TO LISTEN
IS TO LOVE



VACN JOURNAL VOL 7 AUGUST 2026



CONTENTS

02 Welcome by Kara Seth.

04 Listening to Bailar - by Astara.

07 Rats & Mice Deserve Our Compassion
by Catherine Kelaher,
Founder of the NSW Hen Rescue.

11 An Interview with Plumes -
French singer & song-writer. By the VACN team.

14 Singing Happily - Poem by Sun.

16 Animal-people DO have feelings - by Betska K-Burr,
Creator of the Divine Healing System.

19 Free Vegan Nutrition Course.

20 A Hopeful Future. Quote by Billie Dean - Founder of the Deep Peace Sanctuary.



WELCOME

Did you know that the Chinese character for listen contains the symbols for ears, eyes, heart and undivided attention.
With Animal Communication or Intuitive Interspecies Communication (IIC), this seems to be exactly what we do! We listen, with the heart open, conveying love. We also reach out with the intention to connect with a loving intention.
Our animal friends use telepathy frequently - and many also have enhanced hearing abilities, even infrasonic hearing of frequencies that we don't hear. Elephants for example can communicate over kilometers of distance through vibrations in the ground.
Others have ultrasonic hearing, including
dogs, cats, dolphins, rats and mice.
The beautiful swans have delicate hearing attuned to subtle noises and the nuances of other swan calls.
Listening to nature, our Higher Selves and messages from the Divine or Spirit is so important right now.
What are you being called to hear and act upon?
An inner message comes to remind readers of the power of veganism. Those who follow astrology know of the dichotomy between light and dark that is happening now on our planet.

WELCOME

Veganism aligns with light, love, the Higher Realms and protection of our Mother Earth and Gaia's aura.
Are you being called to help spread this message?
I choose a card from The Messages From Your Animal Spirit Guides (Oracle Cards by Steven D. Farmer) to further guide the welcome message. Blue Heron comes forward. The message:
"Make a stand for what you belive in and do what feels right in spite of any judgment and disapproval from others."
"Trust your deepest sense of knowing what the right action is and do it, and don't rely on others to tell you what to do or how to act... Stand still, look around you and breathe... your greatest and most fulfilling support will come from that place inside that guides you by revealing signs that tell you what path to follow. Heeding these signs helps your soul be in alignment with Spirit's intent for you."
Many are facing struggles right now. These are powerful transformative times we are living in. Some call it the end of the Kali Yuga, or the time when Maitreya Buddha has reappeared, or the End Times in biblical terms, or shifting of the timelines.
I invite you to remember your inner love, beauty and strength. And I honour you for continuing to walk the path of enlightenment when so many around you feel spiritually empty, bankrupt or asleep.
May your inner light and powerful, loving heart continue to uplift others and transform our world.
Please remember your beauty, and be a positive voice in the world.

