

SACRED SOVEREIGNTY



*Our Birthright to Regenerative Plant Medicine,
Unconditional Love and Our Own Being*

Tami S. Hay, MA. RMT



"Tami has made a valiant effort to bring us a way other than conventional medicine's approach to better health. It is gratifying to me that she has taken our Hippocrates Health Institute teaching's, made them her own, and moved on to share them with others. She's helping people transform their lives while transitioning them to a pure, healing, plant exclusive life. Many of you will gain valuable knowledge from her thorough research. She is to be applauded.

Each of us have an opportunity to expand our knowledge and embrace progress. All of us expel extraordinary effort, maintaining habits that are counterproductive to our well-being. You are the only obstacle in the way of fruitful growth. If and when you choose to release yourself to the greater inherent power of nature, Tami's offering is a first step guide to self-realization. Together we can change the periling course of 21st century living. Your individual contribution to strive for the highest and best will officiate you as an active member of the emerging future race of healthy contributory humans."


**~ Brian Clement, PhD, LN
Director, Hippocrates Health Institute**

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PURPOSE OF SACRED SOVEREIGNTY AND INFINITY 8 HEAL

Sovereignty in the Cambridge dictionary means “the power or authority to rule.” Sacred is defined as “considered to be holy and deserving respect.”

What exactly are we seeking to rule that would be considered holy and deserving respect? It is our community that we would like to help navigate into clean water, living soil, and oxygen-rich air, and to bring this understanding of sacred sovereignty into bestowing freedom for all living beings.

We were born to regenerate quite quickly, love deeply, use creative energy for the good of all, and have sacred and sovereign birthrights to regenerative and plant medicines, unconditional love, and our own being. Yet most of us were not taught basic biochemistry for our mind-body to be able to naturally thrive or about the interconnection between what is on our plates and how those choices impact our ability to feel alive and live in unity and peace!

There is a huge energetic upgrade happening on the planet, as we move out of a slave society, and as we move into becoming higher vibratory beings of light and love. Awakening is often uncomfortable, yet in light of the state of the world, it is time to rise and work together towards a world of inclusive love, unity and peace.

The HEAL path is based on eight practices, known as Infinity 8, that will lead to sacred and sovereign wellness, and outward to a planet of respectful reverence. With much study, reflection and meditation, I set before you this following protocol, which came forth. This book encompasses the following aspects:

1. *Hydration*
2. *Homeostasis*
3. *Energy*
4. *Electrons*
5. *Alkalinity*
6. *Anti-Inflammation*
7. *Love*
8. *Light*

The mindbody is synergistically working as one with the Earth and teaming with life. Most of what is happening in the mind is due to the information from our tissues, organs, and interconnection of the gut to the



“The first supermarket supposedly appeared on the American landscape in 1946. That is not very long ago. Until then, where was all the food? Dear folks, the food was in homes, gardens, local fields, and forests. It was near kitchens, near tables, near bedsides. It was in the pantry, the cellar, the backyard.”

- Joel Salatin

brain. This data is accumulated and connected through the vagus nerve, microbes from the Earth we eat and live on, and the infinite possibilities of the memory of water, stored cellularly and microbially in our tissues.

Yet we are here at a point in our society where people, animals and entire ecosystems are dying too early. We often feel unsafe. We are sick at a rate never seen on this planet. Depression and despair are escalating rapidly.

Animal agriculture promotes a ‘human-kind departure’ from our innate wisdom: the imprisonment, suffering, and death of millions of animals daily, depleting aquifers, destabilizing climate, destroying oceans, and burning rainforests.

We are literally ‘hardening-up’ as a reciprocal impact of animal agriculture.

There is a Cree saying by Lone Wolf:

*Only when the last tree has died
The last fish caught
The last water poisoned
Will we realize, we cannot eat money.*

The inflammation in our belly on fire, burning up to our hearts and brains as inflammation, is a direct mirror of the despair of our one planet cries. We have an opportunity to ask:

Really, is this all there is?
Who am I?
Why am I here?

In the questioning, returning to the garden and forage forests for love and light, and in the eating/living peace, we let the awakening begin!

It is difficult to access higher realms of consciousness in a toxic and dehydrated state. It is difficult to feel peace when we inflict harm. Perhaps small adjustments to our health home-coming, can make the difference between life and the painful death of us, sentient beings and the planet.

THE RECONNECTION OF REMEMBERING

We are ONE symbiotic interconnected ecological web of life. We are part of this unified field. We are expressive, diverse, and whole. The modern medical model has created many specialists and many separatist theories that have created a divided view of how we see ourselves.

Remember the movement WWJD? — ‘What would Jesus do?’ Jesus said, “Forgive them for they know not what they do.” So first we need to know what we are doing. There are no ‘they’ to forgive. It is ‘us’. We vote and support with our purchases.

We all can attain more balance and discover options which have been deemed miraculous, which are simply natural laws of health. They are here as a reminder of our roles as compassionate humans by design, Earth-keepers for the next seven generations. I wish for my grandchildren not to lose their natural sensitivity toward the life of animals and living things. We DO want to know if the food we are feeding our children and grandchildren is safe, compassionate and healing. Let us reclaim our mother bear instincts! Our healing begins as we connect compassionately with our planet’s biome, as the whole interconnected and pulsating network it is. We may begin to ask ourselves:

What is my interconnection with the Earth?
Is the world we are building what we would like for our grandchildren to inherit?
If we know eating plant-based is the quickest way out of our crisis, why do we turn a blind eye to this karmic catastrophe?
Where did the nutrition in our food go? Where are the nutrients in our soil, the spring in our step, the easy smile on our faces?

Awakening into health and purpose is courageous and fantastic, and also raw and vulnerable at the very same instant. This is the sacred path from ‘status quo and woe’ to reclaiming a life steeped in sacredness and sovereignty.

In saving ourselves from the trenches of mental slavery and externally-imposed pain and distraction, (which further reduce our connectedness and creativity), we embark on a path of open-hearted uncertainty. In reclaiming our authentic, beautiful interconnectedness, our sovereign self becomes an awakening warrior.

When we stop living as if we have dominion over other beings and nothing is sacred, we discover the possibility of reclaiming a joyful and reverent life.

WHAT'S GOING ON?

*What's going on, this Unholy dance?
Are we coming out or going into a trance?*

*Projecting sadness runs torment through our veins...
So we suit up, shoot up, show up with our fancy wines,
And expensive pieces of flesh to fry,
To feed our war-tore hearts*

*Why can't we feel?
What's the deal?*

*What's going on, this fall from Grace?
Is it just too much to face all the disgrace?
Where did we learn to bleed our pain
All over one another?
Does the crying we can't hear mean a thing?*

*When did our wounds become un-Godly
Until the hidden scars waged war on all growing things...
Behind the walls of silent moans
Of billions of hurting beings!*

*Where did we learn to hide our pain
Until it's shadow must rear again
In blood and war and hidden places*

*Or death's magpies and ravens
Circling
To take us home*

“As more of us are questioning our culture’s disconnected and harmful ways of eating and living, we’re also benefitting from both ancient wisdom and new scientific understandings. Sacred Sovereignty is a compelling expression of Tami Hay’s liberating insights born of awakening to a higher awareness of healthy and compassionate living. Her vital perspective on the implications of our food choices is refreshing and significant. This book is a precious gift to our world, and would make a valuable gift for virtually anyone open to positive transformation for themselves and our world. There are jewels of healing on every page.”

Dr. Will Tuttle

Will Tuttle, Ph.D., author of the best-selling book, The World Peace Diet, published in 16 languages, as well as other books, is a recipient of the Courage of Conscience Award.

DEDICATION:

This book is dedicated to all of us who keep getting up and showing up, to live our sacred sovereign contracts.

To those helping HEAL with loving-kindness, in all its messiness. And to my grandchildren: Emme, Phoenix and Hadley and ALL our animal babies and human being babies, here to help us re-member our carbon compassion, in these critical times.

COLOR ME

*In coloured patterns of Earth above
As heron fishes sunrise morn
And fear abates at my door
I breathe..

You enter!
Smiles and full
Into my arms I welcome you
As if I had never left!

Into this ocean we meld
God-merged
Weightless
Free*

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PREFACE

~~BY~~ DR. SAILESH RAO

Life creates conditions conducive to life.

~ Janine Benyus

In 2005, when I first saw a plot of the reconstructed surface temperature on Earth over the past 700,000 years, it reminded me of my days in the laboratory at Intel Corporation a few years before, hunched over a Gigabit Ethernet silicon chip, trying to coax it to link up with its partner over 100 meters of network cable so that the two chips could exchange data. When the link hasn't yet been established, the chip's clock wanders periodically between prescribed limits and it is unable to exchange data with its partner. But at the magical moment when the link is about to be established, its clock locks with its partner's clock and they both attain a state of homeostasis from which data can be exchanged.

I saw this same "magical moment" in the plot of the Earth's temperature as it reached our present time.

For the past 3 million years, the Earth has gone through numerous ice ages with brief warm periods in between. The difference in the temperature



*"Rejoicing in ordinary things is not sentimental or trite.
It actually takes guts. Each time we drop our complaints and allow everyday
good fortune to inspire us, we enter the warrior's world."*

~ Pema Chödrön

of the Earth between these two states was on the order of 10-15 degrees °F, the difference between a nice warm day in summer or a mile of ice on top of Chicago year-round. But something magical happened during the present warm period, known in geological terms as the “Holocene” era. The Earth’s temperature stayed constant for about 10,000 years, while the Earth remained in a warm period instead of drifting back down into another ice age. This was not an accident because during this period, humans were busy chopping down forests and setting fires to maintain grazing lands for their domestic animals, which are both notoriously Earth heating activities. Then, over the past 200 years, the Earth’s temperature increased by about 1 degree °C, while humans developed the tools and technologies needed to reconstruct its temperature over the past 3 million years, among other things. Now, like those Gigabit Ethernet silicon chips on my lab bench two decades ago, humanity is poised to align in lock step with Nature to fulfill our true purpose as the caregivers and healers of our beautiful planet.

But as in the airline oxygen mask scenario, to HEAL the Earth, we need to focus on first healing ourselves. Surely, if we were suffering from chronic hunger or diabetes or heart disease or cancer, we would be less inclined to volunteer for weekend watershed cleanup drives? This is why self-healing comes first. The good news is that as we heal ourselves as Tami Hay beautifully leads by example in this book, we automatically HEAL the Earth as well. Even the Infinity 8 path that she describes for restoring our personal health has close parallels to Earth systems healing:

1. **Hydration** - Restore the water cycles of the Earth and regenerate ecosystems.
2. **Homeostasis** – Maintain the carbon, nitrogen, phosphorous and other planetary cycles along with the Earth’s temperature at a steady state.
3. **Energy** - Restore the energy balance on Earth by cutting down on fossil fuel burning, eliminating the heavy energy consumption of animal agriculture and restoring ecosystems to reduce concentrations of energy trapping gases in the atmosphere.
4. **Electrons** - Reduce the intensity of man-made electromagnetic waves that are now bombarding us worldwide.
5. **Alkalinity** - Reduce acidification and restore the pH balance of the ocean.

6. **Anti-Inflammation** - Reduce the temperature of the Earth to an oxygen-rich safe level, restoring balance for symbiotic anti-inflammatory ecosystems.
7. **Love** - Implement a Love-based Vegan Donut Economic system as opposed to the Fear-based Carnist Infinite-growth Economic system that is governing our global actions today.
8. **Light** - Awaken to our true purpose as the Climate Regulator, as a light-being species of the planet.

This shows that Anthony DeMello was right when he said, “The world does not need to be changed. It needs to be understood. When we understand the world, we will transform, automatically and effortlessly, and the world will change with us.”

Change is inevitable, but transformation is intentional.

~ Tracey L. Martin

As billions of us understand the situation we are in and transform to restore our health, we can rest assured that the world will change with us. As billions of us restore and nurture the microbial biodiversity in our guts, we can rest assured that the biodiversity of our planet will be restored. As we heal our body temple, so we heal our planetary home.

It begins with intention and faith in our fellow human beings. As Goethe said, “If we take man as he is, we make him worse. But if we take man as he should be, we make him capable of becoming what he can be.” Humans are capable of incredible feats of sacrifice and these troubling times require each of us to bring our best gifts forward.

May this book serve as a guiding light for all those seeking such a transformation.

FOREWARD

~~BY~~ DR. WILL TUTTLE

There is a basic understanding that is hidden from us in our culture, and it is vital that we make an effort to recognize it and its consequences. This basic understanding is that we are all born into a culture that is essentially organized around herding animals for food, and that this defining practice and the mentality it requires of us is disastrous to the health, happiness, and welfare of our children, ourselves, and all life on Earth. Fortunately, we are learning more about the beneficial effects of whole organic vegetables, fruits, and grains on our physical health, and we are reawakening to the ancient wise teaching of the interconnectedness and sovereignty of all life.

These teachings are relevant for our treatment - not just of each other, but of the animals and ecosystems with whom we live on this Earth. As this book reveals, our physical, psychological, and spiritual health are all interconnected with our food choices and are improved as we question many of the narratives, beliefs, and behaviors we have inherited from our cultural upbringing. We can learn how to cultivate our intuitive appreciation of nature and of our own true nature. We can discover ourselves as creative expressions of joy, abundance, and benevolence, each with unique purposes and contributions to offer our world.

In this book, we see a pathway to healing the socially-inflicted mental, physical, and cultural wounds we have endured. This pathway reveals to

us that a primary obstacle to fulfilling our potential for radiant health, sovereignty, and sustainability is hidden right under our noses daily at breakfast, lunch, and dinner. We can begin to understand that the remorse we feel for being compelled from infancy by our culture to be agents of harm leads to disconnectedness and can reduce our inherent spiritual sensitivity. Through the understandings shared within these pages, we learn to nourish our connections with the life-promoting energies around us and within us, and more consciously live in harmony with them.

Cross-culturally we see that most cultures have had religious and mythic traditions that encourage respect for what we can refer to as the sacred feminine dimension of human consciousness. This natural wisdom is the foundation of caring parental love, and of healthy families and communities, but it is severely repressed by forcing children to participate in mealtime rituals that promote disconnectedness and exclusivism. As the sacred feminine is repressed in all of us from infancy, we create cultural institutions that perpetuate this, and now we are seeing the resurrection of the sacred feminine through resources such as this book.

Contained within this understanding is the enormous and benevolent social revolution for which our culture strives: the evolution into being capable of authentic freedom and compassion. Realizing that we've been given the gift of bodies that require no animals to suffer for us to be healthfully nourished. Acting on this realization, we experience healing and increasingly become the change ourselves that we would like to see in the world. This is the heart and soul of the vision of respect and harmony that is beckoning and to which we are all being called upon to contribute.

Questioning the core of disconnectedness that is churning unrecognized in the belly of our culture, our inherent wisdom urges us to adopt organic, plant-based ways of living out of respect for the countless animals, humans, and future generations to whom we are related. As we bless others, we are blessed. As we allow others to be free and healthy, we become free and healthy. Each and every one of us makes our world. Opening to the ever-shining wisdom in our hearts, we can throw off the chains of abuse, discover our purpose on this Earth, and join the celebration here instead of attacking and destroying it.

The following pages reveal the many ways our sovereignty is sacred, as is the sovereignty of all living beings. As we awaken to the holistic vision of mind-body interconnectedness with nature and with our innate spirituality that Tami Hay explores in this inspiring book, we can each

become living solutions to the web of problems we see around us. A positive future is beckoning. Together, we are learning to love all living beings and ourselves authentically enough to transform our world.

Dr. Will Tuttle is a former Zen monk with a Ph.D. in Education, and an award-winning author, including the best-selling *The World Peace Diet*, speaker, educator, and musician. Visit his website, willtuttle.com, to learn more about work that explores and promotes intuition development, nonviolent living, meditation, healing music, creativity, holistic health, animal liberation, and cultural evolution.¹



INTRODUCTION

We were born to regenerate quite quickly, love ALL beings deeply and unconditionally, use infinite creative energy for the good. We were born to live sacred and sovereign, have access to regenerative medicine, plant microbial medicine, and our own being. Yet most of us were not taught how to thrive and have misunderstood the interconnection between what is on our plates and how those choices impact our ability to feel and live in peace!

Health is our birthright, yet this is quite removed from what is happening at this time in our world of ills and pills, loss of personal rights, loss of healing soil and air, and loss of sentient beings. This is occurring in a time when media is heavily controlled, valuable healing education is not being taught in most modern medicine, and the ancient therapies of nutrition/herbology, detoxification, light and color therapy, living electron and alkaline lifestyles, meditation, and natural hygiene regeneration, are not the first protocol for prevention. But what if these insights, practices, and modalities are all available right now to assist in our full awakening?

In a place of walking each other home to our childhood remembrance and to a more conscious-awakened community, I will share a path of 8 infinite ways that I have found most valuable in my own journey and healing from illness with Crohn's, severe injury, and addiction into full recovery. This path leads us to education in live-food vegan nutrition, the

HEAL path, and to an ever-deepening spiritual awakening. Yet there are always many questions to reflect on along the way.

The Infinity 8 Path is presented in pairs using the acronym HEAL: Hydration, Homeostasis, Energy, Electrons, Alkalinity, Anti-inflammation, Love and Light, and is laid out before you with practical tools. In this writing, the term 'path' is used to remind us that we are sacred sovereign beings, gathering information to implement onto our personal path in our own unique ways. Each piece of this path is a book on its own with simple explanations to better understand the simple/miraculous biochemistry that we were not taught.

May the poetic way these teachings are offered settle into your heart and mindbody as you undertake your own personal journey.

May you find 'in-joy-ment-in-yourself' while collecting microbiome memories of forest and prairie forage. May you walk with light, love and ease into health and belly breathing, while nibbling on dandelion, wild rose and wild plant medicine galore.

In the following writing, I will share with you a way of modifying your diet and choices, along with an extensive appendix of my recipes to increase your health for happy wellness aging, to eat kind food, while increasing immunity for life.

A huge opportunity was neglected in the 2020 pandemic: to build a healthy immunity by viewing our microbiome as our ally, and to strengthen and support it. We are also given a pause to take a break from the endless distractions, for each of us to look around and decide what life we wish to begin creating. There must be more to this picture! We now have an opportunity to take a more humane path in taking care of our precious health and of one another.

Perhaps the first great gift I was given from this divine universe was submerging in cold lakes as a wee child, shivering and twirling in the cold northern Ontario spring-fed lakes, staying in until blue but hydrated in the electron-rich water. I had no intellectual process around this baptism communion. It was an ancient-felt sense of joy that kept me there, beyond the chaos-minds of the adults around me. It was my refuge, these cold water plunges of quick physiological change to calmness, of rock-touching and awe, and the moment-ness in this place beyond 'where the adults lived.' Long before Wim Hof found his 'God' in cold icy water, I found home. I am grateful Wim brought this gift to the world from the ancients,

the Essene and tribal ways of reset and regeneration, and am grateful I still commune and calm myself this way. As I write this, I have just stepped out of a magical lake in the Rockies, cleansed from morning thoughts of not-enoughness.

Perhaps the great last gift I will have been given in this lifetime is grandchildren. I embrace, so very effortlessly, my most open and 'excited to be alive' self in their divine and enthusiastic present energy. I was returning home from California to a blanket of snow in the dormant winter of Western Canada. I said to a friend, "Oh, I will miss the flowers, trees, and open waters." His soft reply, "Your grandchildren are your precious colorful flowers and water refreshment, Tami." Of course! That they are! They remind me every day of the cleansing of momentous living: the ability to express e-motion freely and to thoroughly, lovingly, and unconditionally enjoy each ordinary moment, as if there are no ordinary moments.

*Everything can be taken from us but one thing: to choose one's attitude, to choose gratitude over 'woe' in any given set of circumstances, to choose one's own way
- to choose love.*

We may live the way of the Stoics; of doing the next right and kind thing with grace, knowing love and service, as my friend Dennis tells me was his Grandmothers' mantra, 'we are here to love and serve'.

What gives light must endure burning, incinerating the rubbish. Discernment is the way of a 'Sacred and Sovereign Warrior.' Everywhere we look, we are fed a new diet, a new miracle 'cure.' These passing fads of health typically lack a sustainable lifestyle and kindness. Why is it that with the plethora of information on health, diets and healing, we are unhealthier and more sick and tired than we have ever been? Why are we terrified of a virus when our microbiome is composed of 50% virus expression, that live symbiotically and beneficially within a healthy gut? Why have we been so resistant to releasing animal food, when by doing so would allow rapid planetary healing and shift human consciousness quickly to 'normalized non-violence?'

*When we are no longer able to change a situation,
we are challenged to change ourselves.*

There comes a time in everyone's life when going further into the 'hole' is at the expense of our wellbeing. We feel this deep in our bellies, so primal and loud, like a starved lion's roar erupting. Or as my late son Ryan said as his last message to us in a poem: "Be the roar of the lion, the king of the pack and take all that are weak onto your back, for you are strong, too strong to comprehend, so let your lion rear its ugly head!" What ugly head are we hiding? Do we think it is not loving or spiritual to be completely fed up by the way we have been domesticated into a life of consumer advertising and subliminal emptiness, the latest fad food or style we must purchase?

Should we not be ready to explore where we gave ourselves over, to grieve the loss and accept that we no longer need to play worthless lives as if nothing is sacred? Our authentic unique spark of divinity awaits our return, holding the remembrance of our God-essence, and our ability to live in deep presence within our unique self, worthy of exploration. It is only us Homo sapiens who can turn this around, and as my friend Judy Carman says in her book *Homo Ahimsa*, it was not the alligator or cow who created this mess, only us.

Have we become fed up enough from all the negative-calorie crap, consumer emptiness, and mainstream fear that we have been feeding the starving sacred within? Are we ready to rear our heads and roar, "There must be more to life!"

It is not in the other that we begin this journey of being tired of and willing to change what's no longer serving 'good.' It is within ourselves. We begin with internal excavation. Sacred and scared only have one letter rearranged. They are that closely linked, and as Brene Brown's work on the interconnection between courage and vulnerability attests, we begin to understand that open-hearted ones live in raw and balanced uncertainty, exploring within a level of safety.

In the human psyche, we require our basic needs for food, shelter, safety and caring to be met before we may move up Maslow's hierarchy pyramid toward self-actualization. In order to reach higher and more compassionate states of liberation, we first must have mental space, with emotional and physical safety, to be free to explore deeper unhealed

patterning and cultural misalignments with nutrition, and distractions in their many forms.

Living sacredly can be scary and vulnerable. Yet without living in this arena of failure and falling, deeper joy and connectedness are also not available.

To HEAL is to walk each other home, to know we are ALL enough simply because we were born, and to know that living a life steeped in sacred sovereignty is courageous, vulnerable and worthy!

Sacred Sovereignty, "considered to be holy and deserving respect, the power or authority to rule oneself." What deserves respect more than being an awakened being who can see oneself in all sentient beings? What deserves respect more than living water, soil and all life working interchangeably with us, such as the ants and earthworms working most of our living soil?

Maybe all we have is questions? Let us reignite our child curiosity for truth behind the veil. How do we live and cultivate a way of life in which we grow in the respect that generates wise sovereign choices?

We must go into the sacred place that we have forgotten; a place where addictive coping strategies fall away. Our sovereignty is more important now than ever in light of the current direction our world has been taking. In opposition to our journey of personal awakening, political powers have created policies that have taken away our personal right to make decisions about how to live in harmony with each other and the living world. Hugs have become a risky endeavor.

Unmasking the ancient pain of abandoned self-autonomy and power, we can only have reconciliation when we gain some self-disciplined direction. In the following writing, there will be tools laid out before you to help you unmask your sovereign health and personal freedom, and escape fear-based and helpless paradigms.

Free-will is actually an illusion; every choice brings us closer to our sacred HEAL-ed living world or makes us more scared and takes us further away. Until we muster the respect to understand this natural law, we wander aimlessly, letting life fill the void until one day we become so close to destruction that we breathe, open our eyes, see our broken hearts

and bowels, and stop bleeding our pain all over one another. We find each other wandering about, join hearts and hands, and before long, conscious sacred community begins to push out the old crowd.

Many of us may have begun our self-loss in early childhood, where, through our meals, we lost our natural instincts for food, for compassionate food and drink, and for healthy expression. As Dr. Tuttle says in *The World Peace Diet*, we were just following orders. These sovereign instincts have been silenced by a culture of eating processed and high-sugar foods and drinks, the denial of showing emotion, the separation from nature, and in children's 'increased technology babysitter' in screen time. This silence has resulted in us holding onto unhealthy emotion and waging a war against our bodies, engaging in self-sabotaging behavior, numbing-out entertainment, and toxic waste non-food.

We learn to sit and be still when our bodies need big movement, when we need to shake off the adrenaline of a society gone mad, the adrenaline we partially ingest from the stressed animals. Instead of moving it out, we stuffed it in, suppressed the pain within our bodies, getting bigger and bigger; yet still we went unseen. Or we starved it in hopes of being able to disappear. Yet we were still not truly seen. Not seeing, affirming and empowering each other has come with the great health costs we see today.

