

VACN JOURNAL I VOL 5

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Contents

03 WELCOME!

06 MESSAGE FROM A HEN - RECEIVED BY ELLIE LAKS & SHARED IN A MOBY INTERVIEW.

07 NEWS: STUDY FINDS AMAZING SUSTAINABILITY BENEFITS OF THE VEGAN DIET IN HUMANS & ANIMAL COMPANIONS.

09 NEWS: CULTIVATED MEAT DOG FOOD LAUNCHED & OMNI VEGAN DOG FOOD ON THE DRAGONS DEN.

12 MESSAGE RECEIVED FROM A DUCK. BY LARA.

13 THE LADY BEETLE. BY GERALDINE.

14 THE BRAIN WALK® & ANIMAL COMMUNICATION. BY EVE.

16 ROWDY GIRL “SPIRITUALLY FED” RENEE KING-SONNEN.

19 FEATURED ANIMAL SANCTUARY: PEANUTS WELL-BEING SANCTUARY.

Welcome!

The glorious phoenix on the cover of this volume is a symbol of transformation. There are some interesting stories about the phoenix and our current times.

Mary Summer Rain, of Shoshoni heritage, is an author who has written about the teachings of No-Eyes, an elder also from the Shoshoni First Nation. Both ladies were veg, and understood the profound importance of not eating our animal friends. No-Eyes "expressed again and again that the Great Spirit gave us the fruit of the land for all our needs. She said the land is our dining table and medicine chest."

No-Eyes warned that, "When great Phoenix coming out of Earth Mother, her skin gonna tear bad. Great tears. Her breath be coming in long winds. Her mouth be dry. She be hot then shiver with icy cold. She cry out great amount of tears. She flood stuff with tears." This seems to depict the our current time with the many natural disasters in the world.

But as we know, the phoenix rises from the ashes.

Welcome!

So what did Mary Summer Rain go on to see in our future? When seeing the future she exclaimed, “I actually found it difficult to believe my own eyes, and my heart leapt with joy while I moved in closer to the animals. I looked deeply into their large brown eyes and realized that they’d never be heartlessly led to the slaughterhouse – they’d never be eaten!”

Other people, including animal communicators, have described the New World that’s coming as vegan and peaceful. Billie Dean, co-founder of the Deep Peace Trust Animal Sanctuary, has called it “The Age of Delight.”

The world is transforming. Please know the energies are intense right now. It’s not just you feeling it - many are.

