the animal. Even the smell of such substances on our clothing, furniture and curtains can affect them. Our animals should not be subjected to second-hand smoke from cigarettes or recreational drugs.

Animals may also come to us because they have a soul purpose to help overcome self-harm such as addictions. I recall an animal communicator speaking about her client. The client was an alcoholic who adopted a rescue dog. When the lady started binge drinking the dog would have seizures and need to see a vet. If she was drunk, she couldn't drive the dog there.

The love she had for her dog was transformational and led her to stop drinking alcohol. When she stopped drinking, the dog's seizures also stopped! Although she had tried many other things to stop drinking, she hadn't been able to achieve this until the dog came into her life.

Ultimately, love helps to transform us. This can include love for our family (both human and non-human). This love inspires us to reflect on and alter habits that do not serve us. Such profound transformation, healing and empowerment can come from this!



The Kindness Era

Reflection and Empowerment -

Remember your power!

We are spectacular beings! We can rise to be the best versions of ourselves. We can cultivate our inherent kindness and compassion, and attract positivity and light to ourselves and our planet.

How might we do this?

Be kind to ourselves.

Be kind to other humans.

Be kind to the animals.

We can adopt a compassionate vegan diet and lifestyle. And we can build healthy habits and mindsets that transcend any desires for alcohol. We can cultivate our inner happiness, contentment, emotional intelligence and resilience which empowers us more and more each day.

Our kind choices can have such powerful impacts that ripple out into the world and uplift countless human, animal and nature beings around us! We can be a balm for our Mother Earth.

And as our actions become more loving and compassionate, our lights shine brighter and more light is attracted to us. We can begin to clear up the murky energy around our planet. We can work together to create a happier world for all beings! *We can run to the rescue with love and create peace on this magnificent planet. Imagine this world and let's achieve it together!*



The Kindness Era



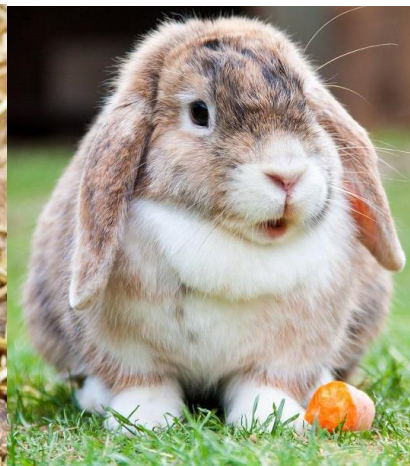
In Prayer for a Peaceful World for All

♥♥ In celebration of all the kindness that you put into the world, I would like to thank you! ♥♥

All of the animals, the Earth and all of the divine and heavenly beings, angels, nature spirits and the kind-hearted humans of the world are in gratitude for your loving-kindness.

Keep spreading the love! If you've enjoyed this book, please share it with friends and family. It can be downloaded for free right [here](#).

♥♥ May you be uplifted as we co-create a harmonious and kind world for all beings! ♥♥



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We Are Ushering In A Kindness Era.

People's hearts and minds are blossoming, and as awareness of injustices grows, people are overcoming limitations with kindness and courage.

The animals are key to this era. Their great love helps to hold our world in balance as humanity cultivates love and compassion.

Discover the messages that the animals convey through telepathic animal communicators. And learn how, by being kind to animals, ourselves and our planet, we are co-creating a brilliant new world based on the foundations of love and equality.