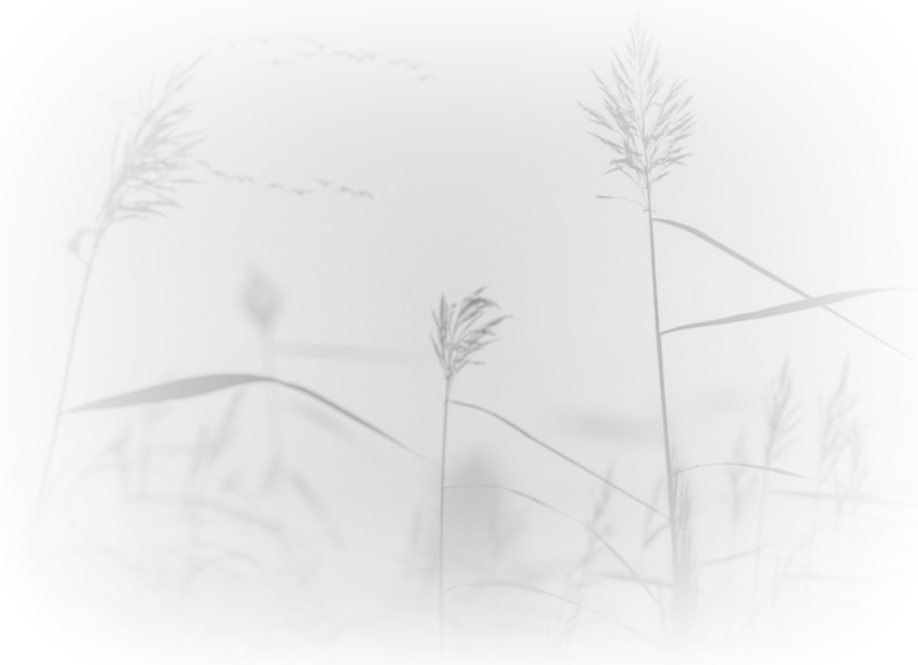
In this cultural forgetting, **our childhood sovereignty** has been stolen by an adoption of addictive and empty lifestyles: negative food, electromagnetic pollution, choices which destroy the gut-mind early on; and dumbing-down a child's natural sense of sacred energized wonder. The junk food advertiser flashes the latest chemical candy craze with subliminal hypnotic messages, to which we need to wake up, turn off our screens and 'rewild our child.' "What the heck does rewilding your child mean?" For us, it just meant playing in the dirt until dinner. Now it has become a whole movement to bring children outdoors. What happened to the days when that is where we always wanted to be? What led to our children being robbed of the sacred creative play they found so easily the earlier generations before, playing outdoors amongst the trees, frogs and puddles?

I watch my grandchildren play. Phoenix splashing in muddy puddles and running free. Hadley and Emme running through the grass laughing. I sigh, smile, and feel the beauty of this moment. Phoenix looks up and says, "Oma, did you stay because you love me so much?" At this very moment everything is simply OK. Hope floats. Warm hearts melt as love wins.

*Oh grandchildren greet me at the door
As if I have been gone for eternity
The way my puppy wiggles with glee
Every time he sees me*

*How can we not remember beauty
All spheres of breath we join
No more just take of earth-water light
The soar of winged-ones taking flight*

*In uniting us ALL, to free beings
In the mother-child reunion of peace
The freedom of our four-legged, and winged friends
For there is no more 'earth-forgiven' to lend*



MY STORY: MAKING THE CONNECTION

We are not our story. We are much greater than our story. Yet our story may light our path into a wellspring of possibilities that may never have been accessed without crisis.

When I was five years of age, my father took me to a Ringling Brothers Circus, with front row seats. I squirmed uncomfortably in my chair, anxiety rapidly creeping in. Then when I was met, up close and eye to eye with an elephant, and she looked through me, such deep sadness in her eyes, I began to cry a flooding cascade of tears. I sobbed to my father to leave, saying, “she is so sad!” and his reply, “You are a strange child!”

I did not make the connection between the food on my plate and the look in that elephant’s eyes; the deeply entrenched world of herd mentality, of human superiority, of violence and speciesism, of imprisoning and consuming living beings for our own desire of entertainment and savage cravings for our own desired entertainment.

I always preferred vegetables and fruits and ate those as my first choice until supplies ran out. Then I would go outdoors and nibble on clover flowers, wild roses and blueberries.

Fast forward half a century, and with 20/20 vision, we see wildlife diversity disappearing at three percent per year with over 80 percent now wiped off this planet and some of us ask, will 2025 see an awakened vegan planet as Dr. Will Tuttle set as an inspired intention many years ago? Or as Dr. Sailesh Rao has pinky-promised his Granddaughter, to be living on a vegan planet by 2026. This option is the fast track to species and ecosystem diversity and to climate recovery, and world peace. The other option seems to be ecosystem collapse and wildlife extermination in relatively few years.

When I was a young girl, my mother and father both struggled with alcoholism. They were amazing and loving people with their own inner unhealed wounds. Through all these struggles and love, my mother began leaving when I was five years of age and was living in another city six hours away by the time I was seven.

One day I hurried home from school during this first year of my mother’s permanent departure from my home and asked the neighbor if she would help me make dinner for my father: his favorite dinner my mother used to

make. Somehow, on an intuitive child level, I knew my father was sad and the ability to make dinner for him and receive his attention and presence was profoundly comforting. I was hooked!

Somewhere in that meal, I realized that food is connected to everything. My mother taught me this in those first seven years. Her happiest place seemed to be in the kitchen preparing meals with care. It was where my mother flourished. No matter how little food we had at the time, my mother always managed to have enough, even if guests popped over at the last minute or my cousins suddenly appeared.

Food is very personal and interconnective, joining people.

I must say, in working through this thing called life, the act of preparing an amazing root salad with a new vegan dip, or an intuitive recipe of ‘wuhoo’ powerballs (nicknamed by my grandson), has gotten me through many sad moments, and back into my Earth-connection and sense of well-being. This continues into my joy-filled, whole-food, plant-based teachings of today: happiness blossoms in my kitchen through creating meals of diverse microbial-balancing sunfoods. From the wild Earth come plant-powered love bowls.

Somewhere in those early years I remember an interaction I had with the spirit realm. I tend not to talk about this much to avoid sensationalizing divine teachings. I remember one of those ‘missing my mom days,’ and going outside to enjoy butterflies, and eating violets and buttercups, and feeling this deep presence in what I now come to know as the Great Spirit. I was raised agnostic, so this was not something to be shared within the home.

Yet I was always singing, talking to ‘something peaceful.’ At seven years of age, I went with a local Unity Church to get myself baptized in a local river without my family’s awareness (though we weren’t keeping track of each other). Throughout the next half century, I held that Spirit very dear to me, as I remembered the deepening of that gift and the powerful peace it bestowed upon me.

When I returned to school in my twenties, it was natural for me to want to study early childhood and social work, because I loved pondering the social mingling of human minds, in a sixth-sense way. Yet systems seemed broken, and I did not feel any sense of belonging within these systems.

One week in the late 90's, while in the middle of pondering the meaning of life, I went to my first massage, first indigenous sweat lodge, and first chiropractic adjustment. I experienced a massive spiritual and emotional detox. Shortly after, I had a deep longing to be a massage therapist, and began studying. I incorporated many more massage modalities over the next 21 years, including craniosacral, Reiki and reconnection therapy, eventually creating an inner place of intuitively-guided massage. It was here that my taste for meat began leaving.

In the middle of this busy-ness, raising three teenagers, cultivating a distance relationship, and a full-time business, Spirit saw me stopped literally almost dead in my tracks with Crohn's disease. This began a realignment into collecting the authentic and integral parts I had left out to dry: the self I knew in that eye-to-eye connection with the imprisoned mother elephant from the circus. From illness to illumination, I began to feel a deeper calm and ability to HEAL on every level, instigated when I released all animal food from my diet.

It was in 2006 I was diagnosed with Ulcerative Colitis and Inflammatory Bowel Disease (IBD), which I initially thought was a two-month flu affecting my digestive system. The next three years saw me in and out of hospital with severe dehydration. The courses of medication I took only relieved symptoms for a short while and did not heal. The final diagnosis of my Crohn's, because of the multi-layers of musculature lining that were damaged, included fistulation. An intensely inflamed bowel that can take us out fast!

The gastroenterologist on call that day told me I may need to be on intermittent antibiotics for the rest of my life to keep the fistulas from getting infected. I knew the systemic gut damage antibiotics did to me as a child. I had constant ear infections which I later discovered were due to a severe dairy allergy. I was very ill at the time, but I remember thinking, "No way!"

I found myself seeking out holistic options. I ended up at Hippocrates Health Institute in West Palm Beach, Florida, for their 21-day transformational program consisting of a live food, high-chlorophyll organic vegan diet, juices, and wheatgrass, along with various mindbody detoxification therapies and an educational program. When I arrived at Hippocrates, I was so weak I could not walk along the beach. The seemingly miraculous healing after 21 days allowed me to run the beach for 30 minutes, bask in my body's renewal, and feel hope!

If you are reading this in your search for answers for healing, you will know intimately what I mean when you begin feeling really healthy again, and hope is restored!

The bleeding in my intestines that had been present off and on for a year subsided in just two days on juicing and bowel rest. This is our body's amazing self-healing abilities at work! Why did this have such amazing results? It was because every single person at Hippocrates I encountered knew - not believed but knew - I could heal and held space for my entrance into wellness.

I continued to study live food, juicing, and plant-based healing, in conjunction with the power of rewiring my brain into infinite healing possibilities, over the next ten years with much success. This was not without challenges and many 'getting-back-on-track' days. Self-inquiry and unwinding years of ancestral food habits is certainly a journey!

I divinely landed at the Tree of Life Rejuvenation Centre in Arizona with Dr. Gabriel Cousens and the Essenes in 2014. It is here I finished a Masters in Plant-Based Spiritual Nutrition, with my thesis on health and our microbiome: The Role of the Microbiome in Disease/ Health and the Interface with Diet and Stress in the Systemic Gut-Brain-Heart Unity Connection.

Later I was blessed with a deeper self-inquiry in yoga and continued into a compassionate inquiry of the biology of 'true self,' within the spirited brilliance of Dr. Zach Bush and his Biology Base Camp. ²

Always a student, I studied and resolutely breathed my way through to this thing called wellness. Now, I come before you here to share some learning I found helpful along the way. For 'I have walked a thousand miles in your shoes' and it is from this place of heart-centered understanding that I share my journey and story. It is not an A to B story. It is more a spiral one with exit and entrance points comprised of good and not-so-good choices, sadness, and joy in the ebb and flow of this miraculous adventure called life.

We must make the decision to share our wisdom from our suffering and choose wisdom over woe.

~Caroline Myss

Since beginning my first book, my eldest and only son died, grandchildren were born, and many other comings and goings of life visited death, grief and gratitude upon me. Yet, I was still breathing, one breath at a time. Sometimes a deep breath would get stuck in my chest. Cleansing tears and longing would come, then pass, return, and then, very slowly, pass again. I would sometimes indulge in vegan junk food which I knew was not so helpful, and yet the world kept turning. Grandchildren arrived, filling us all with delight and joy. We continued to get up, show up and fumble our way to grace. Underlying all this is the awareness that all the loss of life we all have grieved, including all wars, famine, and disease, can never come close to the suffering and death of millions of animals killed weekly, unheeded by our turned eyes.

My wish for all readers and searchers of this road less traveled is to know that you belong here at this time, and to discover authentic, well-tested ways to your freedom, wellness, peace and ease. This peace and ease is directly accessible when we eat for world peace.

The mindbody, as it begins to remember its innate intelligence, is made up of self-healing organs by design. Our bowel lining regenerates every 72 hours: what an amazing feat! I believe we all have a deep well of strength, compassion and goodness as long as we are breathing. I wish for you to explore deeper possibilities within the natural laws of wellness and sustainable practices. I hold a vision for you of ease and flow.

We are not our story. We are much vaster and greater than our story. Yet, our story may light our path home.

On my lifelong journey, I had mostly easy access to optimism and joy growing up. Yet **something happened** after I was inflamed with IBD. 'Dying' visited me so intensely that I was left wondering whether or not I would live, or even if I wanted to. I found the easy access to happiness I once had was very painfully compromised when the intestines were inflamed.

I have come to understand the effects that our gut (our second brain or lost organ explored by many specialists including Michael Gershon, MD, neuro-gastroenterology expert and author of *The Second Brain*), has on our well-being. It makes up to 90% of our serotonin and 50% of our dopamine—our feel-good hormones—and it is our largest warehouse of immunity.

Happiness is much less accessible when we have limited serotonin, dopamine and GABA (Gamma-Aminobutyric acid) production, due to acute inflammation of the gut. This may be the root of depression and addiction for many people, because we are ease-seeking beings by design. Be gentle with yourself as you find your way; a harmonious transition is the objective.

Perhaps our lack of healing gut microbial diversity is a direct reflection of our 80% loss of biodiversity on Planet Earth and the shift into pathogenic microbes from encaged animals.

My personal investigation and journey to find a diet and lifestyle that would allow me to live in remission became a multi-dimensional search. Ultimately, I arrived at a plant-based, quiet life of **heart** healing. It was a mostly raw rainbow of veganic/organic food with plentiful amounts of green juice and meditation. I also released negative and draining trappings that no longer served my well-being, including people, places and platitudes.

Most doctors are taught to rely on medication only. Knowing this, it is our responsibility to research and find physicians and wellness specialists who practice traditional and nutritionally sound ways of keeping illness in remission or of complete healing. I am not against pharmaceuticals. I am cognizant that there may be times when medicines are critical to regain our health or save our lives. Yet knowing our bodies make 100,000 chemicals per second to keep us functioning, helps us to understand that our bodies are the best pharmacy we have. Of course, we must live healthy lives to keep our personal shelves stocked with the right internal medicines.

What I am passionate to bring into the equation here is balance.

Currently, the imbalance in the modern medical protocol for most diseases is this: inherently toxic pharmaceuticals are the almost exclusively preferred treatment protocol prescribed to patients nearly 100% of the time.

This is not a narrow linear path we are on. It is a broader path to reclaim alignment and biodiversity on the personal and planetary levels. The only way to relieve suffering is to correct our misalignment. Chiropractors know this on a physical level and vegans know it on a soul level.

I furthered my home-coming healing with barefoot running and walking, wild foraging, eating plants only, forest bathing and the daily cold plunges my Finnish ancestors used as the 'cure' for everything, with much success. The literal translation for the Finnish word 'Sisu', (representing strength of mindbody), is to 'have guts.'

As we remember our inborn worth and the worth of all life as sacred and sovereign, we will return back home, with hearts broken wide open, to let the light of God move freely in and out.

CHAPTER ONE

THE INFINITY 8 HEAL PATH OF BALANCE & WELL-BEING

*Infinite Child of Light come shine and burn the rubbish of mal-illumination;
for love is the final analysis.*

~ Tami

When I was a child, I had a fish tank. I learned very quickly how difficult it is to maintain balance when you take something out of its natural environment. I had to learn how to keep the water from going murky and unhealthy for the fish. I understood the importance of the pH balance of the fish tank. But, later when I moved from country well water to city water, I discovered that the chlorine and chemicals from city water would kill my fish. I quickly resolved to add plants into the water which the fish ate and miraculously kept the water clean with healthy amounts of oxygen. The same miraculous plant medicine is true for people! Our medicine from the alkalizing green plants help the body maintain homeostasis and stand tall, alkalized, and balanced.

The Infinity 8 HEAL path is interwoven within itself, with each piece working symbiotically. Infinity means forever. We are eternal, forever bathed in worth. Yet, in contrast, we are adopting lifestyles that are

causing great loss of human life and inflicting tremendous destruction on the Earth and each other. This requires astute consciousness on our part, since most of the destruction in chemical sprayed on our food and imprisonment of animals is hidden from our view. This creates a huge cognitive disassociation. As my political science professor once called it, The NIMBY Effect; 'not in my backyard'. So we turn a blind eye and decide what we drive is of greater monetary value than what we feed our bodies, or what we support, (stopping feeding animals for meat, would feed all hungry beings 10x over if the 12-16 lbs. of grain grown to make 1 hamburger was used to feed our children).

In the belief that we are spiritual beings having this human experience, we must awaken, be kind and honest to ourselves, and embrace our responsibility as stewards of the planet. In the Iroquois aboriginal understanding, every action that we take must be seen through the lens of how it will impact the children of the next seven generations.

In her teaching protocol, *Healing Partnership*, Wendy Lund describes the Infinity 8th dimension as:

*“In physics, the 8th dimension contains all other dimensions, therefore including everything. In medieval numerology 8 signifies eternity or infinity, which leads to the next life. The Buddhists speak of the eightfold path to enlightenment. In Christian numerology 888 represents Christ or Christ the redeemer. Dan Siegel, a neurobiologist, speaks about the 8th sense which is our perception of our interconnectedness with others.”*³

~ Wendy Lund

Somewhere underneath all the emotional rubbish we have taken from others, we find sacred sovereignty, maybe for the first time in our lives. Most of what we have come to believe as 'self-identity' is just unhealthy 'stuck' stories we keep telling ourselves; negative stories that continue to perpetuate our misery. Some stories keep us spinning on the hamster wheel, and so tired we stop questioning if this is the life we want for ourselves. This is where all the sabotaging habits are formed. When we awaken to this realization, we become empowered to craft a new story for ourselves, towards the path of HEAL-ing. In the vortex of mindful wonder, in our next deep breath, we may access something kinder and more expansive for all life.

*I believe we only allow ourselves to breathe,
love, stretch, and experience
as deeply as we allow ourselves to feel.*

THE POWER OF A BREATH

But there is no set way to enlightenment. You may 'ment' into the light within your next deep breath without having to fix anything. The simple act of observing the flow of the expanding and contracting breath within our bodies allows us off the hook 'to be enough' at this very moment. In the access of our breath, we may access our interconnectedness with the trees, wildlife, and wild waters, into ONE-kind.

There is no magic pill, no one right path, no dogmatic way to remember our true essence and reclaiming our life force and well-being. Feeling good and embracing a life of sacredness, meaning, and reverence is a journey we must take with kind astute observation; inquiring and listening to our deepest self, one moment, one choice at a time.

The HEAL path, summed-up, is an effective way to move towards doing good and feeling good:

- Go(o)d structured-living water
- Go(o)d and kind-living plant food
- Go(o)d and quiet time on the Earth immersed in nature and divine communion
- Go(o)d daily movement in nature
- Go(o)d loving and kind community

We are not our thoughts. Yet, our thoughts can lead us in one direction or another. When we breathe deeply and observe our thoughts, we may begin linking our thoughts to our actions and begin to reclaim our sacred sovereign connection and purpose, and navigate our thoughts into action. For example, I committed myself the day before to limit my caffeine consumption. But, as soon as I feel off, I begin entertaining the thought of more caffeine. By observing this pattern, I followed these thoughts to find their root cause, which is the human-doing 'molecules' that equate me with trying to be enough.

Stopping animal agriculture now and eating vegan would address the root cause of most planetary disasters. With this awareness, I reclaim myself over this acidic habit and adopt a new healthy lifestyle such as three deep belly breaths of expansion and letting go, a brisk walk, a twenty-minute power nap, or as a simple example, some spirulina-green water with B-complex vitamins that restore equilibrium, homeostasis and contribute to HEAL.

In my observation of working as a vegan nutrition and life coach, it often appears that we resonate at a certain frequency based on our mind-body's level of hydration, energy, alkalinity, and light. If we wish to put our unhealthy cravings to rest, we need to begin the path towards HEAL until we 'crave' the good stuff. This is seldom a one-shot deal. As we begin to make deeper connections with primal and unhealthy cultural norms and cravings. We may begin the 1,000-mile journey or 10,000 plus steps toward peace, or to infinity and beyond, as Buzz Lightyear and Grand lad Phoenix shout to the universe.

Hydration and homeostasis are our leading steps, paramount for a cellularly hydrated and balanced mindbody. Mindbody is a merged word because there is no separation between the mind and body. The mindbody is synergistically working as one. Most of what is happening in our mind is due to direction received throughout our body, including the gut-heart-mind connection. Body information is accumulated and connected through the nervous systems and vagus nerve, resident microbes, and the water memory in our cells. We accumulate past experiences, stored cellularly in our fascia connective tissue. My first book **EarthGut** explores this connection of the microbial mindbody memory. ⁴

With hydration, a brain works well and we may find it simpler to access all beings' birth rights for freedom, health, and love and family.

HEAL acronym in, VeganWorld2026 represents: **Human Earth Animal Liberation**. We are talking about the same thing, as the ancient Vedic text speaks of 'ahimsa,' non-harm towards all. ⁵

A prayer for you is this; this HEAL-sacred 8 dimensional path will lead you to no longer seek out dry wells, unwell herd-domesticated cultures, but instead lead you back home to the divine and sacred being you were always meant to be. In these times of escalating dis-ease, may these teachings give you health, ease, connection and hope.

Throughout this book, may you feel spiritually inspired to receive a sacred and sovereign homecoming. May you choose the pieces which you can embrace with love and light, on a fully committed and conscious level. We know that the answers we seek are nested within each of us. May this book be an offering, a guide, and a gift to help you build your unique sacred and sovereign communities within yourself and outward toward a benevolently kinder and cultured living community.

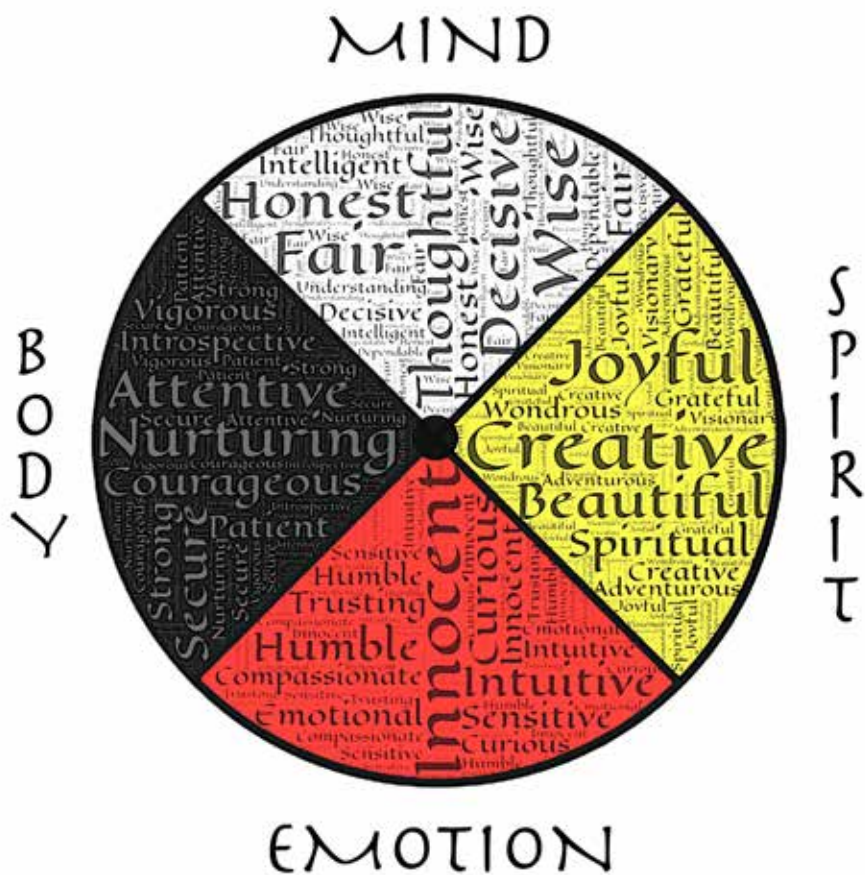
*There is a beautiful place up high as below,
Waves of water and light,
A mystery of all Mysteries, as Goddess-Earth awakens us into Sacred's
Holy!*

*As Above So Below
Earth keepsers everywhere calling us to the beauty of the Holy moment!
Do we answer?
Will she be patient and kind?
Or ready to shake us all awake as we 'wait and see'
Are we in too deep for longings of truth and committed hydrating
action?*

*Time to lay dormant or awaken?
Time to clear the clutter of our past and be anew once more?
Is it time to bathe in the waters of truth and stop trying to hold on to
the river's shore? For she is moving too swiftly to stay stagnant!!
As our time and the time of Sacred Sovereignty beckons us home...*

Let The Awakening begin!





CHAPTER TWO

OVERCOMING OBSTACLES TO HEAL: THE FOUR-FOLD WAY, FOUR DIRECTIONS

*Nature's beauty lives onto itself
 Fears not, demands not, knows not
 Just ebbs and flows
 Gathering and letting go
 Showing us our path home*

Whenever there is a crisis, there is opportunity. Where there is a crisis there is the perfection of nature. She keeps flowing. We submerge ourselves in her waters and in the Earth to live in harmony with her. In any crisis - globally, politically, and personally - nature will continue to evolve through cycles of death and rebirth.