With Love, *Kara Seth*

Listening to Bailar



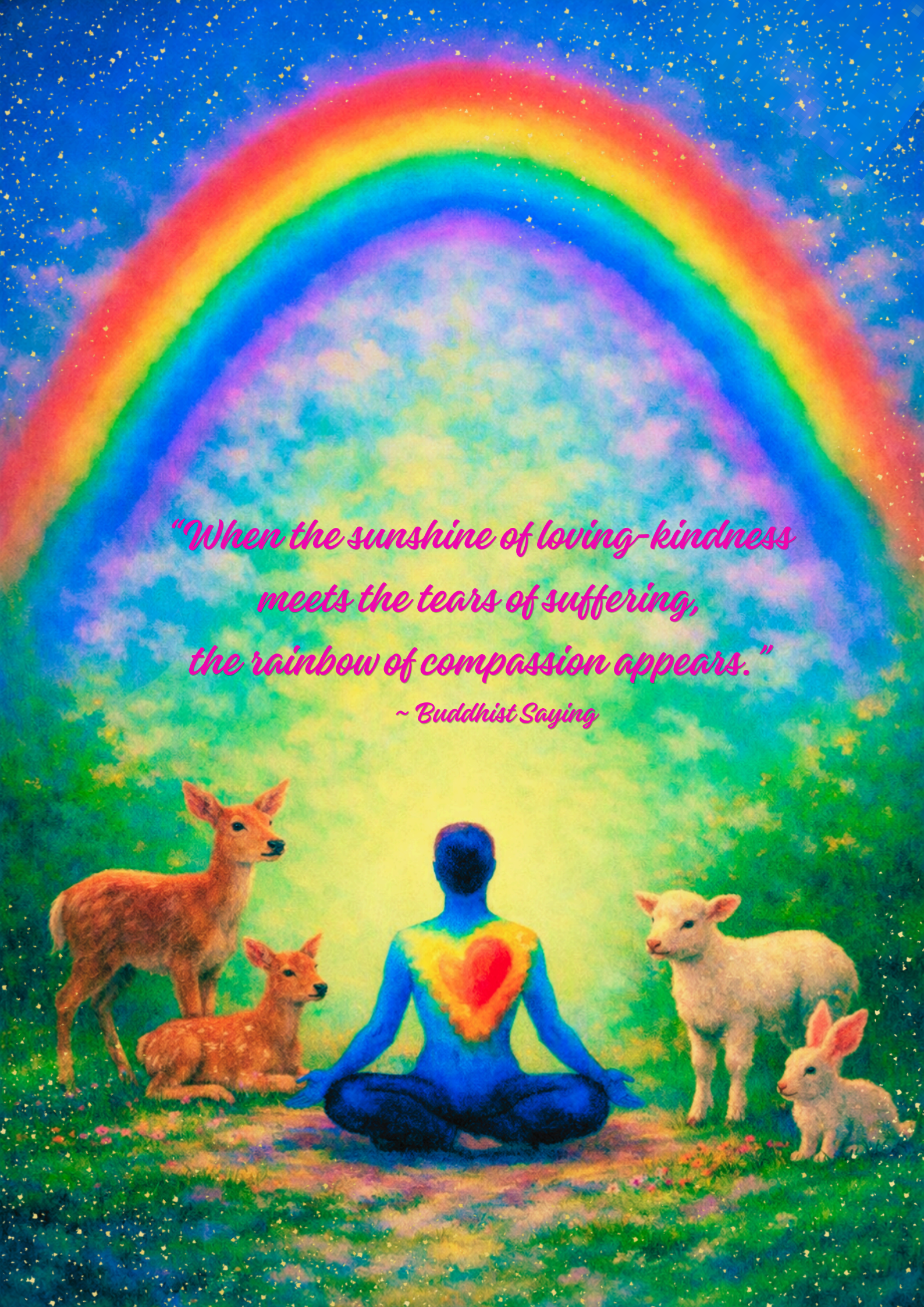
Bailar was a small dog who had shown himself to me and his human mum as a golden lion in the past. He was noble, protective, and so beautiful.
As he got older, he was struggling with cancer that was affecting his mouth and jaw. It felt like it was also affecting his neck and throat. His human mum wanted to know whether he wanted to have it operated on or not?
When I tuned in to him, his answer was that he wanted the operation in large part because if he didn't have it then his human mum would regret not having tried everything she could to save him.
This felt a little incomplete, so I tuned into his higher self. His higher self said the surgery would be too much and recommended not to go ahead with it due to complications.
So what to do?
His human mum decided to go ahead with the surgery.
He wasn't there for too long before the vets called and said that they weren't going to proceed with the operation because the cancer was too invasive.
Bailar lived on for a while afterwards until I received a message from his human mum saying that he'd taken a turn for the worse.
When tuning into him I could feel a throbbing sensation all through the side of his face that was stopping him from thinking clearly and seemed to be causing dizziness and weakness.
When connecting with his higher self and asking if he wanted to

Listening to Bailar



go home I received a yes.
I saw angel wings flying upwards. I saw rows of angels singing, and the he conveyed that he would join a chorus of angels. That day when I checked in with him, he seemed to be out of his body some of the time. During that time I tuned in again and he felt almost blissful. He sent me the image of Paramhansa Yogananda when he's looking upwards at his third/heavenly eye as though seeing other realms. It felt like he was doing the crossing over process and I could see angel wings going upwards. He sent me an image of him as a human, hugging his human mum and then holding her at arm's length and lovingly looking at her. I then saw golden light sparkles all around him and saw him go upwards in human form.
Later that evening, after his final ascent, his human mum walked past a lemon tree, and as she did so a lemon dropped. When she told me I saw a column of golden energy coming down from Heaven to the tree. Perhaps it was a gift from her beloved Bailar who had just departed.
I tuned into him again and saw him floating on his back blissfully in an energy current. Then I saw lots of people around him. It felt like he was having a reunion like the near death experiencers describe. It was an honour knowing and listening to Bailar. Such a noble spirit who was housed in a little dog body.