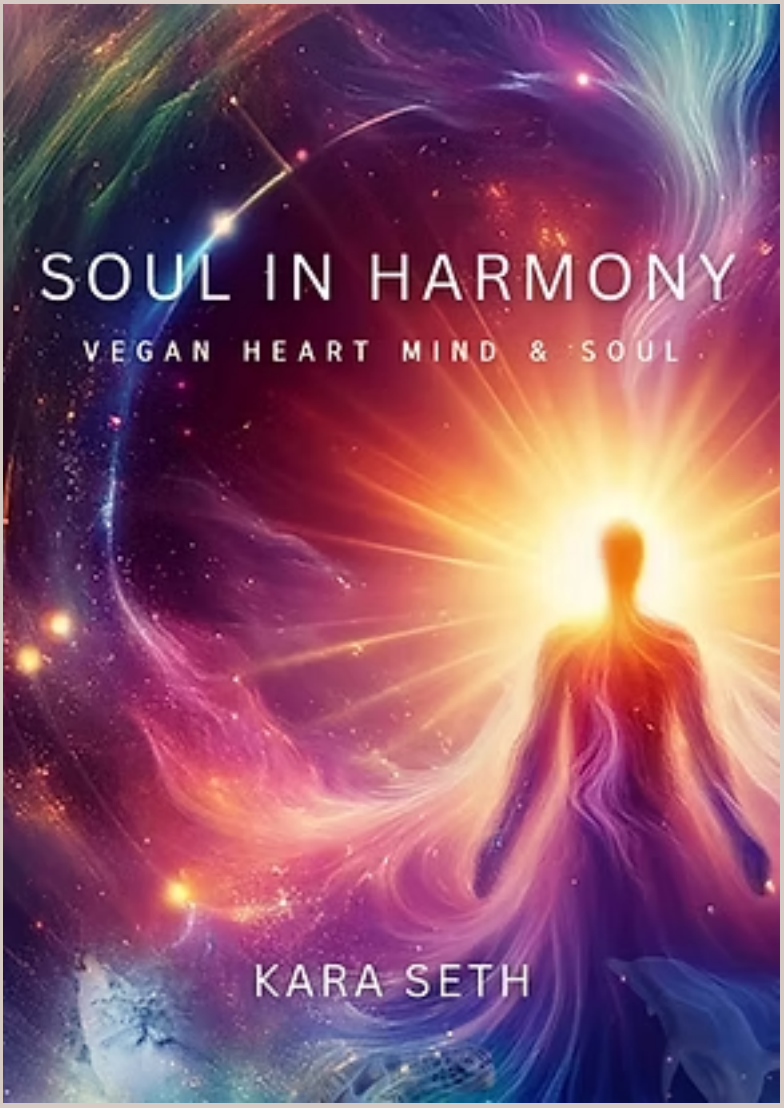
In moments of overwhelm and heartache, please know that rainbow warriors, Enlightened Masters, Angelic and Divine Beings are achieving our vegan future. Let’s hold the vision for this and let it comfort us and give hope in trying times.

So much love to you.

Kara Seth

NEW BOOK

FREE TO READ & DOWNLOAD



This book is a flow of love and logic, woven together brilliantly to convey the current call of the hearts and souls around the planet. Discover the messages from animal beings around the world as they are relayed through telepathic animal communicators.

GET YOUR COPY HERE!!





Message Received by Ellie Laks

In an interview with Moby, Ellie Laks shared the following message that she received from a hen lady who was on a truck headed for the slaughterhouse:

"Don't cry for us that are going home. The work that you're doing is for the people that are capable in the slaughterhouses to end a life, for the people in dairies willing to take a newborn baby away from a mom, for the people that are disconnected from their hearts, broken from their own love, don't know who they are and can't see the beauty and angels in front of them. That's the work that you have to do on this planet."

This message hit Ellie profoundly and she said, "And it rocked my world and I'll never forget that. Because it's true, the work that we're doing on this planet is to awaken the people who can't see, can't hear, can't love, can't feel."

~ Ellie Laks, Vegan Animal Communicator and Founder of The Gentle Barn. Watch the Interview Here.

NEWS!!

Study Finds Amazing Sustainability Benefits of the Vegan Diet In Humans & Animal Companions

In October 2023, new research found that by feeding dogs and cats nutritionally-sound vegan food, the food saved could feed a quarter of the American human population eating a vegan diet.

This translates to the following amount of people being able to be fed if the following US populations went vegan (based on 2018 data) & the amount of land and freshwater saved:

If US Dogs Went Vegan

- 449.1 million people could be fed.
- This is 5.8% of the 2018 world population.
- This is equivalent to the population of the European Union.
- A reduction of 15.2% of land use (m2).
- A reduction of 5.8% negative impacts to freshwater.
- 13.3% lowered green house gas emissions (in CO_2 equivalents based on 2013 data).

Research by Andrew Knight Published in the PLOS One Journal HERE.

NEWS!!

Sustainability Benefits of the Vegan Diet In Humans & Animal Companions Cont.

If US Dogs & Cats Went Vegan:

- 518.8 million people could be fed.
- This is 6.8% of the 2018 world population.
- This is equivalent to the population of Europe and Central Asia.
- A reduction of 17.2% of land use (m2).
- A reduction of 6.5% negative impacts to freshwater.
- 15% lowered green house gas emissions (in CO2 equivalents based on 2013 data).