The following section is intended to assist you in overcoming toxic overload, which interferes with HEAL, our global diet and disposable economy.

TOXINS, GUT ANNIHILATORS, HEAVY METALS & CONSUMERISM

Deadly toxins, sickening emissions, and heavy metals, which harm us and our planet, are in and around us everywhere: plastics and pesticides in our oceans and land, air pollution, water pollution, animal agriculture and carbon imprint, human consumer waste, and garbage. All these add up to the life-threatening price we pay to participate in an unsustainable, disposable-driven economy.

We are exposed today to hundreds of times more human created toxins than we have ever experienced on this planet. To overcome this accumulated toxicity, it is essential that we apply the rules of natural hygiene to support and cleanse our liver, bowel, and brain. These rules are also practices that respect and regenerate Mother Earth. While there are many variables involved, and it may seem overwhelming to apply regenerative and sovereign practices, bite-sized steps: stop purchasing plastic drink bottles which take 200 years to break down and end up as plastic islands in our oceans. We can grow backyard permaculture gardens, consciously eat, (organic veganism is the greatest contributor to Earth regeneration), and support community living.

To help with detoxifying, there are practices and an appendix in this book in which food is offered as medicine and a way to eliminate acid and toxicity.

Some people may argue that the body is already a self-cleansing organism. But it is impossible for the body to eliminate and repair at this rate of toxic exposure, as we take in with each breath; exhaust fumes, heavy metals, pesticides, factory and plant emissions, and glyphosate. There are a variety of toxic run-off chemicals in our lakes, streams and drinking water.

Illness happens when the rate of injury exceeds the rate of repair.

This is a journey we can choose to take, to create enough self-love to bring peace within ourselves in order to bring peace to all four survival archetypes discussed by Dr. Carl Jung (the saboteur, the child, the prostitute and the victim). These archetypes are not due to laziness, but to an unwell world manifesting internally. We have prostituted ourselves into consumerism, and are literally consuming the earth which feeds and waters us, then we have played victim, as if our choices would not have an impact.

We have an innate desire to be happy and free, as do all sentient beings. Yet a loss of our vibratory light and connection via healthy and diverse living soil leaves us drawing from dry wells. We begin feeling lethargic enough not to care. Whether this was the intention of the big-pharma, big-chemical fake-food companies or not, we must regain sovereignty over our choices. Sacred sovereign practices can bring HEAL-solutions, offering us a re-energized golden-age freedom.

OUR GLOBALIZED DIET

Many nutrition factors impact our health. At the top of the list are highly processed and chemical-laden foods and agricultural animal products, many of which also lack many essential nutrients and healthy microbiome-building material. Many are filled with the substance of suffering.

As a species, we are experiencing profound changes as a result of our unsustainable overconsumption, eating up the Earth which supports us in every symbiotic way.

Dr. Sailesh Rao, founder of *Climate Healers*, tells us:

“Eventually, by 2026 mostly everyone will be vegan. I’ll explain to you why. Between 1970 and 2010, 50% of all wildlife was destroyed. Population doubled between 1917-2010 and humans per capita consumption doubled. Overall impact on the planet quadrupled, an exponential curve that is increased by a factor of four in 40 years. Ask yourself how many more years we can lose biodiversity by 3% a year (which means the end of all animals by 2026)?

All changes in human society happen through exponential processes. We think linearly, we don’t think exponentially. We think the same thing that’s happening now will continue happening forever and this is one of our greatest shortcomings. I’m talking about transformations and not change because change is inevitable. Change is going to happen to us whether we like it or not because nature is going to force change on us. But transformation is intentional.”⁷

A white paper by Dr. Rao, *Animal Agriculture is the Leading Cause of Climate Change*, Nov. 2019, looks at the startling impact of animal consumption on the Earth:

“In 2010, human biomass had doubled from 1970 levels. Our farmed animals were now eating 4.5 times as much food (in

terms of dry weight) as all humans thereby presenting the profile of a biomass that is NINE times the biomass of all large wild animals from 10,000 years ago, even though their actual biomass is only four times the biomass of all large wild animals from 10,000 years ago. This is because we have genetically selected our farmed animals for freakish characteristics that make them eat more than double what their biomass alone would indicate, on average. For example, the average white rhinoceros weighs 5100 lbs. and eats 120 lbs. of grass a day. In contrast, the average dairy cow weighs 1700 lbs. and eats 140-150 lbs. of feed a day.

The biomass of wild animals had declined by 52% from 1970 levels and therefore down by 81% from 10K years ago. The decline in the biomass of wild animals was also accelerating exponentially to be 58% from 1970 levels by 2012 and 60% by 2014. The primary driver for this decline is human land clearing for agriculture, since 80% of mass extinction is due to habitat loss.

In terms of dry matter biomass, our “livestock” or farmed animals consume more than 80% of the food that we extract from the planet in order to provide just 15% of the food (including “seafood”) that humans consume.”⁶

“After the Rio summit, they identified three major problems:

1. Loss of environment biodiversity
2. Ecosystem collapse
3. Climate change.

Climate change was third after environmental biodiversity loss and ecosystems collapse. By definition, all of you are vegan because who you are has compassion at the very core of your being. You are made in the image of God. Yoga is about bringing that into the light and alignment. Any misalignment is the cause of all suffering!”⁷

~ Dr. Sailesh Rao, *Climate Healers, VeganWorld2026*

*All my friends have a ‘vegan’ heart
They wish to cause no harm
They love their family and their friends
Kindness they bestow*

*Yet dis-ease and loss and suffering
Plagues our world on fire
Burning guts up to our brains
The few wild animals left run for shelter*

*And in the heat of a planet’s suffering
To no longer endure this ‘insane’
We let the fire in our heart
Burn all the pain*

*We realign our spine of light
Towards the stars and God
We join our hands and hearts in circle
And come out of the fog*

*We return to plants as medicine
And build reverent gifts on earth
We set free living beings
And enter our rebirth*

As we sit silently, we hear the ancients calling us to a remembrance and there is hope. We must choose to let go of despair in these precarious times, and courageously bring solutions, joy and peace to ourselves and each other in the form of awakening from denial, healing food, prayer, music, and water as medicine. I have discovered through my work with many people, fear is much easier to release when we stop eating fear and anxiety-laden animals.

I feel very hopeful for the next generation, as I watch my beautiful grandson make green juice with such enthusiasm and give the first glass to his mother, who is holding his baby sister. Three-year-old Phoenix is teaching us all to rise from the ashes, into a new chlorophyll-rich world, teaching us to come home and make real food in a multi-generation kitchen.

My children especially loved fresh fruits and vegetables in their pure raw state. I discovered in 1988 that if my son ate conventional food, he developed bumps and ulcers in his mouth. But they very quickly disappeared when we switched him to organic foods. What he was so-called ‘allergic to’ wasn’t the fruit after all, but the genetically modified version that was sprayed with a multitude of chemicals and grown in weary and dead soil.

We are seeing a continued increase every day in the number of people who are becoming aware and switching to a plant-based diet. With this change in how people eat and the rapid increase in veganism, paradigms many of us grew up with, such as that animal products are required for optimal health, are being reevaluated. This is also reflected in the latest *Canada Food Guide*. Another huge benefit is that there would be no shortage of food, according to leading experts in plant-source nutrition. In fact, if we all went vegan, there would be enough food to feed the world perhaps ten times over. It is a hoarding of resources that is causing food shortage problems.

The reckoning is already here, and it is time to address the impacts of our animal-herding mentality on human health and sovereignty. It is time to come home to our hearts. What we are attempting to detoxify internally and set free within ourselves, is largely due to animal, earth, water, air and human mistreatment.

Dr. Zach Bush is a three board certified physician and a leading expert in microbiome, disease, and food-production system interrelationships,

shares the new findings: viruses are genetic expressions to help remedy the toxic overload in our environment and, consequently, in our bodies.

The microbiome, as research is revealing, is able to modulate mood through detoxification and to support detoxification and health regeneration, and viruses mutate intelligently in order to do their job. Our bacteria are needed to break down and utilize nutrients from breast milk onward.

Individually, we are composed of 20,000 genes. One gene, depending on its environment, can express 200 variations of protein that our bodies need for optimum health. Our world-wide diversity, on the other hand, has two million gene expressions as well as 40,000 species of bacteria, 300,000 species of parasites with 1.5 million gene expressions, and 5 million specified fungi with 125 trillion genes and the granddaddy — ten million times more viruses than there are stars! How do we fit into this complex web of DNA without it doing us harm? ²

If microbes were out to get us, we would have been gone a long time ago! ²

~ Dr. Zach Bush

Groundbreaking research in the microbiome’s role in health and disease has uncovered the gut as a ‘forgotten organ’ of incredibly important interest. The research is yielding secrets yet to be fully understood in its role in the modulation of all disease, endocrine function, and gut-brain connection. The human microbiome is fundamental in what we decide to become: diverse and thriving or inflamed and frustrated.

What will we do next? What will we learn from Earth’s natural expressions as she attempts to graciously detoxify her way out of this mess for us?

Sage observation and advice from Hippocrates in 547 BC: “Let food be thy medicine.” From the 1920s into the 70s there was much study on orthomolecular medicine and nutrition - the building blocks of vitamins and minerals necessary to build and repair the human body, some of which are no longer found in our conventional soil/food.

Conventional organic foods have been proven to lack minerals and vitamins because much of the food is grown in greenhouses. But it can still offer some structured water for our body electrically, and in cold times when food is scarcer. Lentils, quinoa and rice have fed many hungry people well. Microgreens and sprouts are also our food of life in all seasons. And they can be grown anywhere, as demonstrated by Eve Marquis, my dear friend and owner of *Northern Lights Microgreens* in Edmonton, Alberta. Eve is growing her food in our northern climate as an antidote for ‘light food’ shortage in the cold months, to maintain/share food with elevated nutritional levels.

Culturing, wild foraging, sprouting, and fermenting increases food nutrition and absorption manyfold! The key is living as close as we can to the Earth. Foraging in colder climates such as Canada, this means wildcrafting the essential minerals and vitamins from wild food: a dandelion leaf, digging up cattails for the tubular roots, vitamin C-rich rosehips, saskatoon berries, chokecherries and wild cranberries. Our remembrance is found in healthy communities - how to eat for life, and how to eat for connection.

The following chapters offer suggestions on how to eat to light up our mitochondria and allow us to regain our sacred sovereignty.

Tight junctions are gatekeepers between the cells of your mega membrane, which extend from the nasal cavity to the colon. Tight junction integrity can be impacted by environmental factors such as herbicides. As a result, your immune system can be overwhelmed.

~ Dr. Zach Bush

STRESS, ALL TYPES

Our modern lifestyles come with a myriad of stressors: work, commuting and long hours; money slave systems; and bombardment of bad news from climate change to extinction looming. Holistically, we are becoming increasingly distressed from lack of movement, lack of connection, lack of exercise, and lack of authentic love. Anything that brings peace to us in the truest sense—such as having a deep sense all will be well, trusting in the process with a sense of joy, and being grounded and calm—also brings peace to our global community.

I believe most modern communities are enmeshed in unhealthy economic systems that exploit all animals, including us humans, which is contributing to further stress and unnecessary suffering.

This suffering manifests as dis-ease in each of us, while also having a corrosive effect on the greater environment. These stressors can change our biochemistry quite quickly, as proven by extensive research including; *Hippocrates Health Institute*, Physicians Committee for Responsible Medicine (PCRM), and Dr. T. Colin Campbell’s work in *The China Study*, and Dr. Gabriel Cousens work and books such as *Conscious Eating*.⁸

Some short-term suffering may be necessary for the inevitable transformation, for many people do not learn in comfort. But that is a better choice than to continue to be mired in a life of muck, which will kill our hope and inspirations.

To speak of all the factors involved in stress is not necessary. When our sacred and sovereign being is silenced long and frequently enough, then we may feel stressors accumulating within our bodies to the tipping point where injury overpowers repair.

Perhaps this little gift of words I was given in quietude sums it up:

“There will always be something nipping at our heels until we turn around and bestow upon it full attention...

Touch it with loving-kindness and say, ‘it’s ok, you can calm down now’

It is then we begin walking side-by-side
All sentient beings liberated and free.”

The mindbody loves to achieve homeostasis and maintain balance; eg. we leach calcium out of the bones when our body is too acidic, and we are given the gift of pain to demand we pay attention. Alternatively, we can find a way to envelope ourselves with self-love, service, and an inclusive life of liberation.

Being in the present moment with what is may bring joy and relieve stress. But we must also get to know the dark side of life so we can anticipate

when we are sliding down a slippery slope and slay our greatest addiction, which is denial.

We incorporate this understanding of the yin/yang of life, focusing on the positive, and moving away from what is no longer working. We need to develop our 8th sense to help us assess and direct our internal feelings, and better manage our grief; regathering our vessels of light, while letting go of the rest. Micro-movements alone, such as physically moving our body and moving towards solutions for the problems, can be sacred sovereignty empowerment in action.

Have you ever watched animals, such as a duck on a pond, after they had a confrontation? They shake really hard, shaking off the adrenaline instead of internalizing it by freezing in the fight-or-flight state. We have forgotten how to shake off the stress and move it out of our bodies. Instead, it goes internal, wreaks havoc on our hormones, and creates disharmony and dis-ease. We often become disconnected from the understanding of the stress hormones and fear in the animal products we consume, with karmic reciprocal effects.

I often tell my clients, when they are in a power struggle with another, to shake their body really hard in that very moment in front of this soul before them, as if they were just a pile of bones. We do it together, laugh fully over the thought of this wild approach to a power struggle, shaking off the disempowered and limited ways we have coped in the past.

In empowerment, we find our way. We find our community and refine our infinite incredible self. We remember we are so full of love and light that nothing can keep the light from shining out of our hearts broken wide open.

RECOVERING FROM PERSONAL AND SOCIAL LOSS

Separation from microbial diversity, healthy ecosystems, and free-living animal diversity can lead us into crisis and to a lack of ability to know where we belong. Some of us even question if the Earth is our home.

From my experience as a life coach, parent, seeker, and friend, I am aware that many people feel they don't belong here. Some people are separated from family and friends. Some are suffering great loss of loved ones, and others the loss of genuine supportive community, which can be a karmic impact of doing the same to animals in this lifetime and maybe prior lifetimes.

Loneliness is a recipe for disaster, as is loss of access to land and water, loss of personal and community sovereignty, and loss of understanding and memory. Divide and conquer is what we seen in 2020 on planet Earth and the awakening of backyard gardens and soil regeneration. But a mass awakening is just under our skin and within our grasp.

We can communicate, praise, and support diverse biome practices, or we can destroy healthy diversity and all of wildlife within it, and this shows up as a sense of unrecognized loss and a limited view of our self-potential and connection. In this loss, we often find unhealthy and harmful ways to feel connected, hence addiction. Loneliness and loss often attract many individuals participating in what could become the 'Culture Of Death,' in an attempt to feel a part of anything!

Many people have been swept away in this upside down and backwards world in which unhealthy and destructive ways have been normalized. Consider that one spray of Round-Up kills 60 to 100% of beneficial species, rainforests are being destroyed at the rate of 3 acres per second to raise and feed cattle, and that there are more than 400 oxygen-dead zones - and increasing - in our oceans and in the dead-dirt zones instead of wild and free microbial rich soil and nature farming.

In response to this, and as many others are doing, I have been teaching about grounding with healthy land and soil and connecting with our forage-able forests, gardens, and food. This awareness brings people into a hydrated, alkalized, and energized physical state which, in turn, allows for a deeper reverence for self, for all sentient beings, and for the living world.

Making an offering of deep breath, beginning to befriend oneself, allows us enough space to hear a deeper calling. Our body follows our mind, and our mind follows our breath. Home simply refers to a deeply-felt sense that we do matter, and that we do belong here right now in this beautiful catastrophe called life, simply because we are here, and we are breathing. We begin to move far beyond the caught-upness of self/life, dead food, numbing entertainment, and other forms of distraction, by developing a deep sense of connection. This is the practice of mindfulness, the HEAL protocol of nature and plant-based hygiene.

FOUR UNIVERSAL ADDICTIONS SACRED SOVEREIGNTY CAN HEAL

The Four-Fold Way by cultural anthropologist Angeles Arrien is a study book that offers a treasury of universal indigenous teachings, including about addictions.

I have come to understand that addiction is the loss of connection to everything: our **EarthGut**, microbes, our innate compassion, and our intelligence. People suffering with addiction struggle with the inability to delay gratification, craving ‘quick fixes’ at the expense of life’s web. This inability to sit with discomfort and grief is a destructive pattern. People often numb pain with over-consumption and with *tamasic* uncaring food selections, which further impairs their ability to work toward health and envision the outcome of their choices. As a result, they create pain and grief, both inward and outward.

Dr. Arrien explains:

“What we call individual addictions, such as drugs, alcohol, caffeine, sex, gambling, consumerism, are actually symptoms of deeper behavior conditions and are related to psychological needs we share as a species. When viewed from the perspective of many different cultures it becomes clear that there are four basic addictive patterns that humans globally share:

1. The addiction to intensity and drama, and the overwhelm of past trauma. When resolved this issue is expressed as love.
2. The addiction to perfection. When resolved this issue is replaced with right use of personal power into excellence.
3. The addiction to the need to know.
4. When this is overcome one can express wisdom, unity, earth-kindness and deep trust.
5. The addiction to being fixated on what’s not working. Harmful habits cause a repetition of behavior error. When resolved, one can more easily look at the whole-ism and hold vision.”⁹

~ Dr. Angeles Arrien, *The Four-Fold Way*, 1993

Is our lack of connection to the Earth showing up as a lack of diversity of healthy microbes in our gut and, in turn, the inability to feel our self-realization and interconnection to ALL life, fearing a germ or a virus?

Will this increase our urgency to build a sustainable community and sacred ‘next-best choice’?

Questions We Can Reflect Upon

How have these addictions manifested more strongly in the modern times of agricultural animal suffering, smartphones, virus fear mongering, fascism, global abuse, and social media?

Can we see the addictions we are in, and begin to track root causes? Can we see the addiction which keeps us stuck and away from the sacred and sovereign HEAL path?

Many of us have written a vulnerable story and have done a thorough and fearless moral inventory about the addiction that prevented us from healing. We are then freed up enough to write a new story based on community, sacredness, health, and sovereignty. Will we?

Dr. Arrien offers this antidote to addiction:

1. Show up and choose to be present
2. Pay attention to what has heart and meaning
3. Tell the truth without blame or judgement
4. Be open to outcome, not attached to outcome⁹

~ Dr. Angeles Arrien, The Four-Fold Way, 1993

I will elaborate on these 'four-fold ways' as they relate to HEAL.

The temptation may be to say to ourselves, "When I am doing this all right, then I will be OK!" That is the wounded child-addict talking. We are so unique and beautiful, why play small! When we HEAL enough to truly embrace our unique contribution to the clean-up, we do our best in each and every moment. If it is not our best, we can breathe deeply, drink a couple glasses of water, rapidly move our mindbody for a few minutes, meditate, and reset as God's unique sparks of divine love. We almost always have the opportunity to start over, but misalignment within ourselves and not following through into truth, can wear us out

and make the journey less joyful! Finding a community that supports a healing mission is a game changer.

We almost always have the opportunity to start over

1. **To show up and be present** is usually quite relaxing, as we remember to bring alkaline, deep breaths into our body; as we remember to show up to calming green light food; and as we remember that we are sacred and sovereign. By knowing what our 'yes' and 'no' are, showing up feels less scary and stressful. When we stop abandoning ourselves to please another and stop seeking the approval of another (approval we may not have received unconditionally in childhood), we can relax. If we feel we are not respected, we can leave a relationship in confidence, not by creating a victim story, but simply by not abandoning ourselves.

Being present does not mean we're agreeing to what is coming in. It means we are listening and also understanding. When we stand strong and true in our medicine power, we can be present and not feel threatened. When we are in our full sovereign power and are hydrated, electron-rich, alkalized, and connected to infinite cosmic love and light, we know our worth and build excellence in ourselves instead of perfectionism. When we know our worth, other people can come and go from our lives, judge us or not judge us, and we remain standing true in our heart's flame. When we choose to be present, we don't abandon ourselves for another way, unsuited to our energy medicine, EVER! Until we heal our self-centered survival ways, we cannot contribute effectively to global healing and ending hunger, war, and harm.

When we choose to be present, we listen to our body and we release the shadow side of the wounded child within. We reclaim the Healer and the Story-weaver, the Lover and the Happy Aloneness within us. We love alone time, but know we are never alone. We weave more beautiful and authentic stories into sacred communities every day.

We release past judgments of our tribe for not knowing how to hold us in our full worth of beauty and medicine gifts. And

we light a fire on the next full moon, burn the story into ashes, turn in a new direction, and let the phoenix arise. We divinely source a sacred, conscious community, even afar, which knows how to support and to source happy-living food and happy-loving people. We will come to remember that the first step towards being present is sitting, standing and walking wellness meditations, standing tall in the holistic beauty way as a warrior of sacred sovereignty.

2. **To pay attention to what has heart and meaning** in our lives is absolutely the journey of a warrior. We were taken as children and caged in a world of external focus. For example, when we cry or are frustrated and we are disapproved of, or when we are constantly told we 'should', by ourselves or others; "You should have done this or that, or you should eat this..."

When our hearts are telling us to do one thing, yet we are told to feel or do something else, of course we abandon self. This happened to many of us as children. There is no blame here, simply an attempt to understand the loss of our ability to deeply listen to the silence and cries behind locked doors.

In these times, children are kept from experiencing life more freely, mainly due to a world that feels less safe. As a child, I had long intervals where I could play freely, uninterrupted outdoors, while developing a more creative, wonder-full brain through experiencing life of the natural world. This is explained very well in the book, *The Last Child in the Woods: Saving Our Children From Nature Deficit Disorder* by Journalist Richard Louv.

We can, at any time, develop self-love and self-awakening, develop opportunities to come home, and remember what has meaning and heart. This takes us on a journey of ritual, practice, and a life devoted to excavating and retraining our minds that were programmed to focus externally on stuff that's not 'at the heart of the matter.'

Many communities and caring individuals are coming together to help each other in full heart-centered sound circles; such as the contribution of my new friends Climate-Changers; friends Sebastian and Sparrow Grace, who are sound healers sharing chanting and musical primordial sound; and Dr. Will and Madeleine Tuttle sharing their sacred sound of piano and flute,

just to name but a few of the many. Sounds resonate past our lips, forever into the vibratory world. What sounds are we outputting?

*Your Divine love
Agape Christou radiates like a pebble dropped in a pond
Spreading ripples of joy, peace, wisdom
A Divine connection to the One
The sound of the splash
And frequency harmonics of light
For which I AM grateful.*

~ John Edwards

We are vibrational beings by design. Friends are growing real food and real people in co-op. New children are entering the world with a deep sense of consciousness. My grandchildren come into my realm regularly with the enthusiasm that I want to keep alive inside myself, such as when my three-year-old grandson says, "Oma, thank you so much for the healthy food you made for me today and the tasty smoothie!"

When I meet people, four-legged beings, and members of the plant and insect kingdom, I am given the opportunity to develop a new way of mastery over each step of my journey and the present-moment ability to create a new shared dream. As I pray over a mountain lake each summer on the birth date of my late son, an eagle appears, circling overhead. On Ryan's birthday, the summer of 2020, a mother bald eagle flew out of a nest followed by her young one, learning to soar. These are our moments of synchronized interconnection with all life, which is us!

When we live from the heart, we release baggage that no longer has meaning, such as unfulfilling robotic work and come home and find our moist microbial-rich place on the Earth. Here, in this living soil, meaningful work has no separation from our joy-time. We release people who don't allow us to live in our hearts and who feel more comfortable with us when we're shut down.

How do we know that we're living more in our hearts? We know because we begin to notice moments when we leave ourselves, abandon our body's messages. We laugh more, we feel inspired constantly, and the word 'boredom' has no place to enter our microbial-living soul. We inspire people and feel inspired, and often people are happy in our energy field.

Now let's not lose sight and our resilience here! By living fully heart-centered and in our light, there will be people who are uncomfortable witnessing our full aliveness. What matters is that we show up to ourselves, stay present, and live in our hearts! This is a circular journey of deepening our awareness and healing that will help sustain us throughout our entire lives.

People will always come and go. We learn and teach each other, about what we want and what we do not want, and what we are ready to heal or release. Remember that their leaving does not reflect our worth. Someone's inability to see us and as who we truly are, reflects a deeper need for us to truly see ourselves as worthy of vast exploration and radical self-acceptance - as raw as that may sometimes feel in this karmic beautiful catastrophe.

If we do not take care of our dharma, our soul's purpose, and our mindbody and hearts, where will we live, sovereign, sacred and free?

3. **Tell the truth without judgement or blame.** When we know our worth, we can speak our truth even if others do not like it. We are steeped in living within divine timing. Like Kenny Rogers, we need to 'know when to hold them and when to fold them, when to walk away and when to run'. This means that we love ourselves enough to only be with people whom that share a mutual respect and will live with mutual respect: people who have developed their own self-respect. We should tolerate nothing else.