By Astara


"When the sunshine of loving-kindness
meets the tears of suffering,
the rainbow of compassion appears."
~ Buddhist Saying

Rats & Mice Deserve Our Compassion

Excerpt from an article by Catherine Kelaher,
Founder of the NSW Hen Rescue



"... Ginger and Mr T were the first rats I had ever met. I was amazed by how sociable they were. How they adored each other. Ginger was the boss. Mr T was her faithful husband. I assumed they'd be rehomed in no time, so I was shocked when the manager said Ginger would be killed. She had a small lump that was either a tumour or a pregnancy, and either way that was a capital punishment offence at this shelter. I was only a month into my probation and technically not allowed to adopt. I took them home anyway.

From there, more rats found their way to me. Rats who had been returned to pet shops when they were no longer cute babies, or rats who were rescued from becoming snake food.

One small white rat, Summer, used to sit on my shoulder and groom my hair. Another rat, Fable, was a very talented thief, dashing out to snatch coins from our coin jar and ferry them back to her nest in her mouth, hopping like a little kangaroo. I learned I could clicker train them. I learned they loved tummy tickles. I learned how fiercely they bonded.

Then came my first little mouse, Edward... Edward loved gentle pats on the head

so much he would choose them over food...

What baffles me is why so much money goes into poison that causes painful death over days, rather than contraceptives or repelling technologies. Rodent contraceptives exist. They are being used successfully in parts of the US...



About a year ago I found two baby rats on the floor of my van. They were cold to the touch, lying about a metre apart in pools of condensation, eyes still closed. I later learned that mother rats sometimes scatter their babies when they sense a threat.

I warmed them in my hands and then near a snuggle safe heat pad until they began to wriggle. When they were warm, I started hand-feeding them every two hours, day and night. David would hold them after each feed and give them tiny massages. They grew up loving tummy tickles. Did you know rats giggle? They let out a high pitched chirp, boggle their eyes and vibrate when they are happy.

We named the babies Molly Marshmallow and Lizzy Licorice and they are grown rat ladies now, with a wild streak and a deep love of each other. I see that same closeness in the wild rats in our feed shed, who sit bundled in tight family groups, the teenagers still following their mum closely...

What baffles me is why so much money goes into poison that causes painful death over days, rather than contraceptives or repelling technologies. Rodent

Rats & Mice Deserve Our Compassion

contraceptives exist. They are being used successfully in parts of the US...
We do have a rat problem here at the hen haven. Not with the individual rats. They are funny to watch. They hop and play. Some of them even take my homemade herbal contraceptive bait straight from my hand...
This is part one of a short series. Next up, how to prevent rodents in the home and around the sanctuary in the first place. And then the big one I am working through and experimenting with right now, how to deal with an existing infestation kindly, without any harm or killing.
I will share with you the special trap we developed that enables us to separate lactating females to return to their nests.
Is this something you have ever thought about before? I would love to hear.

This article has been reproduced with the kind permission of NSW Hen Rescue.
You can read & listen to the full article and (parts 2 and 3) on their Substack page right HERE.

To support NSW Hen Rescue please visit:
www.henrescue.org

To follow on facebook:
NSW Hen Rescue Facebook

To follow on YouTube:
www.youtube.com/@NSWHenRescue

Watch some great interviews with Catherine Here and Here.

View & Purchase Books Written by Catherine Here.