If US Humans Went Vegan:

- 5, 314.2 million people could be fed.
- This is 69.2% of the 2018 world population.
- This is equivalent to the population of every single nation or collective region on Earth.
- A reduction of 60.3% of land use (m2).
- A reduction of 17.1% negative impacts to freshwater.
- 45.5% lowered green house gas emissions (in CO2 equivalents based on 2013 data).

Research by Andrew Knight Published in the PLOS One Journal HERE.

NEWS!!

CULTIVATED MEAT DOG FOOD LAUNCHED

Biotech company Meatly made history by successfully producing cell-based dog food in collaboration with vegan pet food brand The PACK.

The launch of their 'Chick Bites' treats took place at the Brentford (London) branch of Pets at Home (a major UK retailer with over 450 stores). This marked the first-ever global launch of cultivated meat for pets.

It was the first such product to be launched in Europe, opening a new chapter for the pet food industry.

The innovative treats generated significant media buzz, from prime-time BBC TV coverage and a feature on BBC Breakfast, a double-page spread in the Daily Express and extensive radio coverage.

The product combines plant-based ingredients with Meatly's cultivated chicken. More details can be found HERE.

OMNI VEGAN DOG FOOD ON THE DRAGONS DEN

The UK-based vegan pet food company Omni recently appeared on the UK TV show Dragons' Den (the equivalent to the US show Shark Tank) where they pitched their vegan dog food to a panel of investors. Omni foods is pioneered by vets and rooted in evidence-based health benefits. They also make special food for allergy-prone pets.

On the show the company highlighted the nutritional benefits of their vegan products and successfully secured investment from two of the show's 'dragons.'

Omni's online store saw an extraordinary 9,200% increase in traffic after the episode aired!

This shows that vegan dog food is becoming more main-stream. You can watch an excerpt of the show HERE.

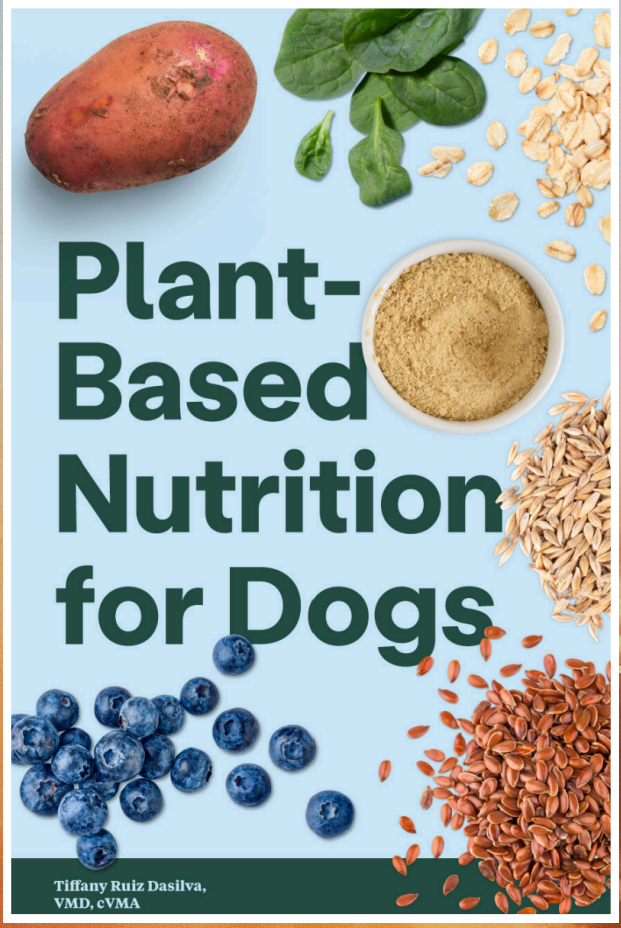


FREE PLANT-BASED DOG GUIDES!