We speak our truth, and constantly redefine ways of expressing truth, checking into our hearts to see if our words are peaceful ones, if calmness prevails, and if it's timely to share something important. To not have judgement in our heart, but instead to see a sacred other in front of us, creates ease. This seeing is

natural in an 8th dimensional world, for we simply know our interconnection.

I believe that we haven't learned to do this well because most of us have never been heard fully from the heart. Therefore, we are always trying to convince someone of our point of view, automatically on the defense and believing we will never be fully heard, seen or loved anyways. In this wounded-child mode, we can get quite assertive about getting our point across, or we retreat further away.

This can all change when we know that we're enough, really enough, at this very moment. That is who we are; on a journey, enough in each step, each direction, through each change towards deeper integrity and authenticity.

Divine timing matters. Some things are meant to be said and some things are meant to be left unsaid. But let us not get this confused with leaving our hearts! Sometimes we need to just write it down and let it go, burn it, let the person go, let the belief system go. We need to upgrade ourselves so that we're listening more deeply for that still small voice within before we speak or deny feelings and words. Of course, this depends on which coping strategy of communication we took on from childhood. It is not an easy path. But be encouraged that it is a path of excavation and rebuilding on a living and loving soil. Our whole cultural foundation is weak, so from a systems engineering view, we need to begin with a completely new foundation of LIFE, not death.

~ Sailesh Rao

I'm coming home, as many others are, to my truth and my deep longing to live a path with heart. This is no easy task for certain. I become a silent witness to my heart opening and closing over and over again.

In my work in the last half-century, from my first awakening at five years of age, I've spent many a day reflecting, healing, regathering, and redefining the way of the *Sacred Sovereign Warrior*. I believe we don't have much time to waste as Mother Earth is losing diversity of everything, fascism is being imposed on our sovereignty, (as it has been for animals for their entire lives), and wellness is falling away. The fallout is manifesting

itself in our broken homes/community, guts, brains and hearts. We have much knowledge, while many ancient prophecies have revealed some truth for these times that are now unfolding. Choose wisely, in full breath and with eyes wide open, for each step matters. But be gentle and soft enough to reset over again at any moment. Do not abandon a whole day, for tomorrow may never come.

4. **Being open to outcome, rather than attached to outcome** requires us to have deeply rooted trust. Most of us are still learning to find trust on this journey, waiting for the next shoe to drop. Most of us have not learned to truly trust. We can't move through the pain inside, so we cover it up.

Having a healthy mindbody, community support and the HEAL path in place gives us many tools and practices to establish the solid foundation we need for success! It is a way we can super hack and fast track into the deeper and clearer well of knowledge to determine what the next best thing for us to do in these precarious times.

Most of us feel either slightly uncomfortable, very uncomfortable, or in complete denial of certain aspects of ourselves. We are either not ready to integrate, too scared to integrate, or we think we are too foreign, too ugly and too unforgivable to even know where to begin.

Beautiful things lie there in the unknown, the sluggishness, and the unrealized habitual. Beautiful things lie in the feeling, healing, and resolving of grief. Grief is usually not allowed full resolution in our society. Yet it is the key to deeper healing and greater access to the full scope of possibilities our inner-beauty presents.

*There is something shifting in my heart
A calling only I can hear
When I hit the bottom of this grief
Flood over, washing hidden wounds*

*Cracked wide open I AM
To feel it ALL
I was unable
Until this moment stopped again
To feel the urgent stir so deep
To free all sentient souls in pain*

*Oh dance of grief
Welling an acid-burn in my bowels so tender
Of choices not so kind
A daily reminder of false-learning to unlearn
'Not worthy are some', the lie*

*Yet something beckons and I hear
Not from my tower...
From my knees and face-grazed earth my friends
Cracked wide open am I
To let the cracks of God's light come in
Seeping slowly in...*

As soon as grief is illuminated with light and love, then shadows become much less scary and fall away, habit-coping ways of survival feel much less insurmountable, and action toward good gets us out of immobile inertia. We start with one small step forward into what our soul knows we must do, which is to continue to grow on purpose.

A friend recently said that he believes his first small step will be living a sound, clean, nutrition-filled life. I hear this more and more frequently. This is good! In thinking of the billions of animals suffering daily to feed our addiction to flesh, fast food, and cheap chemical fodder, it is difficult not to feel reciprocal grief and anxiety, and it's empowering to know how quickly we can feel better. I have witnessed this in many!

When we begin to live in a way that is light, alive and loving towards all sentient beings, we will feel kinder and less addicted, and have endless energy and compassion towards others and ourselves. I shared with him that addiction can begin to heal with nutrition! This is easier to accomplish when we embrace the advice from 12-step groups and are captured in the *Prayer of Serenity Peace*, 'One Moment, One Day at a Time'.

CHAPTER THREE



THE SACRED FIVE M'S IN HEAL

"In meditation we discover our inherent restlessness. Sometimes we get up and leave. Sometimes we sit there but our bodies wiggle and squirm and our minds go far away. This can be so uncomfortable that we feel it's impossible to stay. Yet this feeling can teach us not just about ourselves but what it is to be human...we really don't want to stay with the nakedness of our present experience. It goes against the grain to stay present. These are the times when only gentleness and a sense of humor can give us the strength to settle down... so whenever we wander off, we gently encourage ourselves to "stay" and settle down. Are we experiencing restlessness? Stay! Are fear and loathing out of control? Stay! Aching knees and throbbing back? Stay! What's for lunch? Stay! I can't stand this another minute! Stay!"

~ Pema Chödrön

The five M's will be explored to help chart a sacred and sovereign way home. The M symbolizes masculine and feminine agreement as well as the Hebrew symbol of water. The letter gives the origin to all times, creating the beginning of the natural forms of existence. In these times, complete integration of the feminine and masculine is needed in order for us to truly be free.

As we study the HEAL path, we should consider these five M's for wellness in all Infinity 8 protocols and simple practice:

1. *Movement*
2. *Mindfulness*
3. *Meditation*
4. *Manifestation*
5. *Microbiome*

These M's interact and dance infinitely with all eight of the HEAL path. M is a sacred letter, a letter of joining and coming together as a whole and in holy waters. Let's explore.

1. MOVEMENT

In order for us to be well, we must have movement. Most people think of movement as outward physical movement. But, internally, the body is always moving to release stagnating energy while maintaining all bodily functions. The greatest internal movement is hydration of water intracellularly.

In Chinese medicine, disease is known to have two roots: stagnation and deficiency. To have stagnation and deficiency, there must be lack of movement. As a massage therapist, I allow people to explore, through their breath, the movement in their body as they inhale a three-part breath of belly to lungs to heart and a deep exhalation of making space and letting go. Water and breath are the simplest ways to create movement and release stagnation. Dr. Fereydoon Batmanghelidj, a medical doctor who specialized in health and wellness, explains how pain and disease can be *Healed* with hydration in his book *The Body's Many Cries for Water*.¹⁰

There is growing evidence that inflammation decreases as the body becomes more hydrated.

~ Dr. Fereydoon Batmanghelidj

Stagnation also decreases as the joints, tissues and cells become more hydrated and lubricated. Each of us has an incredibly resilient mind-body-spirit-microbial connection, and water is its interface for our self-healing.

The new smoking for our generation is known to be sitting. It is unfortunate this generation is showing us that most disease (defined as our natural state of "ease" being imbalanced or disrupted) has roots in stagnation and lack of movement, internally and externally, which manifest in many forms, including diabetes, obesity, fatigue, and chronic systemic inflammation.

The gift of movement is amazing! Have you ever been unwell after being active? When you recover and begin to move again, it is like, "WOW, do I ever feel better when I am moving - more energized and happy." The research on movement and hydration teaches us that both are the first major components to combat dis-ease, diabetes, depression, anti-aging, and much more. The healing power of just a 20-minute brisk walk is staggering.

Imagine everything our mindbody does to move and regenerate. Every seven years we have the potential to form a completely new body, which we call self. The beginning of this journey is creating movement externally and internally.

Will we clear karma and be less paralyzed and disassociated when animals are freed to move and live their lives?

Imagine living our entire life confined!

PRACTICES:

1. Hydrate, hydrate, hydrate with the most living water you can find.
2. Get your body moving in nature every day and barefoot, if possible, by living water; walk, skip, dance, twirl, garden, hike, play and do something today to move toward releasing confined sentient beings.

3. HEAL your gut along the HEAL path to reach maximum hydration; eat raw organic/veganic plant-food; and take fulvic/humic acid.
4. Get highly mineralized electrolytes and vitamins in your system to be able to allow the water to penetrate the cells and light up the mitochondria.

2. MINDFULNESS

Mindfulness is not a concept. Mindfulness becomes a way of life that leads to fulfilling a balanced life of and grows with time and practice like any other exercise or conditioning activity. Mindful can reduce stress quickly, since most stress is rooted in rumination of past and future.

We often see a difference within a month, from as little as ten minutes of mindfulness meditation a day. But more is much better! Mindfulness is simply bringing ourselves to where our feet are. Mindfulness is tracking ourselves, bringing ourselves to observe our breath. Mindfulness is a deepening into the truth of how homo sapiens is destroying itself and all other creatures on this planet. This awareness should move us to calm ourselves through mindfully choosing peace-enhancing food and developing aware of something bigger than the little 'i' we hyper-focus on. Releasing self-absorption is freeing, when moving toward right action.

It's very difficult for us to be well if we're incessantly in our heads, living in the future or our past all the time. It robs our joy, steals our lives, moment by moment, day by day. It causes difficulty for us to be aware and in tune with what's going on around us in this precious moment, and what is really going on within our dying planet. Some of us developed this technique to survive early on, when living in our body was too painful, too hurtful. But we can learn to cultivate and practice the art of each breath in and out, transforming from homo sapiens destructor to homo ahimsa liberator.

Mindfulness teaches us joy. Mindfulness allows us to live in a community happily. It allows us to see beyond behavior and hold space for all sentient beings, allowing us to become very

intimate with our intuition. Mindfulness is our gift and the gift we give each other.

Each of us has strategies that we have developed to cope with life. If we can name them and gently bring ourselves back to the present moment, we will begin to see patterns and be able to release these coping strategies. A strategy that I developed early on in life was planning. If things weren't going in a comfortable fashion in my home, I would always be planning the next thing I would do, allowing myself to leave the present moment which didn't feel safe, comfortable or enjoyable. I have come to very much appreciate being able to bring myself back to the moment, because it's the only place where I can access deep joy. This does not preclude me from visioning and enjoying the loving feelings from planning future possibilities, such as joining *VeganWorld2026* or *The World Peace Diet* gatherings, and playing my role in making them come to fruition/manifestation.¹⁵

Mindfulness with deep listening is our guide into sacredness, and it is in this place we'll all feel some level of sovereignty. This is the place where we dream our lives into being. It is the only place that we feel deeply seen and heard. It's a spacious expanse where we can make decisions based on the good of all. It's the place where we can find a compassionate present-moment cure for that adrenaline surging through our veins in these times of lost sovereignty, which were quickly ignited by a future-fear-thought, or an outburst from the external world.

PRACTICES:

1. Set your timer and each hour have a big drink of water you have blessed with gratitude, close your eyes and take three or more deep breaths, becoming conscious of the sensations within your mind/body.
2. Ask a friend/partner to be your mindful pal and when you speak, practice staying immersed in the sensations of the moment.
3. Practice deeply listening and being fully present in daily tasks like washing dishes, eating vegan love-food, and sharing with others regularly in a sacred way.

4. See everything as a meditation of mindfulness: when you pet your dog, be there fully; when you walk, breathe in every step; when you are with a friend, set time aside to be there in mind as well as body; and take regular quiet time for yourself without distraction. Give yourself time and space to be with each task fully. Take time today to be mindful of other species who long for mind-sovereignty and freedom.

3. MEDITATION

Meditation is known as the balm for all discomfort, and has been practiced for thousands of years with conscious and beautiful results. An Israeli friend told me that they pay conscious meditators to meditate and hold space for peace in the world. I was very moved by this, that we could place such value on people holding space for peace.

There are a multitude of studies of meditators in cities experimenting in deep circles, holding space for the decrease of violence, with the results being a rapid decrease of crime in that city. Through meditation and focused breathing we can access higher realms of consciousness.

Is this our most important job in times of turmoil, to meditate and be in sacredness and silence more?

Meditation is still a mystery for some people, who don't understand that it is simply a form of mindfulness. There are six main types of meditation. Transcendental Meditation requires a word or phrase for us to focus on as we breathe in and breathe out for 20 to 30 minutes, twice a day.

Other types of meditation may be guided or directed. Reflection and contemplation is a high form of meditation. Walking meditation, eating meditation, running or cycling meditation, washing dishes meditation, and enjoying the loving-openness of children all offer joy when we are firmly grounded into the now.

PRACTICES:

1. Spend even 5-11 minutes upon awakening to bring awareness in and out through breath. A wise friend calls his first wee moments of

morning his 'getting his RPM on': Rise, Pee, Meditate. If you know you will get distracted before this becomes a habit, stay lying for even 11 minutes breathing awareness in and out and ending with 4 minutes of creative visualization for the day. Do an animal freedom meditation. Try Dr. Will Tuttle's chants: "Compassion encircles the Earth for all beings everywhere."

2. Join a community of meditators or a live yoga group, and keep breath awareness in each asana of each step towards life.
3. Be here now, as spiritual teacher and psychologist Ram Dass shares in his book of the same title.
4. Practice four things a day you can do while staying in the present moment, such as preparing food, doing dishes, working in the garden, and walking with a friend.

4. MANIFESTATION

Humans are manifesting creators by design. We are directed by something much larger than ourselves, like a Creator of creative force who wants us to manifest our highest enlightened being. We have the higher-functioning part of our prefrontal cortex to imagine and create. Is this why what we focus on becomes reality?

The neuroplasticity of our constantly developing brains has the ability to recreate our life, to create a piece of art or music, and to engineer remarkable Earth-saving technologies such as the work of Michael Smith, developer of the *Green Power House* (GPH) featured in the award-winning documentary, *The Need To Grow*, innovation based on Natural Intelligence. "Natural Intelligence is rooted in the concept of biomimicry and, unlike artificial intelligence, is focused on understanding natural solutions that already exist within the physical world that surrounds us".¹¹

What if we all knew miracles could happen if we allowed for them?

What if we all knew the miracle of simple silence and creation of a conscious community? When we leave love and take up inflammatory habits, our health dissipates towards fear

and disease, and we no longer feel empowered or magic or miraculous.

In the *Course in Miracles*, author Helen Schucman posits there is only fear and love, and since fear is not real, then there is only love. Yet we are constantly fed fear from the distressed animal products we consume, as well as in the media and from technocrats. We live in a world that is upside down and backwards, where our moral compass has become abnormal, and perverse ways have been normalized. Rabbi Gabriel Cousens calls this the normalization of the ‘*culture of death*.’

Returning to love is manifested by white light and the Law of One, in which ‘all things are one, all beings are one,’ and has the ability to create good. When futurist Barbara Marx Hubbard was given the vision of the future she asked: “How will we create good with all this knowledge, with all this technology?” How will we?

Many activists, including primatologist Jane Goodall, are attempting to address Ms. Hubbard’s concern by speaking internationally for the rights and freedom of all living beings. We may yet realize the vision of a plant-based diet practiced by all humans worldwide within the next decade.

So, here we are at the tipping point. Humans everywhere are looking for solutions to this catastrophe and receiving conflicting messages from the chaos around them. I believe that the solutions are rooted in veganism, kindness, and compassion. We have the vision to help manifest a planet in which our grandchildren will not be inheriting a dying world. I have great hope that we are awakening.

PRACTICES:

1. Every day be responsible for the thoughts you are sending out, because thought leads to words and actions.
2. Focus on the good until your brain rewires and you begin to heal, problem solve and release what no longer works. Consider my revised version of the Serenity Prayer: “God, grant me the serenity to accept the things I cannot change; change the things I can **for the**

good of every living being; and the wisdom to know the difference between good and harm.”

3. Create a vision board and a vision of the next day, week, month, and year, including the healing of all. Eat and drink from the Infinity 8 HEAL protocol and recipes in the appendix of this book and other living plant-based authors.
4. Live as if you are completely whole and holy, and imagine abundance and peace in each thought, word and deed. Continue to reset without regret.

5. The Microbiome

The human gastrointestinal tract (GIT) is lined and protected by 100 trillion microorganisms. The GIT maintains its structural integrity and assists in metabolic functions within the intestinal mucosal barrier and through homeostasis. Our microbiota is a synthesizer of nutrients, as well as being a signaling network, immune modulator, and epithelial cell regulator.

Groundbreaking research has revealed our microbiota’s role in maintaining our health and fighting disease. This ongoing, critical research is uncovering secrets yet to be fully understood regarding the many roles the microbiome plays in the modulation of all metabolic syndromes and diseases, as well as endocrine function and its connection to brain health. But we now know, says a Stanford University microbiologist, “The human microbiota is a fundamental component of what it means to be human.”

Gastroenterologist and neuroscientist Emeran Mayer notes in his book *The Mind-Gut Connection*:

“It becomes clear that gut microbes have an extensive and wholly unexpected influence on the appetite-control and emotional operating systems in your brain, on your behavior and even your minds...your gut-based decisions and how your brain develops and ages.”¹²

~ Emeran Mayer

The role and mechanisms of our microbiome and its beneficial bacteria include breaking down toxins, building immunity, modulating hormonal/endocrine function and regulating systemic/metabolic health.

In this book we are exploring how our processed cultural disconnection from real food and vital microbes has us searching for more effective solutions through our missing microbial organ.

We also need to continue to research other variables, such as geographic and early microbe exposure; antibiotics; probiotics; diet; stress; pharmaceuticals; and the bidirectional communication of vagal pathways through both our nervous system and endocrine signaling function. Or simply start by being the 'study of one' and see how quickly we can feel better as many of my clients of been grateful in the gift of plant-based alkalinity.

Most diseases appear to have their origins in our gut. Assuming this is accurate, it raises the question: Can a probiotic-rich diet, through fermented foods and the reduction of pathogenic bacteria from eating animals and their secretions, along with reduced stress and inflammation of our mindbody, tangibly improve our health and reduce virus fear? Will this promote and instigate a deeper connection with our inner wisdom?

Gut bacteria have been linked to influencing our moods, as well as modulating neurotransmitters such as GABA and controlling short-chain fatty acids (SCFA), histamine, serotonin, dopamine, and acetylcholine. From plant fiber prebiotics we consume, the microbiome has the ability to synthesize SCFA, (assisting insulin, glucose, carbohydrates) as well as acetate, butyrate, and propionate.¹⁷

Metabolic diseases and syndromes such as IBD (inflammatory bowel disease), diabetes, arthritis and brain disorders are on the rise. Viewed through the lens of microbiome research, they appear to have a systemic link to our diet and nutrition, and to exposure to antibiotics, medications, pathogens, stress, surgery, and microbiota early development, as well as our lost connection to our microbe-rich Earth.

In the beginning were microbes; ever-changing, diverse, and life-giving. According to *Genesis 2:7*, Adam was created when 'man was formed of the dust of the ground'- microbes. We are over 90% microbes with 99% bacteria gene expression: dust of the earth and recycled light. In the forefront of research is the link between the gut-brain axis and the studies of its connection to neuropsychological health, endocrine systemic health and metabolic disorders such as diabetes, obesity, arthritis, brain degeneration and gastrointestinal disorders.

Many of our earlier memories are stored deeply within our organs, cells, and bacteria; the latter is significant, given that the majority of gene expression occurs through our indwelling microbes. There are 4.2 million gene expressions orchestrated through bacteria, viruses and fungus within our bodies compared with only 23,000 in our genetic DNA.^{14 15}

We are mostly microbes.

When we look at the Yanomami tribe in Brazil who had their first exposure to the outside world in 2008, we discovered that they have 50% greater microbial diversity than people in developed countries.

April 22, 2015 Julia Paoli dove into the study: *Unprecedented Microbial Diversity Found in Amazonian Tribe: viruses 101*. At 16 years of age, she said, "In honor of Earth Day, I am diverging from my normal post on viruses to discuss the connection between microbial diversity, antibiotics and industrialization."

Imagine how much has changed in our world since the 70's. Is there a link with our missing microbes? Our living ecology is suffering, and more contaminants than ever are polluting the planet, mainly through the byproducts of animal agriculture, and energy used for animal consumption.

We have developed more dis-ease and metabolic disorders such as IBD, diabetes, mental illnesses, depression, anxiety, and sleep disorders than we have ever witnessed in the evolution of human-not-so-kind. We have also lost most of our wildlife and biodiversity. Do we see the connection?!

Dr. Larry Dossey says in his book *One Mind: How Our Individual Mind is Part of a Greater Consciousness and Why it Matters*:

*“If I had to pinpoint the most valuable lesson that may come out of the microbiome, I think it’s the lesson that we cannot separate from nature, and by us trying to do that it has left us in a precarious position on this planet. We are no longer able to overlook this connection.”*¹⁶

~ Dr. Larry Dossey

So how do we befriend the trillions of friendly bacteria/viruses in our bodies? Perhaps the shortcut home is by reconnecting to our original and beneficial microbes through eating plants, and by embracing our responsibility to co-evolve on this planet as plant-based people.

PRACTICES:

1. Demystify our microbiome by visiting many healthy and diverse ecosystems and as Dr. Bush says, ‘Breathe your biome.’
2. Eat your own homemade wild and cultured sauerkraut and Kimchi.
3. Walk barefoot on healthy land and befriend the wild.
4. Eat wild, fresh-foraged food and vegetable prebiotics while being at peace. Stress reduction lowers pathogenic microbes.

CHAPTER FOUR

SACRED SOVEREIGNTY IN COMMUNITY

“At the beginning of this cycle of time, long ago, the Great Spirit came down and She made an appearance and She gathered the peoples of this earth together, on an island which is now beneath the water, and He said to the human beings, “I’m going to send you to four directions and over time I’m going to change you to four colours, but I’m going to give you some teachings and you will call these the Original Teachings and when you come back together with each other you will share these so that you can live and have peace on earth, and a great civilization will come about.”

~ Prophecy as told by Lee Brown of the Salish Tribe at the 1986 Continental Indigenous Council, Alaska

Oh My, The Multitude of Questions to Ponder Over Yonder:

What would it be like to live amid gardens abundant with plant medicines and honor them each time you take them in? To experience everlasting peace and a deep understanding of the chlorophyll-rich world where we leave the smallest carbon imprint ever? Where taking care of ourselves becomes effortless. Where animals live freely. All within a plant-based, fermented pre/probiotic healthy biosphere of love, peace and microbes, one that will allow us to live forever unharmed by mutating viruses. Can we imagine this into being?

What does it mean to live in the sacred and sovereign community of eco-food cooperation and support, connected with a global community dedicated to feeding every hungry person through intention and committed action?

What would it be like to live in an off-the-grid home where we rely on free energy, solar energy, solar food, light food, light hearts, and sustainable living practices, all free from EMF pollution and from being slaves to a system?

What would it be like to live among the natural laws of health hygiene, with an understanding that what we do to the planet's biomes and to each other matters, and what we do to the animals, winged ones, and insects matters as well?

How do we come together in the webbed circles of life and into the constant eyes of beauty, where we see beauty everywhere?

One morning I practiced watching while I lay under whispering aspens in my sacred home. In the silence, I was able to remember the beauty and effortless ease in both growth and grounding. In a world of fear, exploitation, and pseudo-beauty attempts for love, it is essential that we live in the power and essence of the Navajo prayer:

In beauty all day long may I walk

Through the returning seasons, may I walk

On the trails marked with pollen, may I walk

With dew about my feet,

With beauty behind me,

With beauty below,

With beauty around me, may I walk

In old age wandering on a trail of beauty, lively, may I walk

In old age wandering, on trails of beauty, living again, may I walk

May my words always be beautiful

As awakening beings, we are either moving towards the Great Awakening of global consciousness as captured in the beautiful documentary, *The Time of Sixth Sun*, and as the prophecies have told, or we are moving into the great sixth extinction. We are infinite immortal beings, and we also have a responsibility to be conscious stewards of the planet while we are still earthbound.¹⁸

“When you view the earth as a living being it fundamentally shifts your relationship. Rather than imposing a value, a price tag if you like ‘on earth’. Instead of that, what you do is you actually fundamentally shift in legal terms to trusteeship law. So that’s about us becoming stewards, seeing ourselves as trustees, acting from an altruistic place on behalf of future beneficiaries, and future beneficiaries whom we may never meet.” (Polly Higgins quote from *The Time of the Sixth Sun* movie)

Taking collective action for the betterment of all sentient beings and the planet in peace is vitally important and incredibly empowering. One day, we will simply live, and walk down our Earth-friendly path to a friend’s small home, share meals and a collective workshop brainstorm.

This is my vision of tomorrow, and to live as if tomorrow never comes, lends us even more reason to become the spark of divinity today.