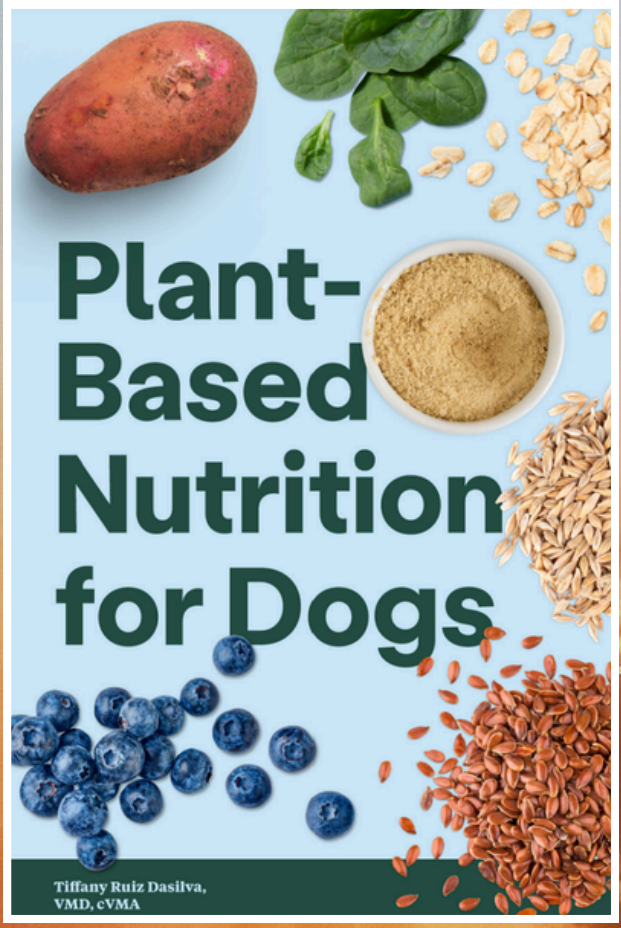


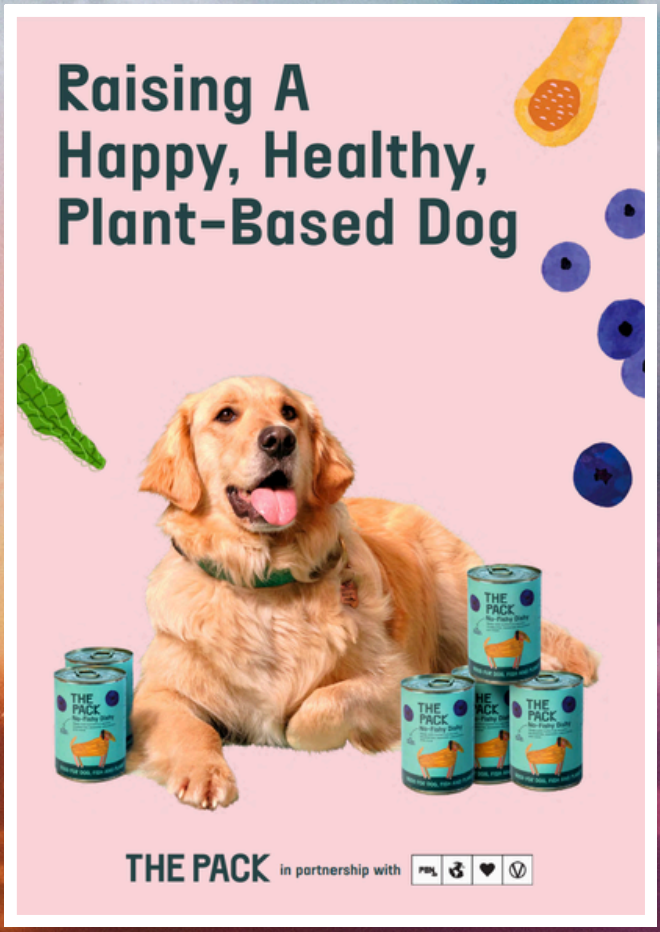
FREE PLANT-BASED DOG GUIDES!

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.







Plumes

Plumes is a French singer-songwriter who plays heartfelt music for his biggest fans - our animal friends from around the world!

He described for us how he came to play music for his anima fans - "Around 4 years ago now I read an article online that said that cows like music, and it's soothing for them. I was so intrigued! Had to visit someday cows and try it out for myself. Turns out they were super receptive, they came running to listen to the music, and stayed for an hour, licking me and rubbing their heads against the guitar. That experience completely changed me and my perception of animals and that's the day I stopped eating meat!



















Plumes is happily vegan now and shares his performances for the animal friends on social media where he now has global viewers also loving his serenades and loving how the animal audiences respond to him.

His live fans include many different species - lions, rhinos, cockatoos, and the animals you see pictured.