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

The Pack also has a free book, Raising A Happy, Healthy, Plant-Based Dog which is available HERE.

Free show on vegan dogs HERE.







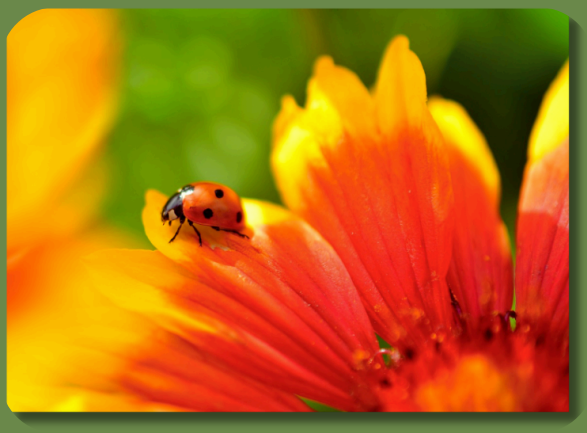
Message From a Duck

There I was driving along a highway that I've driven down how many times over the last 15 years (right near my home) ... when suddenly a dark brown duck began walking across the highway. A duck? Here? So bizarre!

He/she took their time casually crossing the highway while I stopped my car and other cars behind me slowed and maybe even stopped. I said to my friend in the car, "I have to connect to the duck later and get his/her message." It was so strange and unexpected that I knew that there had to be a message here. Then the duck flew off.

When tuning into the duck, the message I received was: "Slow down, even if other people have to wait." I told my friend the message. He laughed and said that he totally agreed, the messages were perfect for me! Since then I have been endeavoring to slow my pace and focus on myself a little bit more. It doesn't come naturally but I'm so grateful to the duck for this message.

- By Lara



The Lady Beetle

As I went to check the water for the birds that visit the garden, I noticed a lady beetle struggling in the water. I gently lifted her out, and she seemed to be drying herself and walking on my arm. I tried to coax her onto a tree leaf but she wouldn't move off me.
I connected with her, and got the feeling of a coughing sensation in my lungs. She was telling me that she was still recovering from the water ordeal and wanted to stay on my body.
So I told her that she could stay on me as long as she wanted, and I was careful of her as I began to move around the backyard.
Once that was done, I led her over to the tree and she ventured onto a leaf. But instead of going down a leaf towards the trunk of the tree where I thought it would be safer (she had almost drowned and I thought the leaves towards the trunk would be more still from any wind), she instead climbed toward the tips of the leaves.



I closed my eyes and asked, "Why are you going towards the tips?" She said, "I want to fly." I opened my eyes and saw her wings opening up as though she was getting ready to fly away.
Satisfied that she was strong and safe, I left her on the tree.
While many insects have chosen to stay on me in the past rather than be led onto the trees, now I understand that some insects would like some extra time to recover after we remove them from life-threatening situations.
So please be kind to them as they may appreciate being with you and staying on your body for a short while. The message received was, "we appreciate kindness."
She explained that because she was a little disconcerted with her balance and navigation, she appreciated being on my arm because it had a larger surface area than a leaf or a twig and it was easier for her to balance. Lady bugs are so beautiful!

- By Geraldine



The Brain Walk® & Animal Communication

By Eve N. Animal Communicator,
Mind Kinetics Coach & Counsellor



As a Mind Kinetics® coach I have been blessed to learn how to use The Brain Walk®. Developed by Betska K-Burr, this can also be used to self-coach. It's a fun tool where you subconsciously choose a challenge, subconsciously choose a strength, explore how it's a solution then walk The Brain Walk map. The eyes follow the colours and your finger "walks" the walk. At the end an image streaming exercise is used to receive a solution from the superconscious. Very early on it struck me that this image streaming process feels a lot like animal communication (AC)!