I am often reminded that this is a time to finally release obsession with self into a high-reverent focus on creating good for all. This time is a gift to finally free the shackles of our own little problems, and to realize we are in this together. Creator holds us. Will we listen? Will we come back into the Feminine truth of flow and healing of Gaia?

Mother Earth is like a river. She does not apologize for the masculine destruction. She will eventually open the floodgates if she needs to. Gaia’s force is not to be reckoned with.

As writer Maya Angelou says, “A Woman in harmony with her spirit is like a river flowing. She goes where she will without pretense and arrives at her destination prepared to be herself and only herself.”

When we have open-supported hearts, hands full of rich soil, microbiome-strong bellies, and release ourselves into the flow, the field, the beauty way, we stop accumulating toxins of stagnation. We remember the feminine healing in flowing and we bask in the structure water streams entering and exiting, leaving memory and every day miracles.

My vision is this: 3D reality will fall away and we will awaken into becoming higher beings, creating conscious communities. In these communities, such as the *KindPlanet* vegan community in Hawaii, we can thrive and help transform the planet. In our little lives, we can make a huge positive impact for good.

Says Cultural Anthropologist Margaret Mead, “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”

In beautiful eco-food villages and global communities, we come together to rediscover our hearts’ songs. When we come together to run workshops, to grow strong food, to develop our own ‘world order,’ (starting from deeply organized spiritual hearts), we begin to develop an affinity for our abundant and ever-changing biome.

What does a conscious community look like? It looks like a place for our hearts to rest. It looks like a place for us to walk each other home. It looks like a land of the wild and free where rosehips are more sacred than dollars and children are running and playing on *Pachamama*, (the Spanish word for Mother Earth), knowing they are in a loving village, to be raised in endless awe and curiosity. At the *Tree of Life* I studied *Effective Microorganisms* (EM) and the beneficial effect on our microbiome. EM has had amazing results with people in past epidemics such as SARS. EM applications are used regularly to amend conventional soil into living soil quickly. EM is a consortium of beautiful beneficial microbes which helps soil and gut regeneration.

Sacred Sovereignty is the culmination of a circle dance back to humanity’s origins of peace on earth, living in harmony. Returning to the ‘*Culture of Light*’ ends the era of unnatural death and despair. We are sitting at the crossroads: to begin speaking truth, or to stay asleep in dormant repetitive destruction. Can we let go of the pseudo-plastic-beauty, and simply serve the good?

Community gardens are being planted everywhere around me, which demonstrates that change is happening! We, as little people, can be like little saplings and seedlings during a beautiful spring morning, ignited with thanks for a world of hydrated, sunlight awakening. We can dream peace into being, holding Mother Earth in the palm of our hands, blowing love into her, while we find a poetic way through.

*Through the garden I enter
 Reverence it asks...listen
 To the food I ask
 To the seeds my saliva ignites
 To the tables I bring thee
 Laughter, renewal, connection
 Let me always listen
 To what the food is offering
 Let me bring forth to the people
 Food as love, peace and inspiration*

May the conversations between loved ones come together into action!

May we remember love is an action word, as we move forward into the Earth!

May we realize, when we're healthy with herd immunity - lonely no more, we have found the immunization antidote for a world gone mad!

PURE HEART SAILESH

*When you walk across the evergreen and fields of golden
 With frogs at your feet
 With your mind to bring purity and your heart on fire
 From the pebbled path and Grandfather stone
 And all arms reaching for sunlight skies
 Grow deeper roots for you to breathe
 And the four-leggeds and winged-ones share their earth with you
 Despite your wavering heart
 And leave their sparks of light along the path
 You take off shoes and leave your head
 And they gather around
 To brush and purify your soul*

This inclusive purifying love communities are our dreams in manifesting light and microbes from here to infinity. This is the way back to the Tree of Life, the giving tree, the wishing tree.

SOVEREIGNTY IN COMMUNITY, WALKING EACH OTHER HOME

I get by with a little help from my friends, both microbial and from my sacred sovereign community. Today I witnessed a beautiful love and homecoming of my Northern Lights Microgreens friend Eve. I watch the return of the twinkle in her eyes as she moves from 'not enough', to being here right now, a sacred sovereignty remembrance of her inner truths and her enough-ness.

To HEAL with my sisters and brothers, my animal cousins, is to walk each other to the chlorophyll-rich land, hearts, hand in hand, walk each other home, remembering a life beyond pain-body and a mindbody in pain. It is to remember that we are eternal and everlasting beings of infinite goodness; to remember that when we are hydrated, energized, alkalized, and full of love and light, nothing can barter for our beautiful souls, nothing leaves us asking at the end of the day, "what was the point"?

THE RETURN...

*You look at me once again
 Desperation in your eyes
 Whispering the words you have said so many times, "I'm trying!"
 I come and wrap my joyful cloak of hope around your tired shoulders
 and ask, "How would your life be different if you knew your way
 home?"
 With all your light and dark, you do belong
 Day by day, we 'tried' less and loved more
 Resting in the peace of our quieting hearts,
 And life became easier somehow*

In 2020, the world was exposed to an entire world shut down, behind worn masks. Not the ones we used to wear to hide what we believed was unlovable, the smile behind the clenched jaw, the made-up protection, the pretense. Now, our fear of death is in full view!

Over the last decade, health warriors have been working hard to expose and release the germ theory. They are developing a new model of the microbiome and the microbes as our allies, that make us who we are. When nurtured with prebiotic and probiotic food and devoid of chemicals and animal products in all forms: herbicides; household and body toxins; fake processed and fake grown food; genetically modified organisms; chem-farms; animal prisons, our leaky guts *HEAL*. We feel more w-holy. We begin to understand the fascinating world of microbial inner-terrain allies, not the germ-fearing phobia. A virus will take up residence in a benign way or in a way that creates harm, depending on our inner ecosystem, as described in *EarthGut*.

In the changing of seasons, as our land awakens from dormant autumn and winter rest into the spring equinox and summer solstice, together we will grow green chlorophyll-rich light food to remember our shared breathe.

By coming together and seeing the world through another's eyes, we become reflections of our own power and vulnerability, our beauty and dark, our light and shadows.

Spiritual Teacher Eckhart Tolle tells us that:

“The pain-body is an accumulation of painful life experiences that were not fully faced and accepted in the moment they arose. It leaves behind an energy form of emotional pain. It comes together with other energy forms from other instances, and so after some years you have a “pain-body,” an energy entity consisting of old emotion.

A happy, positive thought is indigestible to the pain-body. It can only feed on negative thoughts because only those thoughts are compatible with its own energy field.”

~ Eckhart Tolle

I have discovered that a happy positive continual inner dialogue is much easier to access as a vegan than a consumer of animals and their by-products and by showing up to the soil and sun, unleashed and unplugged, and already anointed. By knowing - deeply knowing - that we belong here

right now and that all sentient beings deserve a chance for freedom! How could we not belong here right now, for we are still breathing, release, regathering and remembering.

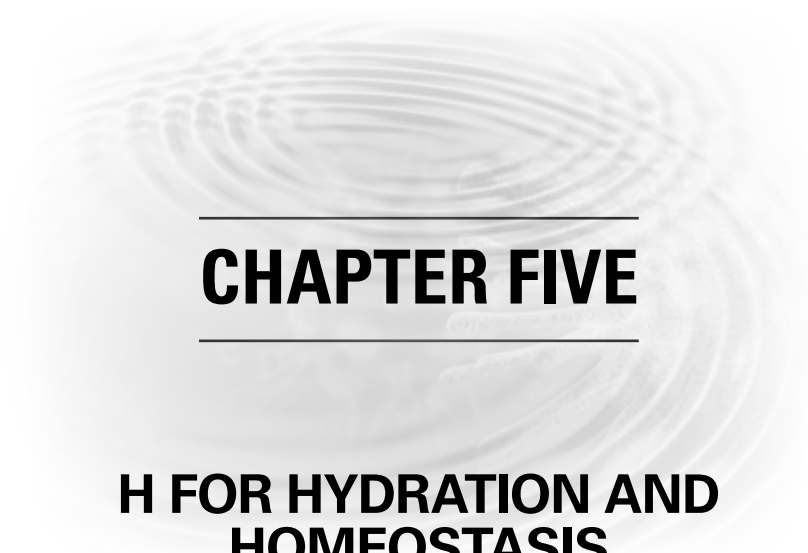
*Consciousness sleeps in minerals,
it dreams in microbes and plants,
it starts to wake up in humans.*

Then in some humans it says, who am I?

What's going on?

*And ends up concluding the total
universe of expression.*

~ Rumi



CHAPTER FIVE

H FOR HYDRATION AND HOMEOSTASIS

“Water is fluid, soft, and yielding. But water will wear away rock, which is rigid and cannot yield. As a rule, whatever is fluid, soft, and yielding will overcome whatever is rigid and hard. This is another paradox: what is soft is strong.”

~ Lao Tzu

HYDRATION FOR LIFE

Hydration is the art of our mindbody connecting deeply with structured water in drink and living food. We can *HEAL* when we infuse and connect with our cleansing and sacred water element. The majority of water is being used for animal agriculture, and is creating a very thirsty planet.

A dear friend of mine from the *Cree Nation* said his grandfather told him when he was a wee lad, ‘that one day we will have to buy our water’. My friend found this statement incomprehensible, yet here we are.

Water's main function is to bring active hydrogen into the cells. Water transports information and has the memory of structure and hydrating minerals to create cellular hydration in the mindbody.

8 Infinity Hydration and Homeostasis Builders

1. Most of us don't drink nearly enough water to fully hydrate our bodies for optimum functionality and immunity against disease and living, structured clean water(LSCW). Consider drinking twice as much as you drink now, or add desert food that will hold hydration, like chia seed to your smoothie or food. Green juice and herbal medicine tea contain structured water.
2. Keep coming back to the breath and self, and stay where your feet are - grounded in the present moment. Eat and drink for hydration and balance for yourself and the planet. First and foremost, avoid chemical factory stuff like chip, pasta dinners, and frozen pizza, as these will feed into *HEAL* addictive patterning. Eliminate dangerous chemicals in your home and food. Most conventional food and drink, cleaning and body care products are toxic.
3. Shake, rattle, and roll in sweat every day to remove waste and reset the nervous system, returning the body to homeostasis.
4. Build a healthy community to maintain balance through support and education, and reduce water use for agricultural animals.
5. Start each day with a liter of water and a pinch of fulvic and humic acids to help *HEAL* the leaky gut and avoid dehydrating.
6. Laugh and smile as children do to change your chemistry back to balance.
7. Sleep well and deeply.
8. Dream your life into being.

Hmmm, What Is Water Exactly?

Water is much more than two hydrogen atoms and one oxygen atom connecting water molecules to each other through the hydrogen bond. Hydrogen means donating electrons as will be explained in the following chapter. Yet, as we explore water, we will see it as dynamic in nature and always changing. This process is known as hydrolysis and has a life-giving effect on the body. Water is also responsible for ATP (adenosine triphosphate) synthesis by the mitochondria of the cell.

Minerals in water are known as ions. The more minerals we have, then the more electrical charge the water has, and the more it can light us up, literally. Hence, the higher the vibration and structure of the water, the greater its hydrating ability.

Gina Bria, anthropologist and founder of the *Hydration Foundation* says that water:

1. Keeps us moist
2. Fuels us up
3. Conducts information between cells
4. Washes out waste

“Hydration doesn't just keep us moist. It actually gives us energy. Water is really your fuel. So of course you feel tired if we are not getting enough, or in pain, if you don't have enough healing fuel. But the big news is that frontier science shows us that water doesn't just produce energy.

Water actually instructs all our cells what to do and when to do it in synchrony. It does this by electrical signaling, just like digital information. Everyone knows water conducts electricity, and that is happening inside of us as well. Water carries information. Water organizes information. Water sequences information. Now that's why hydration is an urgent need.

It works from the inside out to overcome fatigue and lack of focus, gives you easy fluid movement, helps digest our food, and washes away waste and contaminants in our systems. Water is the universal solvent; it's able to take apart or put together any molecule.”²¹

~ Gina Bria

CELLULAR HYDRATION

Every biochemical reaction in the body requires cellular hydration. The water in live organic vegetables is structured and mineralized. We realize how much more hydrated we are when drinking raw green juice intermittently with water or electrolytes rather than water alone. The human body is two-thirds water, while both our blood and brain are 80% water (the same water content as trees).

However, we are molecularly 99% water, according to University of Washington professor of bioengineering Gerald Pollack, as they are small molecules and take up the majority of the space.²³

ESSENTIAL MINERALS FOR HEALTHY HYDRATION

We are usually deficient in a number of essential minerals that our bodies need. Many of these hydration minerals are found in healthy vegetables grown in living soil.

Potassium

Most people don't get enough potassium. Our average intake is only half as much as sodium, while we need a healthy intake of five times more potassium than sodium. We can easily get this by eating a more organic vegetable/fruit-based diet. Potatoes, raisins, bananas, spinach, and sweet potatoes are just a few potassium-rich fruits and veggies.

Chloride

The synergist to both sodium (NaCl) and potassium (KCl), it is essential to keep these chemicals in proper balance.

Calcium

This mineral is essential for proper cardiac and muscle function. If it's too low, we can get muscle cramps along with poor sleep and become more irritable. Get calcium from leafy greens like kale, Swiss chard, and arugula.

Salt

Best naturally in celery and seaweed as well as Himalayan salt.

Magnesium

Calms the muscles and tissue and is usually more depleted than calcium. A deficiency can cause muscle spasms. This mineral is also crucial for maintaining a healthy airflow and keeping our blood pressure balanced. If you are craving chocolate, it's probably a magnesium deficiency.

Trace Minerals

You only need small amounts of trace minerals. They include iron, manganese, copper, iodine, zinc, cobalt, fluoride, and selenium.

Hydration and water are our first protocol for detoxification!

No hydration leads to no healing and no health! Water's role is to act as a transporter of energy. Water has a subtle adhesive quality, bonding cell membrane structures. It acts as an antioxidant. High electron water neutralizes free radicals. Our body is electric. Every transfer of electrical energy requires minerals. When we bless our Earth, water and food, our absorption of nutrients increases many fold.

Homeostasis is from the Greek words for "same" and "steady." It refers to any process that living things use to actively maintain stable conditions necessary for survival. The term was coined in 1930 by the physician, Dr. Walter Cannon. His book, *The Wisdom of the Body*, describes how the human body maintains steady levels of temperature and other vital conditions such as water, salt, sugar, protein, fat, calcium, and the oxygen content of the blood. Similar processes dynamically maintain steady-state conditions in the Earth's ecosystems.

Homeostasis can only happen in a hydrated state. Homeostasis can also refer to how a person under stresses can achieve and maintain a stable psychological condition. The hydrated body is remarkably resilient and when illness prevails upon us.

During the sleep process, the body becomes acidic and dehydrated. In this chapter on hydration and the following chapter on alkalinity, I will elaborate more on the impact of acidic conditions on the body.

Instead of reaching for a cup of coffee first thing, drinking a couple of glasses of alkaline water with some lemon or green powder, or cucumber or celery juice. This can have a significant positive impact.

~ Tami

With our coffee, we can add an adaptogen like chaga mushroom or reishi mushroom, and we can buy organic, ethically-sourced coffee low in mycotoxicity, or follow up with an alkaline drink of green juice to help neutralize the acid in coffee. Instead of eating acidic animal-sourced foods, we can easily switch to lentils, vegetables, and greens.

Homeostasis and maintaining the biochemical balance within our body are critical to keeping us well. Rumi, 13th-century Persian poet and scholar, says, “Out beyond ideas of wrong-doing and right-doing, there is a field. I’ll meet you there. When the soul lies down in that grass the world is too full to talk about.”

Homeostasis is the ability for the mindbody to maintain biochemical equilibrium with cellular hydration, which awakens the energetics of the body's electrical field into the ‘One Field.’ This balances our electromagnetic connection with each other and with the Earth.

When we simply listen we begin awakening the inner physician. When we stop to honor ourselves, our Earth, our animals, and our amazing miracle of life, we are then living in refinement and reverence. Our being here at this very moment, presents us with the opportunity to choose between contributing to biological annihilation via the sixth mass extinction or to a much-needed awakening of liberation. The more we can support happier, healthier and more energized plant choices, the quicker the Earth will recover. Somewhere in our accomplishment, we have lost sight of precipice health priorities.

When we harvest a plant, we give thanks for the plant medicine. A Cree Elder I met during plant medicine walks reminded me that the Creator will not give us medicine in the plant if we do not give an offering, and harvest with reverence!

For every unhealthy craving we have, there's a healthy homeostatic solution, whether it be raw vegan pizza, coconut creamsicle, smoothies or raw cacao balls. After a while, we quickly sense when our body is out of homeostasis and learn to ‘seek that which is seeking us,’ munching on

alkaline cucumbers that are hydrating and balancing, while navigating our way to the exact raw foods that heal us in that moment.

For example, sometimes foods such as coffee or sweet fruit have too much stimulant for what our body is able to metabolize in this biochemical moment. To return to homeostasis, we should have a couple of glasses of water, and move - dance, run, power clean, etc. - for eight minutes to balance the stimulant, if we have chosen something less balancing. Eating some green chlorophyll-rich food and drink quickly alkalizes and balances internal stress. Cucumbers and celery are always my protocol for returning to balance-alkalinity after being over-stimulated with acidic choices.

WHAT IS STRUCTURED WATER?

Water physiologist Gordy Jordahl tells us, “Our immune system begins with the level of health which is expressed in the root of the plant and its level of hydration from living soil. Where will we grow roots? Water molecules bond easily with other molecules. In other words, water is extremely “sociable”. It eagerly seeks to mingle with other elements and gladly picks up “hitchhikers”.²⁰

Structured water is hydrophilic (water-loving) in molecular structure.

The majority of the water in your body is structured water as your bodily tissues are hydrophilic. In a proper design, water molecules dissociate into hydrogen and oxygen. This newly created oxygen and any oxygen already dissolved in the water is mixed up uniformly. Oxygen itself is a hydrophilic element. Hexagonal sheets of structured water grow outward from the oxygen, layer by layer.²²

~ AquaLiv

Hydrating water can be found in electrolyte water, green plant foods and juices; and in living foods with the correct amount of salt naturally in perfect balance. This is structured water. The hydration in electron-rich water vegetable and the quality and quantity of water has the ability to change form. Water has memory and can be entrained into structured water simply by adding some structured water to unstructured water.

Water memory is essential for life. Understanding that water has memories of life-giving properties, and is mutable. It is of great importance

at this time to be blessing our water sovereignty. Some take water for granted due to not having to walk miles, (yet) for water.

Proper hydration lowers the risk of heart disease and stroke, thins the blood, wards off clotting, heals skin, scrubs the body of toxins, and keeps the brain sharp.

The brain only has to become 2% dehydrated to become foggy. Water does just about everything to keep us well!

We will suffer very little illness when we maintain a cellularly-hydrated body! The key to hydration is the ability for the water to cross the membrane into the cell's mitochondria. This requires electron energy and good health. To be of love and service to ourselves, we must be super hydrated, mineralized, structured water beings. Animal products and junk/process food dehydrate; they are not rich in structured water or alkalizing minerals and are negative calories. The work it takes for our systems to remove it, depletes energy.

Though it may take months for the cellular self to become fully hydrated, the response to water is immediate as well as astonishingly self-healing by design. It is a process worthy of attention and an essential first step to healing.

Dr. Pollack is engaged in groundbreaking hydration science. His work on water-utilizing energy and discovery of the Fourth Phase of Water has provided us with a deep understanding of the life-giving effects of EZ structured water as H_3O_2 compared to H_2O :

“Water, cells, and life, that covers a lot of ground. Where do we get our energy? Obviously, we get a lot of energy from food, but I'm going to introduce the idea that we might get additional energy from light. Now, why do I raise this question? Well, I raise the question because nature commonly uses light to supply energy, for example, green algae, they photosynthesize - they take in light and the light creates energy. And the same is true of some bacteria; they also photosynthesize.

But what we know best, of course, is green plants. Green plants soak up light and convert that light into chemical energy, and that chemical energy, then drives whatever the plant does, the

metabolism, growth, bending, you name it. And all of this works through water - the roots of the plant absorb water, and that water goes to the leaves, and what happens in the leaves is that when they receive light, they take the water that's inside them and split the water into positive and negative charge. This is the first step of photosynthesis, and it's driven by light. So you might say light creates this kind of battery with plus and minus. And the question is, are we also solar powered?

Do we use light to get some of our energy?

And I'll show you that we actually do - we engage in the first step of photosynthesis, that is, the splitting of water into the negative and positive. Mother nature, when she created us, hasn't forsaken this wonderful mechanism of using light to get energy.

Everybody knows that our body is mostly water, yet our water molecules are small, so in terms of molecules, we are 99% water in molecular structure.

In our laboratory at the University of Washington, we're studying water. You've all learned in school, in middle school that water has three phases; solid ice, liquid and vapor. Well we uncovered a fourth phase of water. It turns out that the unexpected applications to this the first one is getting energy from water. The way this water forms is very simple.

Whenever water needs hydrophilic material (by hydrophilic I mean water loving), it undergoes a radical transformation that we were astonished to see! Water molecules are actually lining up with one another in some ordered fashion like a liquid crystal if you will, H_3O to particles and later we found molecules are progressively excluded from this zone that was sitting right next to the surface. We also call it the exclusion zone or EZ water for short, H_3O_2 .

This fourth phase of water is not neutral, typically it's negatively charged and the water just beyond it, is positively charged and as you might guess if you stick two electrodes - one in the negative one in the positive you have a battery. That battery can light a light bulb for example and we've demonstrated that and we found to our great surprise that we really didn't expect that the input energy comes from light. We found that infrared light, that

is the longer wavelengths, are extraordinarily powerful infrared energy coming from all over. It's free, it doesn't cost us a nickel and it's water so it's renewable. We think that it's possible that we can scale up this finding and make it commercially available; it could solve many of the energy problems of the world.”²³

~ Dr. Gerald Pollack, *The Fourth Phase of Water*

Recap:

Green juices and green salads are structured and hydrating with light-giving structured water.

Sunshine and light build Fourth Phase/EZ water, as infrared saunas, minerals in the mindbody, earthing, H302, and EZ drinking water.

Dehydration causes acidity and toxemia, accelerates ageing, and damages DNA, all of which decrease the flow of hydrogen into the cells. Dehydration has been known to create emotional and mental disturbances, osteoporosis, constipation, headaches, and fatigue - especially daytime and morning fatigue because we are dehydrated in the morning.

Live vegan food, with its unbroken wholeness and structured water, is efficient in transporting water to the cells. In my work a student of Dr. Bernard Jensen, a physician and acclaimed Father of Holistic Health, I realized that he recommended treating colitis by having a patient drink up to a liter of water every half hour until the pain was gone.

PH BALANCE AND OUR BODY ELECTRIC

In acidic systems, water cannot electrically interface with cells, like the acidifying we are doing to our oceans that is resulting in oxygen deprivation.

The pH balance inclining towards alkalinity is the most significant requirement for proper cellular hydration of our mind-body-Earth. There is not one part of our body's system that can function in the absence of electrically charged alive water. The entire electrical function of every cellular process depends on electrical frequencies in every molecule. This

frequency increases or decreases depending on the quality of water we are consuming. Water's role is to act as a transporter of electrons. Water has a subtle adhesive quality, bonding cell membrane structures, and that acts as an antioxidant.

High-electron water neutralizes free radicals. Our body is electric. Every transfer of electrical energy requires minerals. Blessing our Earth, water and food increases the absorption of nutrients, as was explained and demonstrated in Masuru Emoto's book, *Messages From Water*. We need adequate hydration to get out of bed and function well in the morning. Unfortunately, everything many of us do dehydrates us. Stimulants such as sugar, coffee, electromagnetic field (EMF) exposure, eating cooked and pesticide-laden food, and even stress: all are dehydrating.

Minerals for deep cellular hydration are more abundant in vegetables grown in microbial-rich soils, eaten unprocessed and live. Every healthy body can be traced back to having sufficient minerals. We must be healthy to feel Go(o)d. Mineral deficiencies make it difficult to interface internally with high-electron water that will electrically 'light us up' with our body fluids. When we are cellularly hydrated, because this affects the surface tension of our cells, our body will dump toxins more readily.

Gordy Jordahl, a Water Physiologist:

“Cells only communicate one way in the body, through electrical frequencies and that's how they communicate that there's anything foreign in the body, such as, a toxin or a virus or even a bacteria because even those have their own frequency because everything of its kind has a frequency of its own. That's how our cells communicate.

They pick up the frequencies through proteins, viruses or bacteria or any toxins that give off certain frequencies, the cells in the body communicate. That's all done through water because all water has a different wavelength to it. Those wavelengths are the frequencies.

The electrical conductivity of the body fluids become damaged disrupting communication at the cellular level resulting in an electrical malfunction. The only way the body can function at the cellular level is through the conductivity of fluids in and around the cells.