These interactions come once Plumes begins strumming his guitar and singing. He does this some distance from the animals who seem compelled to come closer. He explained to VACN, “I think you just need to respect animals and their space! It’s been super important for us to not invade their space, we set up a bit further away and let them make the decision to come to us instead of the other way around. That probably makes a big difference in the trusting process.”

As Plumes explains - and you can see from watching his videos - “You can sense a change in their demeanour in only a matter of minutes. They seem to calm down and relax, and some of





them will rest their heads against mine."

He explains, "I call it my own private therapy, cause I think spending time with animals and connecting with them is the most relaxing thing in the world.

We highly recommend watching his videos – they will make your heart sing!

You can enjoy his videos at the Plumes YouTube channel HERE.

And there are some great online interviews featuring more information HERE and HERE.







Singing Happily

The coin of life has two sides,
A dark one,
And a shining one.
The song of life has two tunes,
A happy
And a sad one.
Turn the coin around
To the bright side.
Sing the joyful song.
Loudly and clearly
With an open heart
And fly into the light.



By Sun (pictured above) - 2015

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?

If so, check out our YouTube playlist!

Watch Here!



Animal-People DO Have Feelings

By Betska K-Burr

Once I discovered that I could communicate with animals my life changed. My biggest discovery is that they are often smarter than humans!! They are often more sensitive.
And more importantly, they are far more connected to their Higher Power. This last characteristic was a wow for me because, let's be honest, humans often think that they are superior to animal people. Am I right?
I would like to share a story from a recent animal communication request I received...
Zinnia is a delightful cat-person, very sweet and caring. Melody, a human teenager, is her primary caregiver.

Animal-People DO Have Feelings

Zinnia is a delightful cat-person, very sweet and caring. Melody, a human teenager, is her primary caregiver. Zinnia simply showed up one day at Melody's home and decided that she liked it there!

She had been a meat-eater; however, before long she was used to eating healthy vegan cat food. Zinnia's new home was on a farm in a magical country in Europe. She was sooo happy there because she could roam freely, unlike her fellow cat-people who are often stuck in apartments all day long.

Zinnia taught me that cat-people communicate with other cat-people around the world (yes, that's what she said). I will cheekily call it the "Cat-Chat"!

Other animal-people also have these energetic networks and share all the time. This was no surprise to me because we now know that trees have underground and overground networks and share communications as well as water and food which is especially important as they support the growth of young saplings.

One day when Melody was away, Zinnia gave birth to five delightful kittens. Melody rushed home riding a train through 4 countries because after all she was now a cat grandmother. She had a job to do!



Animal-People DO Have Feelings



In this country, apparently it is the law to sterilize female cats before or after their first birth. Zinnia was definitely not healed yet from the birth when Sam, another caregiver on the farm, took Zinnia to the vet to be sterilized. Shortly thereafter, Zinnia took her kittens and ran away.

Through animal communication, we found out that Zinnia was in pain from having just given birth a few weeks earlier. The sterilization was far too soon as her body had not had time to recover from the birth. The Veterinarian should have known, don't you think? We found out that Zinnia ran away with her kittens because she was afraid that the vet would also hurt her kittens.

Zinnia also told us that she didn't want to be sterilized because she wanted to be able to have more kittens. Which raises the point that until our world becomes more enlightened with greater wisdom guiding our choices, what if the male cats were the ones who were fixed. In this way the females would not have to bear the double pain of childbirth and sterilization.

The more we do this work, we learn that animal-people definitely have feelings. As one wise person once said, "If animals could talk, we certainly would not eat them."



Betska K-Burr, known as The Guru Coach™ is the developer of The Divine Healing System and the Science of Mind-Kinetics® for Coaching and Leadership. A prolific author of many books and articles, she is a Life and Executive Coach, Trainer and Confidante to folks in 50+ countries, as well as an animal communicator.
Learn more about her and her work HERE and 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.

CREATED BY AN ACCREDITED, DEGREE-QUALIFIED NATUROPATH.

A Hopeful Future!



"I've become really good friends with cows who have been there for a long time. They're good-natured. They're good-humoured. And they're full of wisdom. And they tell me in the future humans won't kill them because other humans will form a revolution of kindness. And they're very excited about that."

– Billie Dean

Interspecies Communicator,
Co-Founder of A Place of Peace Sanctuary.
Watch the interview HERE.

TO LISTEN
IS TO LOVE



VACN JOURNAL VOL 7 AUGUST 2026