Betska and I had a paper published on Mind Kinetics® Coaches using The Brain Walk before coaching. Coaches reported benefits such as grounding and focusing, overcoming judgement, and helping to choose valuable coaching questions.

This made me wonder - would doing *The Brain Walk - Journey for Peace of Mind®* before animal communication also help me? In 2024, in challenging times, I used The Brain Walk to shift my mind and energy for AC. I share some results with you below. I encourage you to try The Brain Walk here for more context and self-experience.

Example One: I'd been in a meeting where my opinions were not valued, though they were important to the project. I was left feeling belittled, ignored & concerned at what the outcome might be.
Goal: To feel energetically balanced & proceed with AC.

The subconscious challenge & exploration: Perseverance. This was a challenge as fatigue set in with a sore heart at this and not being able to live close to nature to refresh myself that way.

The subconscious strength: Devotion. How was this a solution to overcoming the perseverance challenge? Keep going! Keep trying! Despite the set-backs, use all of

The Brain Walk® & Animal Communication



my tools and keep going.
Image streaming: I saw a seagull gliding on the wind. Meaning to me? Riding the wind, above all challenges. Seagulls are adaptable they seem to be able to be on the land and the sea. A peaceful feeling.

How was this a solution? Living closer to the natural world is the dream, but I just have to train myself more and use the tools that I have for now. Keep on doing the AC and keep on trying. Adapt.

In another session the subconscious challenge was beauty. To me this meant admiration and appreciation. When I appreciate nature I am calmed and inspired, however I live right near a highway with depressing traffic noise and odors.

Subconscious Strength: Grace. This can be a strength by striving to align myself with the greater good, prayer, meditation. How was this a solution? See the grace of God, admire that and remember that I'm trying my best.

The solution streamed in at the end of The Brain Walk: I heard the bird squawk noise by Geneviève Côté. What this means to me? I just switch off when watching her, fully immersed. How is this a solution? Switch off and fully immerse in the AC. I can do this by giving thanks before each AC session, pray and set the intention for the AC to be clear, and admire the beauty of AC.

I encourage you to try The Brain Walk for any aspect of life. The solutions aren't just ideas, it's like an energetic re-balance. When using this for AC enhancement, it might enhance receptivity and help a sore heart to feel happier so that our love can shine more brightly in connection with the animals.

Eve is an Animal Communicator & Certified Power Coach. She holds a Grad. Dip of Psychology & helps people explore and overcome subconscious & conscious limitations to achieving goals and optimal states of mind & well-being.

Check Out Our Youtube Playlist!



Want to watch some fantastic interviews with animal communicators?

Want to hear more insights from the animal beloveds?

Want to hear amazing and uplifting stories?

Want some inspiration in your day?

Want to hear from others who share your love for the animals and the environment just as much as you do?

If so, check out our YouTube playlist!

Watch Here!

Rowdy Girl Spiritually Fed Renee King-Sonnen



Rowdy Girl is a mighty soul in a cow body. When Renee King Sonnen started caring for her, Renee shares how she began to be spiritually awakened by Rowdy Girl. Renee said, “She became my baby. And when I was feeding her, I was also being spiritually fed. And awakened to the sentience of all the other calves. And I began to see things I’d never seen before.”

Renee began to receive the names of the animals in the herd. She began to be able tell all the cows apart. She said, “I started getting to know the cows and they started getting to know me.”

Renee went vegan and raised the funds to buy her husband’s cow herd. And she changed the property from a cattle ranch to an animal sanctuary!!

She couldn’t take the heartache of the animals being sold and eventually killed for food, and this weighed on her conscience.