Lowering surface tension by adjusting pH and sequestering major constituents of water from bonding (normally with phosphorus

salts, pH adjuster and a balanced electrolyte) becomes a major role in cellular hydration. The water then becomes cell food.”²⁰

~ Gordy Jordahl, *Water Physiologist*

PLASTICS AND HORMONE DISRUPTORS IN OUR WATER

Plastic particles in water are a rapidly growing threat. We consume a large number of microplastic particles every year. Bottled water is not the answer because plastics have been proven to contain endocrine disruptors that affect our hormonal systems and potentially cause other health issues.

Even the fluorescent lights in stores, shining through the plastic bottles on the shelves, release chemicals that disrupt our endocrine hormonal system. The 2010 documentary *Tapped* effectively explores the ecological and consumer nightmare that the bottled water industry is inflicting upon us and the planet and that we continue to support to our detriment.

A 2019 study by biologists at the University of Victoria and published in the journal *Environmental Science and Technology*, titled *Humans Unknowingly Consume a lot of Microplastics*; suggests that humans may be consuming 39,000 to 52,000 microplastic particles a year from water, and up to 74,000 particles when additionally considering microplastics that we inhale.⁴⁶

Health studies determine human health impacts, but sea animal studies are showing large health impacts including death. According to the *Centre for Biology Diversity in; Oceans Plastic Pollution: A Global Tragedy for Our Oceans and Sea Life*:

“Plastic accumulating in our oceans and on our beaches has become a global crisis. Billions of pounds of plastic can be found in swirling convergences that make up about 40% of the world’s ocean surfaces. At current rates plastic is expected to outweigh all the fish in the sea by 2050.”⁴⁷

Dr. Sailesh Rao, a systems engineer, crunched the numbers, and found it to be more urgent; this would be the case by 2026, if nothing improves. Yet hope reigns: right action and divine connection strengthen us and will provide the energy needed to light-warrior on!

ROS AND H₂O₂

“Water and its ability to react is known as; Reactive Oxygen Species (ROS), and are known to be mutable. ROS is a main factor affecting water quality and how it will interact with the body.

Only recently have researchers discovered some essential biological functions provided by hydrogen peroxide in humans, animals and plants. As we more deeply understand this biochemistry, we will likely have the knowledge to completely and properly treat our drinking water and control most diseases including our gut ecosystem and cancer.

The human body, (all animals) produce hydrogen peroxide (H₂O₂) in the mitochondria in every single cell in our body. The mitochondria is our energy production and respiration center. H₂O₂ adds oxygen to water. When oxygen is added we become an “electrical energy battery.”

Our cells can produce more H₂O₂ if a person takes supplemental ascorbic acid (vitamin C). They are everywhere in the healthy foods we eat. In other words, plants and animals have evolved to use H₂O₂ as the main living energy source and trigger all important biochemical processes, including photosynthetic treatment of our water internally by cleaning out toxins. Several health measures are needed to give the body this power. Mother’s first milk, called colostrum, is special because it has an elevated amount of H₂O₂ in it.”²⁴

~ Paul Belanger, *Living Designs Systems, Alberta Canada*

The following is an interview with Dr. Zach Bush:

“Water is the ultimate in the scrubber system. So water is really the ultimate mechanism by which we get toxins out of our body, by which we clear the natural exhaust waste and break down products. Oxidants need to be cleaned out of the system and nothing on earth scrubs as well as water does.

The clinical manifestation of aging and inflammation is ultimately one of a loss of fuel production at the mitochondrial

level as you get dehydrated. As you fail to get oxygen-hydrogen in the form of water inside the cell you lose the ability for those mitochondria to be cranking out all of that energy that is not just muscle energy, this is actually the energy that is used for cellular repair replacement and the whole anti-ageing effort. You can't talk about mitochondrial health or mitochondrial production fuel production without talking about water. Those two are absolutely inseparable.”²

MEASURING A MINDBODY'S CELLULAR HYDRATION

Phase Angle has long been linked to nutritional status. This marker is fast becoming recognized as a global health marker in total body health assessment. I use this test in my assessment for health, which is also used by leading schools and clinics such as Harvard University and the Mayo Clinic, as well as Dr. Bush.

So how does it work? The following is a great explanation in *InBody*: “Phase Angle as a direct measurement of your cell membrane:

"Your cell membrane is made up of a phospholipid bilayer consisting of a hydrophilic (water loving) head, and hydrophobic (water hating) tails. The conducting ball of the membrane is positioned on either side of an insulating middle (hydrophobic) making up the cell membrane. When there are two conducting materials surrounding an insulator we call this a capacitor. A capacitor is a device that stores electrons. This is principally what the membrane does. It acts as a capacitor, similar to a battery. This is what the Phase Angle picks up. The Phase Angle is the measurement of the functionality of the cell membrane, i.e. how well our battery is working. If there are leaks in the cell membrane the ability of the cell membrane to hold on to voltage will decrease, thus the value of the Phase Angle will decrease.”²⁵

I am often asked in my raw food classes where people can begin this ~~HEAL~~ journey, as it seems so overwhelming. I'm breaking it into a three-step protocol that you implement either in one-to-three week increments or all at once. After you achieve the first level of new hydration habits and committed action, you can then go to the next level.

HYDRATION & HOMEOSTASIS HOME-COMING WORK:

LEVEL ONE:

Step one:

Stop eating all animal products to begin to completely rehydrate your body and the earth.

According to a *National Geographic* study, it requires 660 gallons of water for a ¼ - pound hamburger. That is a waste of precious resources. This is insane cultural forgetting, a loss of sovereign innate wisdom as we watch our aquifers dry up.

Drink two glasses of water in the morning - front loading with some lemon and a pinch of Himalayan salt

Step two:

Drink 500ml green juice of celery and cucumber. If you do not have a juicer, just blend two cups of water with a piece of cucumber and two stalks of celery and drink with pulp (blending takes 3 minutes).

Step three:

Make a smoothie or salad to bring with you. Living food is hydrating food. Add some chia seed as a way to maintain and store the water in the body.

Note: Excess exposure to EMF radiation and use of computers and not-so-smart phones is severely dehydrating, because it disturbs your resonance, your body electric, your microbial-cellular matrix.

After or during your easy float, try these three new hydrating habits listed below.

Level Two:

Step one:

Add iodine (Magnascent) and fulvic/humic acid, (Ion*Biome, Exalt) to restore the gut lining for cellular hydration. Get a phase angle test to measure your level of cellular hydration.

Step two:

Do a four-minute workout (like Dr. Bush's four minutes of workout, four minutes of sun salutation) or the Tibetan Five Rites three times a day with two hours or more in between to let nitric oxide build. Remember to breathe deeply!

Step three:

Sip on water all day except after meals. Let your digestive juices work for 1.5 hours, then begin sipping all day out of non-plastic containers.

Level Three:

Step one:

Swim or cold plunge daily.

Step two:

Try 30 days on a raw organic vegan diet. Raw food is hydrating and mineral building for life.

Step three:

Join a plant-based whole-food healthy community for support; build a community and share meals

Other steps to take:

Go barefoot as far into the wilderness as possible and swim in the electron-donating-hydrating waters

Turn off your Wi-Fi when not in use and use ethernet connection or live off the grid.

MORE DAILY PRACTICES

Hydration and Homeostasis

- Get your RPM on: rise, pee, meditate; let in prayer and power affirmations: I breathe in, I breathe out.
- I breathe in the ability to see beauty and peace for all beings everywhere, and I breathe out worry as I relax deeper.

- I start my day with my gratitude journal as I drink my one liter of structured water: water that has been exposed to sunlight and left by the bedside for my morning hydration.
- I take fulvic and humic acid in water daily to ~~HEAL~~ leaky gut and allow the body to hydrate.
- I drink water all day and one hour after meals, and I love fresh hydrating organic fruit and vegetables and the structured water they offer.
- I move outside, breathe deeply and remember...
I AM THAT I AM.
- I drink structured water all day from a glass container.
- Begin my day with 1 liter of sun water with fresh lemon if available
- Have a water purification system and trace minerals.
- Buy a juicer and make fresh green juice daily or alternate with a green juice infused water or smoothie.
- Make a fresh salad to have at hand and one dip to flip for.
- I keep water with me and practice deep breathing throughout the day, so I may stay where my feet are, stay in my body, and know how to maintain homeostasis when out of balance.
- I read some of ***EarthGut*** for Foodies, *The Fourth Phase of Water*, *Cowspiracy*.
- I look around often and gaze through eyes filled with appreciation.

Chant: *'I AM love And I AM enough and every moment I am in service towards good'!*

Read *The World Peace Diet*, *Carbon Yoga*, and *Conscious Eating* to better understand the water pollution and depletion caused by animal agriculture.

CHAPTER SIX

E FOR ELECTRONS AND ENERGY: THE BODY ELECTRIC

“The Earth carries an enormous negative charge. It’s always electron-rich and can serve as a powerful and abundant supply of antioxidant and free-radical-busting electrons. Your body is finely tuned to “work” with the Earth in the sense that there’s a constant flow of energy between your body and the Earth. When you put your feet on the ground, you absorb large amounts of negative electrons through the soles of your feet.

The effect is sufficient to maintain your body at the same negatively charged electrical potential as the Earth. This simple process is called “grounding” or “earthing,” and its effect is one of the most potent antioxidants we know of. Grounding has been shown to relieve pain, reduce inflammation, improve sleep, enhance wellbeing, and much, much more. “

~ Dr. J. Mercola **8 Infinity Energy and Electron Builders**

“How do you describe the benefits and importance of earthing and grounding to someone who’s not familiar?”

Reducing inflammation is the most important thing a person can do to restore and maintain normal functioning of the immune system, that otherwise promotes a host of modern auto immune related health disorder that include Autism, Alzheimer’s, Arthritis, cancer, diabetes, lupus, MS and a host of other now common health disorders. Earthing (physical skin contact with the earth) instantly grounds and charges the body with earth’s electrons and subtle energies. Most important, earth’s free electrons rapidly reduce the free radicles (ROS) in the body that otherwise oxidize cells and set off and fuel the fires of inflammation in the body.

When earthed, free radicals are instantly reduced. Then the immune system no longer must spend its resources fighting and repairing the damages of the inflammation and it can then return to its normal functions of restoring and maintaining the body’s physical health or homeostasis.

All one must do to start grounding is to remove their shoes and stand barefoot on the earth.

Should everybody be grounding at all ages? yes Baby studies etc.

How long should someone be grounding a day?

In nature and before modern times we were grounded 24/7. So, to me it is obvious that being grounded (charges with earth’s free electrons) is our most natural state. And based upon the physics of charge, inflammation cannot exist in a grounded body. A corollary would be like animals that live grounded in the wild do not experience inflammation related health disorders... like cancer, cardiovascular disease, lupus, MS, Diabetes and all other autoimmune disorders. On the other hand all animals that live indoors with their owners suffer from similar inflammation related health disorders as their owners. Example near 50% of all indoor animals die from cancer, same rate as their human owners.

So, all this is to say that being grounded 24/7 is most natural. However, in my experiences I can say that any amount of grounding is good, and more is better. The best way to determine how much time a person needs to be grounded is by the amount of pain in their body. It is important to know that pain is caused by inflammation... said differently: Pain is a message from your body to your mind that it is on fire and that you need to stop what you are doing and put the fire out.

So best rule for time needed for grounding is that if you have pain in your body you must get grounded and stay grounded until the inflammation is grounded out and the pain stops.

What is the link between inflammation and grounding?

When there is a shortage of free electrons in the body (no ground) the remaining electrically charged free radicals (ROS) from a normal immune system produced oxidative bursts, left ungrounded will attack and destroy nearby cells which cause the immune system to send more Neutrophils and the like to repair the collateral damage and thereby set off a continuous chain reaction this is now commonly recognized as inflammation... or body on fire.

When the body is grounded, it is flooded with earth’s free electrons which are then readily available throughout the body to reduce any free radicals’ inflammatory state and prevent damage to nearby healthy cells. Thereby eliminating possibility of inflammation.”¹⁹

Clint Ober Founder of Earthing.com

8 INFINITY ENERGY AND ELECTRON BUILDERS

1. Walk barefoot, run among trees, sit leaning on a tree or in a tree to receive the magnetic earth energy.
2. Get hydrated, stay hydrated.
3. Move, move and move with conscious breath and awareness.
4. Be in nature communing regularly to collect healing microbes which assist energy.
5. Swim in electron rich water, move prana/chi throughout the day, (yoga, exercise, Qigong, quick four-minute workouts).
6. Eat electron building living food, develop your biochemistry 101 manual for yourself.
7. Do everything you can to protect and enhance your deep sleep
8. Love others inclusively; this gives energy because it is for love’s sake only.

There are other ways to increase our energy and electron-rich mindbody in e-motion. We are not solid matter. Instead, we are an energetic united force field; webs of life from planet Earth woven into the microbial memory we call ‘us.’ We share the molecules of emotion, microbes and matter. This awareness of fluid energetics allows us to get unstuck, and unglued from the places in which we think we are solidified. “That is just who I AM!” is simply not true. Our brains are neuroplastic and changeable at any age, as are our flesh and blood. If we see ourselves as ever-changing energy of electrons, we’re able to do the next ‘best’ thing to enrich and support ourselves and others in this energetic and biologically electron rich world.

The elements in our bodies such as sodium, potassium, calcium, and magnesium have a specific electrical charge. Most of our cells can use ions to generate electricity. Our cells have a protective membrane made up of lipids that create a barrier, allowing only certain substances inside the cell.

Scientist Amber Plante writes:

“Not only does the cell membrane function as a barrier to molecules, it also acts as a way for the cell to generate electrical currents. Resting cells are negatively charged on the inside, while the outside environment is more positively charged. This is due to a slight imbalance between positive and negative ions inside and outside the cell. Cells can achieve this charge separation by allowing charged ions to flow in and out through the membrane. The flow of charges across the cell membrane is what generates electrical currents.

Cells control the flow of specific charged elements across the membrane with proteins that sit on the cell surface and create an opening for certain ions to pass through. These proteins are called ion channels. When a cell is stimulated, it allows positive charges to enter the cell through open ion channels. The inside of the cell then becomes more positively charged, which triggers further electrical currents that can turn into electrical pulses, called action potentials. Our bodies use certain patterns of action potentials to initiate the correct movements, thoughts and behaviors.”²⁶

In this chapter, I will share some of the deeper work of Dr. Gabriel Cousens on the power of living food and connecting to biophotons; sunfood, and meditation.

Absorb the following works of these brilliant doctors as they explain the connections among the light within our bodies, electrical charge, and energy.

In a dehydrated state, toxins accumulate, electrical energy flow decreases, and cell phones and other EMF pollutants create dehydration.

The negative charge, naturally found on the Earth in thunderstorms, rain, and by oceans, is counteractive to the harmful positive charges of human-created technologies. Mitochondria crank out ATP, the electron transport chain. The Krebs cycle creates electrons. A high electrical mineral-rich charge is going to pull water inside the cell. Mitochondrial

health is hydration water health. Minerals allow the electrical charge across the membrane, delivering deep hydration into the cell. Most of these mineral supplements can be found naturally in whole plant-based foods, and in a microbial-rich living soil diet. We do benefit from supplementing with B-complex, iodine, vitamin C, and magnesium.

Our very first protocol for energy is deep breathing and water. Both will keep us alive in lesser quality amounts. But we need oxygen-rich air and structured water to thrive daily and be full of life and energy. A healthy diet with foods that specifically contain minerals, electrolytes, and vitamins in the correct amounts and ratios allow the conduction of electrical energy. Health can allow us access to our innate intelligence and wisdom. Without re-sparking this sacred intelligence, we may never find our way to freedom.

Positively charged minerals would be sodium, copper, magnesium, potassium and calcium, while negatively charged minerals are chloride and phosphorous. In fact, those seven minerals are required in the diet to maintain health and, ultimately, life.

To help you get an idea of how to construct a balanced diet containing these minerals:

I have compiled many foods with hydrating minerals;

Some foods containing natural:		
<i>SODIUM</i>	<i>MAGNESIUM</i>	<i>POTASSIUM</i>
Carrots	Avocado	Bananas
Turnips	Lentils	Spinach
Celery	Peas	Broccoli
Beet	Pumpkin seeds	Mushrooms
Seaweed	Oats	Cucumber
	Nut/seed/raw cacao	Potatoes
	Spirulina	
<i>CALCIUM</i>	<i>CHLORIDE</i>	<i>PHOSPHORUS</i>
Seaweed	Tomatoes	Sunflower seeds
Sesame seeds	Olives	Rice
Almonds	Rye	Quinoa
	Peppers	Chickpeas
	Potatoes	

We are a body electric! We rely on electrons in our body, billions of electrons. We are made of atoms, which are made up of electrons, protons and neutrons, which we now know are assisted mysteriously through microbes.⁴

ATP is our energy powerhouse. They run on the good microbes from our environment including our food, water, and enzyme builders! Enzymes are life, and are still intact in food that is full of structured water, raw and grown in living soil and eaten soon after harvest.

The following from a sacred soul, Dr. Zach Bush, explains the importance of electron-rich hydrating food and water to make ATP:

“Your cells run on ATP, adenosine triphosphate. ATP is produced by the mitochondria which look like bacteria, but they live inside your cells. They’re about 100 times smaller than bacteria. These mitochondria take the sugar and fat out of your food system and turn that into ATP. They do that through a series of enzymes. The respiratory chain is a series of enzymes in the wall of the mitochondria that is the one that will ultimately result in the production of ATP.

Interestingly, the ATP pump, a tiny molecular structure at the end of this enzyme pathway, is what will convert one adenosine diphosphate to one molecule of ATP. That last step requires four hydrogens, two oxygens and two electrons.”²

~ Dr. Zach Bush

BIO-PHOTONIC ENERGY... OH MY!

“In essence, everything becomes transported into an electrical charge that interacts with the zero-point mothership. The waves, or bio-photons, which are both particles and waves, are, in essence, energy communicators that transmit energy. The concept of non-locality, which essentially means that all subatomic particles are in contact with each other whether they are one mile apart or ten thousand miles apart, becomes the basis.”⁸

~ Dr. Gabriel Cousens

Life is energy and light. Humans are essentially light. Light emitted by humans and all living things are called photons and are energy giving. Every cell emits more than 100,000 light photons or light pulses per second. In medicine, we focus on biochemical reactions between DNA, protein, and molecules. But a bio-photon is always emitting light, even before every chemical reaction. With the use of bio-photonic energy, we are able to restore chaotic signals and our energy to health. Live food is rich in bio photonic energy.

WHERE ARE YOU GETTING YOUR BIOPHOTONS FROM?

Our cells die, regenerate or rearrange with every breath, therefore, so do the energy and nutritional needs of our body electric. We are light returning to light. What we eat, drink, think and do either fuels the light or dims it. As important, is what we DO NOT eat, drink, think and do. Succeeding on a live-food, plant-based diet strengthens our intuition and guidance. Animal diets do the opposite.

In the following from *Conscious Eating*, Dr. Cousens notes that from a quantum physics point of view, photons never become old:

"Photons have the same quickness as time, they are involved with anti-entropy, the anti-aging process. The sun emits this powerful photon anti-aging energy. The sun's photon energy is attracted to the sun like electrons within our biological systems. So not only do the high electron foods donate electrons to our bodies, but they also act as solar resonance fields in the body to attract, store and conduct the sun's energy in our bodies. Light attracts Light. Minerals are frequencies of light, Live raw foods are packed with both electrons and minerals, and therefore light. When we eat these foods, we are in fact eating the light of the sun and activating the light from within us which shines, radiates and attracts more light. The greater our store of light, the greater chances we have of increasing our electromagnetic field and consequently more energy is available for healing and the maintenance of optimal health." ⁸

~ Dr. Gabriel Cousens, *Conscious Eating*

It seems it would make sense for us to eat foods that are rich in this light-attracting force for us to attract more light into our bodies.

Telomeres are at the end of our chromosome helix and get longer with electron-rich lifestyles. By getting water inside our cells, we improve the electrical charges across our cellular membranes. Our cells are specialized to conduct electrical currents and minerals as frequencies of ‘light’ in our bodies. When charged, these ions generate electricity.

An electrolyte can be a positively charged or negatively charged ion within the body. Mother Earth is negatively charged and healthy with ions in her rains, ocean sides, and soil. Women are known to be negatively charged spheres of Mother Earth, love, and nurturance.

Electrolytes need fluids inside our bodies to create energy and a negative or positive charge. As they come into contact with our hydrated body, they become charged and create energy in our bio-electrical spiritual self. We can have a deeper spiritual experience if we are deeply hydrated.

Dr. Gabriel Cousens offers us a deeper understanding of the intricate light-energy-human health relationship in this beautifully written article published in *Spirit of Change Magazine*, New England:

LIGHT: EATING THE WILD ELECTRON

“Light is the basic component from which all life originates, evolves, and is energized. Light and health are inseparable. Because we have managed to disconnect ourselves from the sources of light with our fluorescent lights, indoor lifestyles, glasses, contact lenses, sunglasses, tanning lotions, flesh foods, processed foods and even cooked vegetarian diets, many of us suffer from chronic “mal-illumination.” Like malnutrition, mal-illumination deprives us of a level of nutrients and rhythmic stimulation that is essential for living as fully healthy humans.

Noble Prize Laureate Dr. Szent-Gyorgyi describes the essential life process as a little electrical current sent to us by the sunshine. Without light there is no health. This statement is a key in understanding the importance of vegetarian live foods and of other ways of bringing light into our organism. We are human photo cells whose ultimate biological nutrient is sunlight.

Dr. Szent-Giorgi, when referring to the current of sunshine sent from the sun, is referring to highly charged single electrons that are involved in transferring their energy to our own sub-molecular patterns without changing our molecular structure.

When the energy of the earth’s vegetation is transferred to us indirectly through flesh food, much of the bio-electric resonant energy patterns are destroyed. The sunlight energy is also lost if the bioelectric energy patterns of vegetarian foods are disrupted by cooking or processing.

Our cellular metabolism acts as a battery where our food brings the photon energy of sunlight into our bodies so it can be utilized as energy. The positive pole of the battery is energetically fed by oxygen. The negative pole is fed by the high electron photon energy collected from the sun and stored in our vegetarian live food. This high electron food releases its electron energy across the “cytochrome oxidase” system. The cytochrome oxidase system acts as a step-down transformer to turn the electron energy into ATP, the basic energy storage molecule of biological systems.

The electrons are essentially drawn across the cytochrome oxidase system by the oxygen at the positive pole of the intracellular battery. The more oxygen in the system, the stronger the pull. Breathing exercises, eating high-oxygen foods, and living in atmospherically clean, high-oxygen environments increases our overall oxygen content. The cytochrome oxidase system exists in every cell and requires electron energy to function. This electron energy comes from plant foods as well as what we directly absorb. When the food is cooked, the basic harmonic resonance pattern of the living electron energy of the live food is at least partially destroyed.

Once understanding this scientific evidence, the logical step is to eat high-electron foods such as fruits, vegetables, raw nuts and seeds, and sprouted or soaked grains. People who eat refined, cooked, highly processed foods diminish the amount of solar electrons energizing the system.

Perhaps the two highest solar electron-rich foods and foods which have the capacity to absorb solar electrons are **spirulina** and **flaxseed** in various forms, including flaxseed oil. Because spirulina grows at high altitudes in high-temperature environments, it has increased beta-carotene, other carotenoids, enzyme systems, and other biological components to better absorb the intensified solar and cosmic radiations. As a non-

dairy vegetarian, I find that bee pollen and spirulina are perfect high-protein concentrated foods to combine with flaxseed oil.

Our health and consciousness depend 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.”²⁷

~ *Dr. Gabriel Cousens*

BREATHING BACTERIA, ELECTRONS CRUCIAL TO CREATING ENERGY

Bacteria generate electricity to support energy production. Minerals are required to perform a cascade of special chemical reactions through the extracellular electron transport chain, which carries the electrons as a tiny electrical current.

“The newly discovered extracellular electron transfer system used by bacteria only when necessary, perhaps when oxygen levels are low. So far, this simpler electron transfer chain has been found in bacteria with a single cell wall — microbes classified as gram-positive bacteria

— that live in an environment with lots of flavin, which are derivatives of vitamin B2.

It seems that the cell structure of these bacteria and the vitamin-rich ecological niche that they occupy, (meaning us), makes it significantly easier and more cost effective to transfer electrons out of the cell,” said first author Sam Light, a postdoctoral fellow. “Thus, we think that the conventionally studied mineral-respiring bacteria are using extracellular electron transfer because it is crucial for survival, whereas these newly identified bacteria are using it because it is easy.”²⁸

~ *Robert Sanders*

Studies have found an association between eating a diet of plant fiber and probiotic food and resistance to dis-ease; including one study connecting the diet to lower COVID-19 mortalities.

Association between consumption of fermented vegetables and COVID-19 mortality at a country level in Europe.

The researchers report that of all the variables considered, only fermented vegetables had a significant impact on the mortality rate by country. For each gram per day increase in the average national consumption of fermented vegetables, the risk for COVID-19 mortality fell by 35.4%.