“I about had a fit because, I saw firsthand with my own eyes the mamas crying for their babies. Their babies crying to get out of the trailer. I saw the babies you know, scrambling, you know, tears bursting from their eyes. I mean, not just trickling, I mean just all of a sudden it was just like full on. And the mamas

would chase the trailer up that highway wanting their babies, just wailing with everything in them. And then they would do that for several days after they were gone. And after the babies left, usually it was about 6 or 7 of them at a time, you know all those mamas were just desperately you know, in pain. They were in grief. And it did something to me. It got through to me and I would go out there with them by myself, and I would get on my knees and I would beg for mercy and I would cry and I would tell them I'm so sorry."



Thankfully, all of the animals at the sanctuary are now safe! They know that Renee and her husband Tommy (who also went vegan!) now care for and protect them.

Renee has shared, "They know that they were used as food. And so, when that barrier between me and them is lifted, the feelings that are exchanged between us, it can not be described with words. It can only be described with emotion. There's nothing better than the silence and the love that I share with my cows."

Renee King-Sonnen is Founder of Rowdy Girl Sanctary. Following her example, her multi-generational cattle rancher husband also became vegan and they run Rowdy Girl Sanctuary together. They are a shining example of the power of love to transform us into veganism. Watch interviews with Renee Here, Here & Here.



Free Vegan Nutrition Course

ACCESS THE COURSE HERE.

- Learn the truth about common nutrition misconceptions
- Tips for Optimizing Nutrient Absorption
- Receive Sample Menus with Key Nutrient Figures
- Learn How To Read Food Labels
- Receive Beautifully Presented Class Notes
- Learn about Protein, Carbohydrates & Fats Including Omega 3, EPA & DHA and How to Obtain These
- Learn About Key Vitamins and Minerals: Calcium, Iron, Vitamin D and Zinc.

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Peanuts Wellbeing Sanctuary Inc.

AUSTRALIAN SANCTUARY

Peanuts Wellbeing Sanctuary was founded by Tracey Keenan and Michael Still. It is a sanctuary for animals as well as a safe space for children facing challenging circumstances. The kids visit and have the opportunity to heal as they connect with the animals.

The goal is to “break the cycle of abuse” for animals and children. This is achieved by joining rescued animals with children from dysfunctional, neglected and abusive backgrounds to nurture and aid in the understanding of empathy and compassion toward others.