“Although this study is only indicative of the role of diet in COVID-19, it is, however, another piece of the hypothesis proposing that traditional fermented foods may be involved in the prevention of severe COVID-19 at a country level....”²⁹

There are thousands of studies and books on the value of fermented and cultural foods as the safest food on our planet and the most beneficial to heal as they promote beneficial supporting microbes. In the article, *The Amazing Healing Properties of Fermented Foods*, Sayer Ji, researcher and founder of GreenMedInfo, explains some of the benefits of fermented cabbage:

Kimchi, rich with a strain *Lactobacillus Brevis*, *Bacillus pumilus*, has the capability to degrade toxins such as bisphenol A and organophosphorus pesticides

Suppresses the buildup of arterial buildup of plaque

Synthesizes vitamins (K) and minerals

Reduces skin irritation such as eczema and psoriasis

Binds soluble fiber with cholesterol, dispelling it from the body

An economical way to reestablish gut flora

Can compensate for decreased production of hydrochloric acid as we age which helps prevent SIBO⁴⁵

ENERGY & ELECTRON HOME-COMING WORK:

Level One:

Step one:

Find a form of movement you will like to do daily to cultivate energy, such as dancing, walking, swimming, or practicing Qi Gong, Tai Chi, or yoga. Make sauerkraut or other organic living food to feed your good bacteria to 'light you up and illuminate!'

Step two:

Bring your awareness to your breath throughout the day and every hour take three mindful deep belly breaths, breathe energy and hope to all confined beings, and drink water to reset the nervous system.

Step three:

Begin to observe and record in a food journal the food and drink that gives you energy naturally and makes you feel calm and happy but energized and the food that does the opposite, allowing hydration protocol levels 1, 2, and 3 to become part of your daily life.

Level Two & Three:

Continue with the nutrition from the H protocol: hydrating and homeostasis food and practices



CHAPTER SEVEN

A IS FOR ALKALINITY AND ANTI-INFLAMMATION: FOOD FOR HEALTHY SOVEREIGNTY

"If you throw seeds on concrete, they won't grow. They have to meet fertile soil. So it is with germs. Even if they do get into your body, unless it is super acidic, they can't grow and multiply and make you sick - or kill you."

~ Dr. Robert Young

8 INFINITY ALKALINITY AND ANTI-INFLAMMATION BUILDERS

1. Start each morning with water, green juice and movement.
2. Use sodium bicarbonate in water when pH is too low, below 6.5 pH.
3. Study and add one anti-inflammatory food and drink each day or each week.
4. Test your pH and be the STUDY OF ONE on how just one alkaline choice can begin to return homeostasis.
5. Breathing deeply alkalizes the body; it is a kind way to hold yourself so you may make choices which keep you calm and well (an alkaline body is calm).
6. Find community which supports wellness teaching and practices.
7. Empty the pantry and replace everything with living foods and drinks and living alkaline water, which enrich your microbiome and your mystic.
8. Eat alkaline, anti-inflammatory foods for 30 days to feel the difference.

A IS FOR THE ALKALINE AND ANTI-INFLAMMATORY LIVE-IT

There is a quiet place we can reside. It is a place where peace, love and microbes may enter into an alkaline mindbody. It is a place to HEAL. In today's dis-ease filled world, people are searching beyond pharmacology, consumerism and normalized violence.

Some of my vegan friends ask me why I AM advocating for human health, when humans are destroying the planet. I say that if we put our 'life mask' (pardon the analogy) on first, we can be the small group of individuals able to awaken enough of humanity before the lungs of earth seize, and the breath of God takes over. I watched my son die of oxygen starvation from a failing heart. It was a broken heart, and in my own loss and sorrow, this peace of my heart leaving Earth, I made a promise to myself and God, to do my best work here, doing my best to remain humble and kind, while I still have breath. Right action is healing. Being paralyzed with sadness creates disconnect and denial.

Nevertheless, acid rain falls from the skies, and oceans are acidified and full of plastic, and aqua life is dying, and we are in big trouble. We mostly receive our oxygen from phytoplankton, yet approximately 40% are now exterminated. For the taste of money and flesh? Our oxygen-giving alkalizing oceans have become our garbage collector.

"I hope that someday we will find evidence that there is intelligent life among humans on this planet."

"With every drop of water you drink, every breath you take, you're connected to the sea. No matter where on Earth you live. Most of the oxygen in the atmosphere is generated by the sea."

~ Sylvia Earle, Oceanographer

People are beginning to understand, maybe for the first time, the biochemistry of their mindbody and its incredible interface with water-earth. These are simple teachings, yet were not taught to us as young people. We believed that the food we ate was safe, our species was benevolent and animal food would make us healthier. We often ate to just fill our bellies, fit in with our tribe, pacify cravings. We forgot to eat for medicine, to alkalize and grow spiritually. We didn't know better. When the body's pH balance sides towards alkalinity, which can happen on a living food plant-based 'live-it', we automatically become more hydrated and free.

Many people I have worked with have said that when inflammation decreased in their body by eating organic living plant food, their joints and muscles were less sore, and they recovered much more quickly. My latest vegan athlete client just came in second in a 100 km race, best time yet, at 48 years of age, with first place going to a 31 year-old. Plants create strength and healthy longevity.

Moving from acidity of pH imbalances to a more clear alkaline system, we express more mental clarity, less physical tension and a general sense of overall calmness, as the midbody's pH is alkalized. We are always one choice away from our next biochemical reaction. Our body is the best pharmacy we have because it makes over 200,000 chemical reactions per minute.

The amount of energy and electrons in our system can change quite quickly or quite slowly. Our body is always doing its best to maintain

homeostasis, as are our oceans, soil, viruses and pH! For example, if we eat a highly acidic diet with animal products, sugar and gluten, the body will start looking and searching to maintain homeostasis by drawing alkaline minerals from the bones and over time we may develop osteoporosis. There is extensive research that milk does not make our bones strong; it does the opposite, whereas organic almonds and spinach do!

Being too acidic can result in muscle wasting and reduced bone density. Many acidic foods are low in nutrients that promote musculoskeletal health, such as potassium and calcium. In addition to the long-term conditions that can result from being too acidic, there are short-term symptoms that may also suggest your body is more on the acidic end of the pH scale. We can save ourselves by changing the inner ecology to a more alkaline state. This in turn will decrease inflammation.

Dr. Otto Warburg was awarded the Nobel Prize in Physiology Medicine in 1931. He suggested that cancer cells “live in hypoxic, very low oxygen, and acidic conditions and derive energy from sugars by fermenting them the way yeast does.” As disease of any kind progresses, the body becomes more acidic, as its pH drops below 7.35. His discoveries were revolutionary for their time, yet we continue to acidify our waters, and hence ourselves. He contributed greatly to what we know about disorders in all dying life today.¹⁷

Symptoms include:

- Low energy
- Exhaustion
- Acne
- Brain fog or confusion
- Anxiety and depression
- Frequent headaches
- Frequent colds
- Joint pain
- Muscle weakness
- Digestive issues such as bloating

The body contains natural compounds such as bicarbonate that act as buffers to neutralize blood acidity. Buffers help prevent extreme drops in blood pH. This is an important defense not only against acidifying foods, but also against other factors that promote acidity in the body, such as chronic stress. When we eat green foods that have the same molecular

structure as our blood, except that they have magnesium instead of iron, we nurture our bones and blood and allow waste to be removed easily through our breath, bowels and our body electric.

WHAT IS THE ALKALINE DIET?

The alkaline diet is the gift of replacing acid-forming foods with alkaline foods, for more homeostatic, happy and disease-free health. The alkaline diet is also known as the acid-alkaline diet or alkaline ash diet. Your diet can alter the pH measurement of acidity vs. alkalinity.

Our metabolism and converting of food into energy involves a chemical reaction that breaks down what appears solid but which is actually an energy conversion. Animal-sourced foods may contain proteins, but they are acidic, energy-depleting proteins, and the alkaline depletion and high amounts of energy needed to break them down into amino acids means that they come at a huge cost to our health. Chemical reactions in our body happen both in slow and controlled ways, and quickly as well.

Acidosis

The pH of different cellular compartments and organs is usually tightly regulated in a process called acid-base homeostasis. The most common disorder in acid-base homeostasis is acidosis, which means an acid overload in the body, generally defined by pH falling below 7.35. Alkalosis is the opposite condition, with blood pH being excessively high.

The pH of blood is usually slightly basic with a value of pH 7.365. This value is often referred to as physiological pH in biology and medicine. Foods we eat leave an “ash” residue known as metabolic waste, and the more pure, alkaline, and in their natural living state (with enzymes and phytonutrients intact), the less metabolic waste is left. This metabolic waste can be alkaline, neutral, or acidic. According to the acid-ash hypothesis, acidic ash is thought to make you vulnerable to illness and disease, whereas alkaline ash is considered protective.

Certain food groups are considered acidic, alkaline, or neutral:

- Acid-forming: animal flesh, fish, dairy, eggs, grains, alcohol
- Neutral: natural fats, starches, and sugars
- Alkaline-forming: fruits, nuts, legumes, and vegetables

Alkaline diet pH is a measurement of how acidic or alkaline something is.

The pH value ranges from 0–14:

- Acidic: 0.0–6.9
- Neutral: 7.0
- Alkaline (or basic): 7.1–14.0

pH varies greatly within our body. While some parts are acidic, others are alkaline — there is no set level.

Our stomach is loaded with hydrochloric acid, giving it a pH of 2–3.5, which is highly acidic. This acidity is necessary to break down food. On the other hand, human blood is always slightly alkaline, with a pH of 7.36, and when your blood pH falls out of the normal range, it can be fatal if left untreated.

The blood must maintain an equilibrium of 7.4 pH in order for us to survive. When the rest of the body dips into an acid state, it creates joint pain, dehydration, and disease. When we test our urine, it is naturally slightly acidic. Organic fresh fruit and vegetables mostly contribute to a more alkaline condition.

Hydrating minerals such as calcium, sodium bicarbonate, and mineral-rich water, which are alkaline, and mineral-rich foods such as celery and cucumber, create alkalinity. Love and appreciation reduce inflammation and create alkalinity in the system instead of acid.

We know that soft drinks and carbonated drinks contribute to acidic systems. The acid in them is so harsh it can clean a car battery. It would be wise to ask ourselves what do we want to put into our mindbody to promote healing.

Alkaline food

Favorite organics are:

- Cucumbers, parsley and celery, (great juiced together)
- Almonds
- Hemp hearts
- Lettuce from my garden
- Microgreen from Northern lights microgreens
- Cabbage
- Spirulina and Chlorella from TriPow
- Carrots

- Brussels sprouts
- Cauliflower
- Beets
- Summer squash
- Baked potato
- Zucchini
- Bell peppers
- Okra
- Broccoli
- String-beans as little ones
- Asparagus
- Onions
- Kohlrabi
- Collard greens
- Parsnips
- Endive
- Mustard greens
- Kale
- Winter squash
- Sweet potatoes/Yams

We were never here to live to eat, but eat to live, and nourish our bodies properly so we can get on with why we are here at this very precarious time. As it is clear to see, the karmic effect of eating plant-based allows us to live in an alkaline, pro-life system. If we do this (eat food that loves us back) and eat beautiful foods, fresh from our living peace gardens enriched with living soil, uncontaminated with Roundup and other chemicals, we begin to *HEAL*. Effective microorganisms from our living planet and microbes will feed us, nourish and help us reconnect with who we really are.

Perhaps our loss of identity and missing connection with self, and our ability to source a life rich in purpose, can be reunited in our living soils and our ability to free the animals from the concentration camps we have put them in. This alkaline/anti-inflammatory diet is a connective gentle nibble of this living biome.

*Come as you are
Microbial rich soil alive
She is sharing abundance in forage and frolic*

Come awaken the senses of herbs alive...

*Spirit at ease
No fret or regret
Animals free
Gaia is calling...*

Alkaline environments within our bodies have been shown to **HEAL** our bodies of dis-ease whereas processed foods of any-kind create inflammation. A whole food, plant based diet promotes an anti-inflammatory and detoxified body.

Increasing cleansing food in our diet lessens the stress on our organs, joints and tissues on a daily basis. Daily doses of cleansing foods will be great in assisting your body to cleanse and energize. The general rule is the more bitter, pungent, tart fruit, vegetable or herb – the more detoxifying it is for the body – especially the liver. A detoxed body is an alkaline and anti-inflammatory system, and can assist in creating a calm mind, creates alkalinity and these allow us to be wiser.

INFLAMMATORY FOODS

- GMO Food
- Refined flour products (e.g., bread, pasta, pizza dough, bagels)
- Dairy products, i.e. cheese, yogurt, milk
- Meat
- Trans-fats
- Sugar (in most dressings, processed food, desserts and sweets)
- Snack foods (potato chips, corn chips, bagel chips, cheese puffs, etc.)
- Fast foods (French fries, burgers, tacos, deep-fried foods)

ANTI-INFLAMMATORY FOODS

- Organic/biodynamic vegetables (especially high-water content)
- Foraged wild foods

- Fresh vegetable juices
- Fresh whole fruits
- Fermented foods
- Flaxseeds
- Most nuts, and seeds (soaked in water, sprouted or ground)
- Fresh herbs (e.g. parsley, cilantro, basil)
- Purified structured fresh water
- Herbal teas, Plant based milk
- Fiber supplements
- Spirulina/Chlorella

CLEANSING - FOUR STEP PROCESS

1. **Eliminate ingestion of toxins and foods which create karmic suffering:**

Avoid processed salt, most oil, sugar (S.O.S), fried food, dairy products (uncultured), processed meats/foods, artificial foods and beverages, trans- fats, GMO foods, and GMO grains: this includes most grains commercially sold, even those sold in many health food stores.

Rule of thumb: If it does not have clear labeling that it is non-GMO and organic (veggies and fruits starting with #9 is the labeling for organic), it is usually best to assume it is not non-GMO and organic.

2. **Gently cleanse - Inside and out:**

Drink lots of structured water – one ounce of water for every pound of your body weight. Begin every morning with fresh lemon water.

Dry brush your skin.

A rebounder, and light jumping to help your lymphatic system pump & promote circulation.

The mental-emotional slavery will naturally cleanse when we release animal diets.

3. **Support the side effects** – headaches, cravings and irritability are common. Support this flush and know – **what we do not eliminate, we circulate.**

Supportive vegan community helps a lot right now.

Know that all of your symptoms are coming up because they are coming out. These are not new symptoms created by the cleanse.

4. **Maintain and Prevent** – Every choice makes a difference.

All the detoxifying habits you implement are golden towards prevention. Fresh morning lemon water, organic/veganic live food as much as possible, herbal tea (cleansing tea, nettle leaf and peppermint) instead of coffee (use dandelion root and chaga tea).

5. **Be Aware of the Re-tox Effect**

Remember that the nervous system resets itself every 20 minutes.

If a craving comes up, take a few deep breaths before reaching for inflammatory foods.

Reaching for a healthy fat or protein food will often release a sugar craving.

Vulnerability:

A cleansed mindbody reacts harshly to toxins.

Working through the Detox Process:

Starting with your clear intention before you begin has a powerful effect.

If you become plant based for health alone, you may be tempted to return, but if you explore and understand the reciprocal impact on animals-planet-water-air-people, then you will thrive on this whole-food plant life.

Continue to bring yourself back to healthy choices and continue to implement healthy choices into your daily routine well after the cleanse. Every effort contributes to a healthier and happier person who can make wise and sovereign choices.

Reintroduce, one at a time, your non-red-light plant foods, and see how your body feels after two hours.

If you like to eat for long-term health, lowering inflammation is crucial. Inflammation in the body causes or contributes to many debilitating,

CHAPTER SEVEN | A is for Alkalinity and Anti-inflammation: Food for Healthy Sovereignty
chronic illnesses—including osteoarthritis, rheumatoid arthritis, heart disease, Alzheimer's disease, Parkinson's disease, and even cancer.

MOTHER EARTH

*On earth I stand
To her Majesty I bow
Barefoot and pregnant with possibilities*

*Through my soles, I remember my soul
Quiet and quieter still
As spring bird sings her glory*

*Red winged blackbird return, trills from cattails alive
The perfect web of nature's farm
And I call on the earth angels
And the angels of water
As sunlight dances on my fingertips*

*And we reap what we sow
As we listen to the Ancients calling*

Telling a story of gently spreading the seeds of love

*We wildcraft medicines from dandelion and wild rose, to rosehip
And as above so below*

*Circles everywhere growing a strong web of microbial truth
Harvest upon harvest of heaven on earth.*

WHAT IS INFLAMMATION?

Inflammation is a totally normal bodily function. It is generally triggered by the immune system when it recognizes an invader or damage to tissue; what a brilliant body we have! The immune system stimulates different cells and proteins—like white blood cells—to help eliminate the threat of an outside invader and repair any damaged tissue. Inflammation involves chemical mediators called cytokines that act as signals to recruit more parts of the immune system to help with healing.

The major signs of autoimmune disease are some sort of allergy, gut reaction or systemic inflammation. Autoimmune diseases are rampant in developed countries where food sovereignty has been lost. Inflammation is usually systemic; if we have repressed many symptoms along the way, our mind/body may have to get our attention in a full-blown autoimmune disorder.

Inflammation is an important part of the healing process. It is a crucial part of wound healing and a useful mechanism for destroying invading microorganisms. However, inflammation in our intestines causes malabsorption of nutrients and can lead to autoimmune disorders if left untreated. Allergy-inducing foods can trigger constant inflammatory responses such as in the list below. Wouldn't it be better to treat the signs of chronic inflammation in our EarthGut with ~~HEAL~~ before it turns into something more complicated?

Some common foods that contribute to inflammation are:

SOS- Save Our Souls: More animals are killed in a few hours than all wars put together, SOS by not participating in continual animal genocides.

SOS - Sugar, Oil and Salt - The good the bad and the ugly on salt, sugar and oil.

All three of these can be healing in their natural state of wholeness like an organic apple with its natural sugar vs. white sugar. Sugar may be genetically modified and often entails enslaved conditions for workers. It is addictive and inflammatory. In these times, we all know the ugliness of refined sugar. Have a fig, a carrot, or an apple instead, and when mixed with plenty of greens, the sugar is balanced in our blood stream.

Oil out of its natural state can be too much for our body, liver, and blood to be able to detoxify, so we stick to fats that are in their natural state, such as in nuts and seeds such as chia and flax, which the body can use healthfully, instead of animal fats, which contribute to artery damage, hearts blocked, and diabetes. (Read Dr. Gabriel Cousens *There is a Cure for Diabetes*.)³⁰

Natural salts can be obtained from natural sources such as celery and sea vegetables. An added bonus is that these foods pack a huge amount of minerals. Celery can also help you get enough folate, potassium, fiber and molybdenum. It contains small amounts of vitamin C, vitamin A and some B6 vitamins. Like most land vegetables, seaweed contains vitamins A (beta carotene), and C. It is also rich in potassium, iron, calcium, iodine

and magnesium. Minerals concentrate in seawater. Seaweed is also one of the few vegetable sources of vitamin B-12 but unfortunately most areas of the ocean are full of radiation and toxins, as is our sea within.

Himalayan raw salts in moderation provide trace minerals, but cooked refined salt leads to water retention, stagnation of fluid from edema, and dehydration.

Omit or Limit:

Sugar: sugar can activate inflammatory chemical signals that induce inflammatory pathways in the body. Sugar is highly addictive, and should have been classified as a drug.

There is a story I once heard of a woman who brought her son to Gandhi to ask him to tell her son to stop eating sugar. "It is killing him!" she said. Gandhi's reply, "Come back in three weeks." The woman returned in three weeks and Gandhi said to the boy, "Stop eating sugar." The woman replied, "Why did you not say that three weeks ago?" and Gandhi replied, "Because three weeks ago I was still eating sugar." Let us be the change.

Avoid refined sugars whenever possible and artificial sweeteners altogether. The dangers of excess fructose have been widely cited, as in the documentaries *FedUp*, *Sugar*, and the book, *The Sugar Blues*. These dangers include increased insulin resistance (which can lead to type-2 diabetes), raised uric acid levels, raised blood pressure, increased risk of fatty liver disease, and more.

Cut out trans-fats NOW! In 2006, the FDA required food manufacturers to identify trans-fats on nutrition labels, and for good reason: studies show that people who eat foods high in trans fats have higher levels of C-reactive protein, a biomarker for inflammation in the body.

A good rule of thumb is to always read labels and steer clear of products that contain the words "hydrogenated" or "partially hydrogenated oils."

Vegetable shortenings, margarines, crackers, and cookies are just a few examples of foods that might contain trans-fats. Trans-fat consumption causes systemic inflammation and is found in most processed, fast and junk non-food.

Saturated fats / dairy / all flesh food: several studies, which can be found through the *Physicians Committee for Responsible Medicine* (PCRM.org), have shown that saturated fats create fat tissue inflammation that can contribute to heart disease and exacerbate overall inflammation. These animal products are high on the food chain, thus having the highest pesticide, herbicide, and toxic load. Many of these animals are also suffer enormous stress and abuse and live in filthy conditions.

Refined carbohydrates: consuming refined carbohydrates like cake, pasta, and cookies can contribute to inflammatory disease and instant gut dysbiosis.

Gluten: people with gluten sensitivity or celiac disease interpret gluten proteins as a threat to the body. This launches an immune response that attacks the liver. All of these reactions work with the immune system to fight invaders which many call 'food.' Most people react to gluten, as discussed in the work of Dr. Perlmutter in *Grain Brain*.

Dairy and casein: Consuming dairy, which contains allergy-causing lactose and casein protein molecules, can contribute to inflammation in our body. Casein is also on the list of inflammatory foods; the casein proteins found in dairy have a similar structure to gluten, and integrative and functional medicine doctors' first protocol in health recovery is to remove both from a diet, because they are causing problems for many people. A karmic effect of the severe abuse of dairy cattle?

Artificial ingredients: Aspartame and MSG trick the blood sugar and are excitotoxins as explained in the groundbreaking research of dedicated scientist Dr. Russel Blaylock, as discussed in his book *Excitotoxins: The Taste That Kills*.³¹

Alcohol: Alcohol is known to contribute to many diseases and disorders, some of which are inflammation related. Alcohol opens up the tightly woven, single-cell junctions of the intestinal lining, creating leaky gut and instantly allowing toxins to leak back into our bloodstream! If you think certain foods might be causing you inflammation, but are totally overwhelmed by this, I totally get it. A great place to start is an elimination diet.

Advanced Glycation End Product, (AGEs): produce inflammation, and the presence of these inflammatory compounds, (present in most animal products; increase in number and strength through grilling,

frying, and especially barbecuing of meat), are known to contribute to inflammation, oxidative stress, and promote diseases.

Move, sweat, mindfully prepare and masticate your plant-based living food, meditate, get plenty of sleep and begin your reset beyond food choice regret and 'be the change' in a world, taught to forget.

Fasting, green drinks/foods and plant foods and herbs, as seen in the appendix of this book, are our antidote.

FOOD AS MEDICINE

Turmeric is an Indian spice with a long history as a remedy for inflammation, especially in ayurvedic medicine. One of the major active constituents in this golden spice is curcumin, and it is responsible for many of the health benefits attributed to turmeric. Curcumin was first isolated centuries ago and more recent research shows that curcumin is capable of interacting with many of the mechanisms that cause inflammation in the body. Try making grain-free turmeric muffins, turmeric drinks, turmeric dips for a grab-and-go inflammation-fighting snack, as in the Appendix.

A fiber-rich diet helps reduce inflammation. Feeding our healthy bacteria by dining on biodynamic organic fruit and veggies supplies anti-inflammatory phytonutrients and phenols, as well as alkalizing minerals and hydration. These are naturally found in fruits, vegetables and living local food. Consider eating whole food, highly raw plant-based to build the positive karmic effect of creating freedom for animals and human health freedom as well. Consume at least 25 grams of fiber every day.

Eat your vegetables, and/or drink your vegetables in smoothies and cold pressed juice daily. Eat organic/veganic and lots of foraged food and berries.

For extra warmth, add anti-inflammatory herbs and spices. such as turmeric and ginger, to your cooked vegetables, raw dishes, seed pates and cultured foods to increase their antioxidant medicine capacity.

Eat Alliums and crucifers every week: Alliums include garlic, scallions, onions, and leeks, and can be omitted if one is following a sattvic regime, meaning eating for a quiet mind. *Sattvic* eating is still flavorful, incorporating numerous herbs for flavor. My chef training was in sattvic cuisine and the food was tasteful, satisfying and rich in nutrition.

Cruciferous vegetables such as broccoli, cabbage, cauliflower, mustard greens, and brussels sprouts have some of the most complex mineral and antioxidant cancer-fighting properties. Cabbage salad is a great staple to have in the fridge.