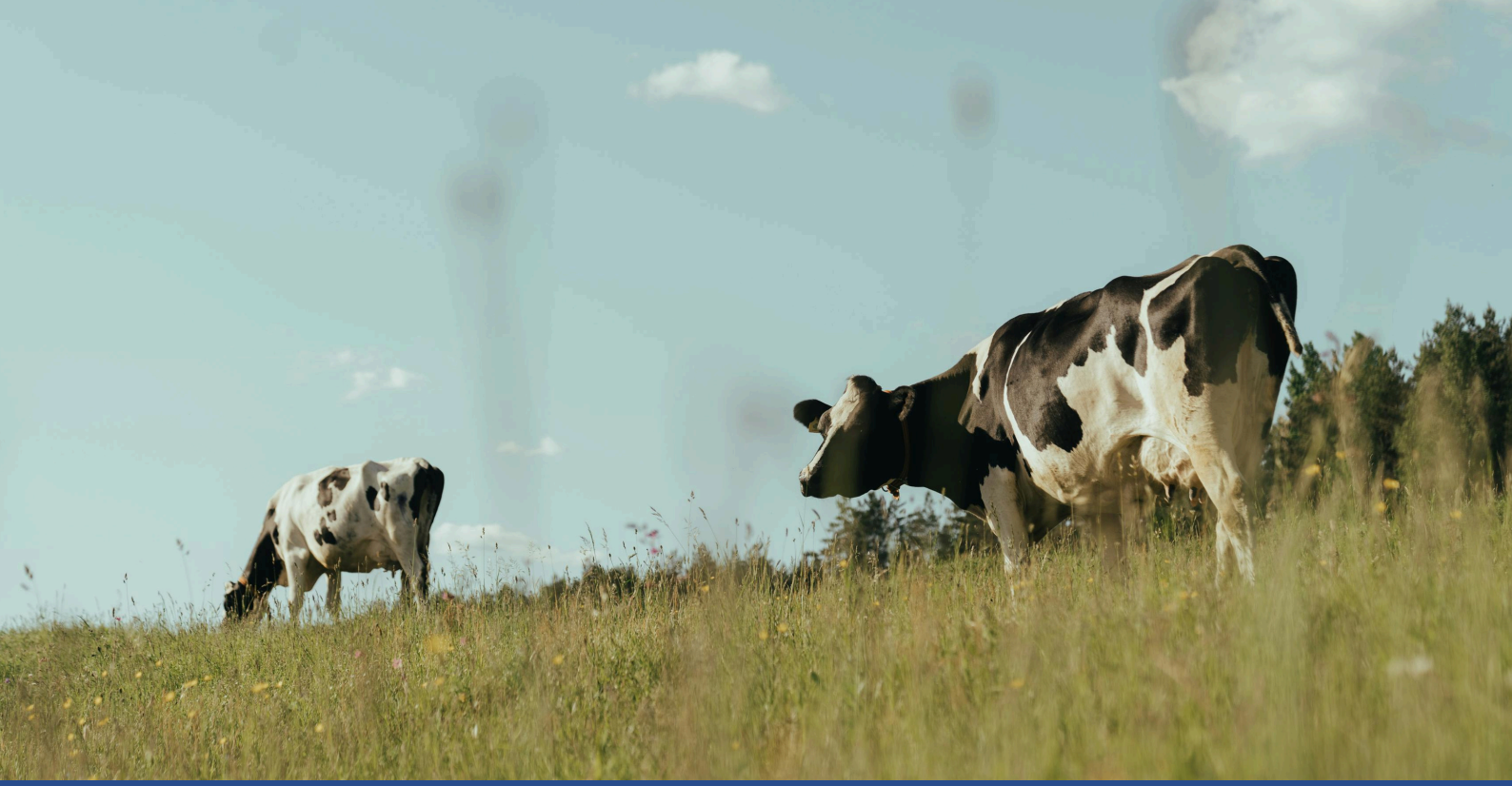


By helping the children at their level, it helps to prevent them from venting their anger and frustrations on helpless animals and their peers. This helps them understand that violence is not the answer and in turn leads them away from bullying, domestic violence and a life of crime.



Tracey and Michael are also members of the Windellama Brigade and received the National Emergency Medal along with other members of the brigade. Located in rural New South Wales, Australia, they were stoic in the face of the bush fires of 2019/20.

They have put together a strategy that helps the community with caring for and evacuating animals if fires strike, and are happy to visit other sanctuaries to share their vital knowledge in this area.



Their website features the story of Coco, a Limousin/Fresian and the calf of a dairy cow. Coco was removed from her mother at just a few days old. At 7 weeks old she went to live with a family, but she was extremely ill.

The vet diagnosed her with pneumonia, and the family nursed her back to health. Coco made a full recovery! She was bottle fed for months and became a beloved member of the family. She was showered with cuddles and affection and would even walk up to the back steps into the house!

Although Coco was loved and cherished, the family noticed that she was getting lonely. They didn't have room for another cow, so found a goat companion for Coco. They became best friends, but within a few months, Coco was jumping fences, seemingly in search of other cow friends.

So the family made the difficult decision to find Coco a new forever home. They found Peanuts Wellbeing Sanctuary who welcomed Coco! The family wrote, "The stars aligned and from the moment she arrived I knew this was the place she would spend the rest of her days. I cannot thank Tracey, Mick and the team at Peanuts enough for the work they do and for taking her in and providing a safe haven for her to live freely and we look forward to visiting her for years to come."

To support Peanuts Wellbeing Sanctuary, please visit:
www.peanutswellbeingsanctuary.org.au

To follow on facebook:
PeanutsWellbeingSanctuary

Watch some great interviews Here and Here.



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