All of these foods are plentiful on a whole food vegan diet. One study, *The health advantage of a vegan diet: exploring the gut microbiota connection*, with 101 citations, supports a vegan diet for health, with reduced inflammation and toxicity:

"Yet some studies have found that a vegan dietary change can induce a partial shift in gut microbiota in a matter of weeks or even days. It seems likely that sudden changes in diet, such as adopting a vegan diet to improve disease outcome, may alter the relative abundance of different taxa in the gut, without shifting the host into an entirely new enterotype. As vegan diets are gaining in interest as medical nutrition therapy, it is important to discern the long-term advantage of short-term diet change. If patients need to maintain a strict vegan diet for long periods of time to reap continued health benefits, compliance may become an issue." ⁴⁴

Well, compliance should not be an issue any longer, with this crisis of opportunity.

Consume foods rich in omega-3 fatty acids

Research, from many sources such as the Linus Pauling institute, shows that omega-3 fatty acids reduce inflammation and may help lower the risk of chronic diseases such as heart disease, cancer, and arthritis — conditions that often have a high inflammatory process at their root. Aim to eat lots of foods high in omega-3 fatty acids like flax meal, walnuts, and hemp seeds. Coconut oil activates the omega 3 in chia seeds, and spirulina and sprouts activate the light.

Dr. Andrew Weil tells us flax is one of the most important foods to consume daily. When flax was consumed regularly, health was more vital. Use freshly ground flax because the oil goes rancid quickly. If you

are a vegan and worried about getting your daily dose of Omega-3s, you can supplement with flaxseed oil. Fish oil is toxic and harmful in the state of our oceans and precious sea wildlife.

Good oils

Strive to eat most of your oils with the fiber intact, such as from nuts, seeds, and avocado. Virgin and extra-virgin olive oil (organic if possible) are best used in small quantities. Local hemp oil, rich in anti-inflammatory good omega-3 fats is my favorite, and local in my Canadian home; however it is also sensitive to going rancid so must be fresh and must be handled well and refrigerated. Cold-pressed coconut oil and raw cocoa butter are also great substitutes, but again, only when used consciously. Know the carbon imprint and ecosystems where sourced and choose local foods when possible.

And for flavoring savory meals, go for spices that are known for their anti-inflammatory, anti-viral properties: cloves, cinnamon, turmeric, rosemary, ginger, sage, oregano, and thyme.

It is important to note, vitamin and minerals in orthomolecular amounts to thrive, (such as adequate vitamin D), can reduce inflammation considerably. The RDA, recommended daily allowances, give numbers to prevent disease such as goiter in low iodine, or prevent scurvy in vitamin C deficiency, yet not to thrive. The Linus Pauling Institute is a good reference for thriving orthomolecular amounts of essential nutrients.

In general, nutrients are not one of the things that doctors are going to look at in treatment. It's not what doctors are trained in.

Effects of Supplementation/Herb on Inflammation

Supplementation may no longer be an option. We are bombarded with chemical pollutants everywhere. In order for us to be spiritually inspired, we must feel our body as a thriving organism.

We must have within us the mineral matrix of the earth's ancient life force. In order for us to feel connected to the elements, we require microbial action, enzyme assistance and the synthesis of essential minerals/vitamins found within the elemental matrix of all that is.

Our soil is depleted on many levels, and many minerals are no longer found in our soil, as well as trace minerals such as: magnesium, iodine, copper, iron, sodium, and boron.

Supplementing minerals is essential to the superconductivity of our body electric. The root of all disease in traditional medicine is deficiencies and excess. Deficiencies of any kind can leave us depressed, depleted, anxious, exhausted, and foggy. Some of the most common deficiencies are: B vitamins, selenium, iodine, magnesium, K2, zinc, iron and calcium.

My children ate soil, we all ate food directly out of the garden, my dog is always eating things found in holes in the earth. Effective microorganisms found in the soil feed good bacteria. Most nutrients are absorbed in the intestines and need good bacteria to break them down.

Mental / Metabolic Supplementation

Anything that Heals the Gut, Heals the Mind.

Supplementation for healing the intestinal lining is summarized in the following:

L-Glutamine, healing herb tea such as licorice and comfrey root as listed below, CBD hemp oil, iodine, GABA, P5P, zinc, taurine, and magnesium. GABA is also required to convert serotonin to N-acetyl serotonin.

The sleep hormone melatonin is disrupted when we eat conventional food treated with glyphosate. GABA is critical in reducing stress in the gut and stress related issues. When GABA is low from chronic stress, the release of cortisol, norepinephrine, and epinephrine elevates glutamate levels, eventually rewiring the body towards stress. GABA assists with probiotic bacteria to mediate most other supplements.

Herbal Supplementation to Help Rid Imbalanced Pathogenic Microbes:

- Wild oil of oregano
- Berberine 200mg 3x/day
- Garlic
- Caprylic acid
- Grapefruit seed extract
- Structured colloidal silver

Silver

Colloidal silver has been used for centuries to heal wounds and prevent infections. Its use in healing the bowel is yet unknown. I have used it many times to sooth my digestive tract, settle down a chest infection, and help heal the wounds of my children and animals.

Hemp CBD oil

CBD oil can help treat symptoms usually associated with gastrointestinal problems. Some studies even suggest that cannabinoids even help with systemic inflammation that affect our gastrointestinal motility.

Iodine

Iodine is our greatest detoxifier and pathogenic destroyer. Many people think of iodine as the most important supplement for thyroid health. Often what is less understood, is that iodine is stored in breast tissue, the ovaries and the crypts of the intestines. When we are deficient in iodine, it can be a contributing factor to IBD, ovarian fibroid cysts and other major issues. The importance of iodine supplementation cannot be overstressed enough for its abilities to ward off pathogenic bacteria and parasites, help rebuild intestinal lining, healing of the thyroid, decalcification of pineal gland, and aiding us in detoxifying radiation.

L-butyrate

One of the distinguishable features in people with IBD is that they don't produce enough L-butyrate. L-butyrate supplementation is known to help improve inflammatory markers in people with IBD.

Vitamin D3

This vitamin has been found to be very helpful in short-term large therapeutic dosage—approximately 5000 IU.

Aloe Vera

Watch out for preservatives in brands. Using the center of fresh aloe vera— filleted/ flash-frozen to solidify it—and injected it directly into the colon.

L-glutamine

Having a fairly large dose of L-glutamine when my intestines feel inflamed, soothed them within a half hour! L-glutamine has been in

hospitals as rectal enemas to soothe inflammation. It has a healing and repairing effect on the mucosa lining and works quite quickly for many people.

Zinc

Zinc is often one of the deficiencies that people with inflammation or infection have. Zinc helps build the immune system and is critical for cellular repair.

Diglyceride Licorice (DGL)

Vitamin A

Vitamin A is predominantly made in the large intestine. Our body's ability to make vitamin A is substantially impaired during chronic inflammation. Vitamin A is paramount for healing and repairing mucosa lining, skin and the overall body. A highly absorbable vitamin A supplement is usually required for many people with disease.

B Complex (Especially B12)

Vitamin B complex uses the (complex) combination to work in synergy throughout the body and with other vitamins. Inflammation uses up large amounts of B12. Also, a vegan often requires supplementation of B12. As we become older, it is also common to become deficient in B12, as well. It is wise to use B vitamins on a regular basis and understand their role in mental and gut health. For instance, taking vitamin B3 (niacin) in high doses is known to ward off depression. You may have experienced a refreshing niacin flush when ingesting raw apple cider vinegar. Hydrochloric acid (HCl) apple cider vinegar in water first thing in the morning prepares the body for digestion.

Seaweed, spirulina, chlorella, and sprouts

Support the bioavailability of our biogenetic food. We need sixteen essential and seven trace minerals for life. Your body recognizes algae and sea vegetables as easy protein and minerals.

Herbs & Gut Health

“Drink your tea slowly, and reverently, as if it is the axis on which the world Earth revolves—slowly, evenly without rushing towards the future. Live the actual moment.

Only this moment is life.”

~ Thich Nhat Hanh

Medical herbs have been used as long as humans have walked the planet and are establishing themselves in the plant medicine of today. They are respected by indigenous tribes as powerful tonic worthy of our respect and study.

The following research is adapted from the author's plant medicine year study with David Crowe.

GABA production is assisted with carminative herbs such as; basil, thyme, peppermint, ginger, cayenne and fermented ginger.

Ginger—antiviral. Containing nearly a dozen antiviral compounds, it is also pain-relieving, antiseptic, and antioxidant.

Echinacea (leaves and flower petals)—anti-bacterial. Increases levels of properdin, a chemical that activates part of the immune system responsible for increasing defense mechanisms against viral and bacterial attacks.

Goldenseal—antiviral, antibacterial, anti-fungal. It is both antiseptic and immune stimulating, increasing blood supply to the spleen. The chemical berberine in goldenseal activates white blood cells that destroy bacteria, fungi, viruses, and tumor cells.

Sage—antiseptic, antibacterial. Soothes sore throats, promotes good digestion, and helps ease menstrual cramps.

Peppermint—it is not only a painkiller for headaches and reduces fevers by inducing sweating and cooling of the body, but it helps bring up mucus and other material from the lungs, bronchi, and trachea during bronchitis, colds, and the flu.

Cinnamon—antibacterial, antiviral, anti-fungal. Helps stop vomiting and relieve nausea, and increases restricted blood flow.

Clove—antiviral, anti-fungal, antimicrobial, antioxidant, anti-inflammatory. It helps fight infection and parasites.

Chamomile—anti-fungal, antibacterial, antiseptic, anti-inflammatory. Natural sedative.

Lemongrass—antibacterial, anti-inflammatory, anti-parasitic, antifungal. Relieves digestive ailments and fluid retention, improves blood circulation, and dilates blood vessels.

Oregano—a general tonic and immune booster.

Rosemary—antibacterial, antiseptic, anti-parasitic, anti-fungal. Good for the nerves and has a stimulating effect.

Turmeric—antioxidant, anti-inflammatory, anti-fungal, and anticancer. It is a blood purifier, and helps lower blood sugar levels. Turmeric also turns on BDNF and decreases inflammation.

Tea for Intestinal Healing

In a pot on the stove, add:

- 1 Tbsp slippery elm
- 1 Tbsp comfrey root
- 1 Tbsp goldenseal
- 1 Tbsp marshmallow root
- 6 cups water

THE IMMUNE SYSTEM IN OUR INTESTINES

One of the most complex aspects of the human body is the immune system. The immune system is able to recognize foreign substances like viruses and bacteria that might do harm, and if our gut is strong, and healthy with living beneficial-rich microbes from eating fiber-rich living plant foods, we can become resilient to illness.

The immune system and inflammation go hand in hand; causing an inflammatory response is one major way the immune system responds to a threat, starting a fight to ward off bacteria or tissue damage.

The GALT (Gut Associated Lymphatic Tissue)

Gut associated lymphatic tissue [GALT], which is the warehouse for 80% of the body's defense and lifesaving lymphatic tissue and bacteria, begins its action-packed job of keeping us protected. When we keep the GALT in hyper mode, by constantly ingesting allergens or hard-to-digest non-food stuff, we destroy nerve energy from our system and we become enervated, unable to produce enough nerve energy to keep us detoxified.

When the thin single-cell bowel lining is exposed to glyphosate, pesticides, and allergens, a protein called zonulin (which is released to signal the opening up of the tight junctions between cells of the walls of the intestinal tract to release larger toxic particles, then to close tight again) stays on overdrive. This leads to what is called 'leaky gut', or intestinal hyperpermeability. Leaky gut allows toxins to roam freely throughout the bloodstream and even cross the blood/brain barrier. This creates a damaging amount of inflammation as well as brain degeneration.

The giant crypts that line our intestinal wall (unfolded would cover a football field) are a perfect breeding ground for microorganisms; they are microbe heaven. There are hundreds of different good bacteria which can allow for helpful antibodies to enter these spaces teaming with life, (our inner ecosystem), kindly stimulating other important parts of the immune response to aid in healing and warding off pathogens.

The intestinal wall has a layer of connective tissue, which holds in place blood vessels and collects what is absorbed. Another concentric layer is the muscle cells, squeezing the digestive process forward. In between is a discontinuous layer of immune system cells and a multitude of microbes. Tiny nerve fibers touch the intestinal walls of the digestive tract, directing and regulating functions such as peristalsis. Contraction, timing and strength of this action is all governed by the nerve filaments.

The neuron system of the gut is a large network, second only to our brain. Anyone suffering with gut pain can attest to this.

The brain in our gut is an active neurotransmission, serotonin-producing system with highly intelligent messaging systems.

Our digestion is intimate with every part of our physiology. Our intestinal tracts are much more herbivorous than carnivorous, and animal

flesh will often putrefy and create toxicity in our gut. It was only when I released all 'animals as food' misunderstandings that I was able to HEAL advanced stages of Crohns disease.

'Eat dirt and live' may be an adage for life, or eat clean, live with dirt. Yet many of us have traveled and been exposed to viruses or a bit of bacteria and have been flattened because with our missing microbes we were unable to fend off the invaders. A healthy gut can thrive with 75% or greater friendly microbes and supporting viruses, leaving pathogens helpless.

Questions:

- *What are we feeding our bacteria?*
- *May these commensal bacteria eventually assist us in overcoming peer pressure and the herd mentality, and neutralize pathogens?*
- *If most of our bacteria (90-99%) are good bacteria in a healthy host, then are we able to consider pre- and probiotics, dietary shifts and meditation in place of medication?*

Digestion begins with thoughts of gratitude, visualization of divine digestion of rainbow electric meals.

Digestion begins with our connection to Mother Earth and God's food; grounded, grateful, growing!

Into our mouths with quiet, plentiful mastication and thoughts of 'Mmmm... and thank-you,' stopping at 70% full.

*How could I ever forsake you for me
If not for ALL, how can we be free*

*You cry from hidden places in mourn
The you in I, tired and torn*

*Yet Great Spirit is rustling through our hair
"There is resolution, please child, awaken despair!"*

*Speak out with love, warriors of light,
I will lighten the load
The answers are here
In God's unity Code*

ANTI-INFLAMMATORY & ALKALINITY

Coming Home-Work:

LEVEL ONE:

Step One:

EAT FOODS to support the healing of the planet/us; this is number one!

Get your healing herbs and supplements.

Test your urine pH daily first the first week, in the morning, then have a green drink or green smoothie and test again 1.5 hours later to see if the alkalinity has increased. It always does for myself.

Step Two:

Deep breathing meditation daily will increase the alkalinity of the mindbody and increase oxygenation. Acids and toxins cannot leave our body without oxygen molecules. Life cannot live on this planet if we remove any more oxygen from our seas. We may be alkalizing and detoxifying our mindbody with each breath.

Up to 70% of the toxins in our mindbody are removed via breathing, hence the acid load. Let us eat to HEAL life on planet earth.

Step Three:

Add probiotic food such as sauerkraut daily to increase anti-inflammatory pathways.

LEVEL TWO AND THREE:

Keep a food journal, find a plant-based integrative doctor or health coach such as myself, study the foods' healing properties, and increase the anti-inflammatory hydrating and alkalizing lifestyles and food daily.

Make the connection: if we cannot eat our companion friend dog or cat, then why are we eating other feeling living beings with their own families and lives to live?

CHAPTER EIGHT

L IS FOR LOVE AND LIGHT: LOVE AND LIGHT IS THE FINAL ANALYSIS

“A strong solar resonance field promotes the evolution of humanity to reach our full potential as human “sun beings.” Light supports evolution and a lack of photons in our bodies hinders it. As far back as the turn of the century, Rudolph Steiner, the founder of the Waldorf schools, anthroposophical medicine, and biodynamic gardening taught that the release of the outer light into our systems stimulates the release of an equal amount of inner light within ourselves. The more we increase our ability to absorb and assimilate light, the more conscious we become. This is the subtle secret of “conscious eating.”⁸

~ Dr. Gabriel Cousens

“Through my love for you, I want to express my love for the whole cosmos, the whole of humanity, and all beings. By living with you, I want to learn to love everyone and all species. If I succeed in loving you, I will be able to love everyone and all species on Earth. This is the real message of love.”

~ Thich Nhat Hanh, *Teachings on Love*

BORN LOVE

*Love was born outside the caged-in walls
Of tormented beings
And walled-up pain of 'original sin'*

*Love was born
In the water and pebbles
Making the eternal journey to the sea for salt cleanse
Not for plastic oceans of suffocation*

*The water and trees remember our love
As they reach their arms for sunlight nourishment and roots of aquifer
thirst*

*And when we die and our love is spread
Through the sunflowers and fields of poppies, and all things
growing for growth alone
The love we left, the truth we told
Will forever echo through the canyons
Vibration of our voices for love*

*And Alas, on the wings of freed beings
we will remember
WE ARE LOVE*

LOVE**8 Infinity Love and Light Builders**

1. Cultivate the art of self-love, for it is the only place where health-building choices will reside. Learn how to be well on this Earth, and allow the light in and out, live veganism.
2. Love others from the deep well of self-love, nurturing, and respect. Surround all beings with light and blessings instead of fear, resentment and worry.
3. Love your microbiome. Light up your cells, get daily green light from forest bathing and green drinks and foods; the most significant light for overall balancing of organs. Forest bathe get red and infrared light from the sun and from saunas, and fire-gaze.
4. Live radical forgiveness, while allowing yourself to be nurtured.
5. Serve unconditional love through peace foods while speaking from your heart.
6. Listen, listen, then listen some more, respecting sovereignty, yet understanding our need to take action.
7. Start every thought with kindness; kind words will follow when being true to your heart.
8. Choose a loving, light-carrying and conscious community.

We are love and light. Light throughout this benevolent universe which is us, is waiting to be born into its full expression, waiting for our hearts to be broken wide open so that we can let the light out.

The broken heartedness we're feeling and seeing in the eyes of our brothers and sisters, and ourselves, is the pain of a collapsing planet-community connection! Yet this too has the potential to awaken us all back into being light-Earth workers, into choosing from the light menu, and choosing sacred sovereignty paths home.

*The heart knows little of harm
 Human concepts for certain
 Compassion our child remembrance
 To love our alkaline cure*

*And every time I feel you
 Your smile and kind eyes upon thee
 Entering touch of sweet memory
 My heart knows...*

*Through rustling chlorophyll green
 Sky and ocean blue crying
 Children's happy sounds
 Ringing into hearts so weary*

*Cleansing water cold baptisms
 Rippling, the heart knows.*

*If we refrain from the hardening blocks
 Of a life-death unlived
 If we listen to the pulsing beat
 Beneath the breastbone bereaved*

There are kind and tested ways on this path. According to *Biophilia*, the 1984 book by evolutionary biologist Edward Wilson, people have a biological urge to commune with the primordial mother, Earth, which nurtures us. He believed that humans have evolved to love all forms of life and the processes that reflect our existence, which are everywhere visible in nature. Wilson called that attachment biophilia, from the Greek bios, meaning life, and philos, meaning loving.

“Our urge to merge with nature is impossible to measure biologically.” Yet he believed that, “our existence depends on this propensity, our spirit is woven from it, hopes rise on its currents.”³²

SELF-LOVE AND RADICAL ACCEPTANCE: BEYOND DENIAL

Have you ever heard anyone say, ‘let’s not kick them when they’re down’? If you were sliding down a slippery slope, would it be best to focus on how you got on that landslide slope, or accept the fact that you’re on a slippery decline, look around and decide to stop slipping, grab onto a branch and find a way to scramble back up?

On that downward spiral, there will usually be many options, or have you forgotten how to turn yourself away from self-destruction towards love? Our planet is on this slippery decline. Do we live in denial, or look around, open our hearts and join hands in awakening, taking responsibility for the destruction humans have created and begin living vegan-conscious? To love is to begin with self, just the way we are! In the messy and the magnificent ‘here we are’ is the only starting place!

To love ourselves, we can take as little as ten big belly breaths, smile, and add compassion for all beings to our sphere. We can allow peace to grow, radiating within us. Living in love is known to reduce blood pressure and stress hormones such as cortisol by up to 60%. It would take 30 minutes of meditation to achieve this one minute miracle.

Focusing throughout the day, a few minutes daily, on gratitude and on our loved ones, may add up to 12 healthy years to our lives.

Most of us feel very uncomfortable, slightly uncomfortable or in complete denial of shadow pieces of ourselves that we are either not ready to integrate, scared to integrate or think are too foreign and too ugly to even bring forth to the light.

It is hard to look at the slaughterhouse animals we see in documentaries such as *Dominion or Earthlings*. Yet beautiful and benevolent changes lie potentially within us in the unknown, in the sluggish, the unrealized, the habitual. As soon as they are illuminated with light and love, the shadows become much less scary and much less insurmountable; we can start with one small step forward into what our soul knows we must do: GROW, not wider but deeper, more connected, and more on purpose and inclusive. We are on the *Countdown to Year Zero* as the documentary reveals.

The first huge step for this return of human-kind will be understanding and living sound, clean nutrition. When we begin to eat in a way that is

light, alive and loving toward all sentient beings, we will feel kinder, less addicted, and have boundless energy and compassion towards others and ourselves.

*God make me a vessel of your light
To illuminate illusion of pain and fright
Make me an instrument of your love
As below, so above*

*Where mah, the knowing of 'nothing' lights morning dew
Let only this Divine shine on through
Into the core of corruption misalign
Thank you Creator for the Grace of Divine

When morn rises with fresh child-eyes
And I see you everywhere, in all disguise*

We are this biochemical beautiful mindbody, constantly searching for homeostasis in a healing body electric. We deserve a life steeped in sacred sovereignty light, and it is our birthright. To understand what we are made of and to realize our highest purpose and a deep settled calm of integrity, we need to be well.

Radical self-acceptance is not an invitation to stay stuck! But if truth is told, being stuck is usually created by having no self-acceptance, and wandering without a sense of our higher self. When we are fully able to accept ourselves when hurt, unmotivated, and lonely, we find some space within the negative self-talk, and discover our ability to take a good look, with awareness and gentle and slightly detached eyes. Taking simple steps and making the commitment to self-acceptance and to moving toward sacred sovereignty and self-honesty will free us from feeling overwhelmed during this process of change!

Let me give you an example. One morning I woke up with a bit of a food hangover from overeating. I may be saying unkind things to myself, which further exacerbates and suppresses my desire to do better at this very moment. Instead, because I have come to understand myself and my journey, as well as the power of attraction, I realize that what I focus on, I create. Therefore, I reach for a large glass of structured water and visualize a day where I can be of love and service to myself and this cosmos biome.

If my body has stepped out of hydration and homeostasis, it usually means I'm less electron-rich, so I know it's time to take my beautiful hydrating water to the Earth and dance barefoot, breathing deeply. We can shift our focus from grief to gratitude in a few focused breaths; all of us can. We can simply breathe and continue to look around in appreciation and by doing so, stress hormones quickly disappear. We can reach out with a kind word, a beautiful green salad, and a loving smile.

Radical self-love and radical self-acceptance means we have begun to understand that we have gotten to our current state using our best coping strategies and upgrade at any time. We can ask for guidance and sweet surrender, letting go trusting, we can source a deeper truth.

LOVE IS UNDERSTANDING, LOVE IS DEEP LISTENING

Rumi said be a lantern, a lifeboat and a ladder in service to the other 'us'. Ask whom loves me and who do I love but it must be someone you can trust so we may be vulnerable, this is essential in community.

I recently heard the lyrics in a beautiful song 'Love is understanding.' This is where it all begins. How can we reach a level of understanding for another without understanding ourselves, and what does this understanding require?

We recognize we are an interconnective web of motion.

The unity recognition allows us to not put ourselves or others in a box as if, "This is as good as it gets!" Within the silence, that place between thoughts, (that pause at the top of the inhalation and the pause at the bottom of the exhalation), we begin a quiet meditation. Just simply paying attention and listening deeply to our inner physician's messages, we can begin sowing seeds of love.

When I was healing Crohn's, I read a book by Dr. Gabor Mate, *When the Body Says No*. As the title of the book says, we have been trained as children to externally focus, to stuff down what we're feeling, and to avoid it, ignore it, and forget it. In this 'for-monetary-profit' world, deep listening is frowned upon. If we do not listen to our body saying 'no', it will shut down.

With understanding, we may awaken with the sunrise to meditation and hydration, energizing higher realms of our brain with deep focused breathing and yoga. With living water and intuitive movement, we are now able to hear the deeper calling within.

When we feel ourselves leaving homeostasis and equilibrium, we return back to our breath, water and harmony. We return to stillness or right action. We close our eyes and find three things our body does automatically, through the harmonious systems within, and give thanks. We then are empowered to reach for the next best thing; a hydrating green juice, and green chlorophyll salad. We pay it forward, and bring this light from these sunfoods into our friendships, hidden cages, and our activities.

Listening starts with listening to ourselves, bringing out our wild intuition. Being grounded and grateful, allows our 'beingness' to thrive with the tides, in a fragmented world.

TIDE OF LOVE

*The ebb and flow of tide
Tenderly placed our moon and ocean, star
Our sticks and stones and blood and bones
Given freely loves' glow and fierce wonder*

*Is my love enough?
For nothing was ever mine to own
Just a shooting star to wish upon
Keeping me breathing*

Faith or not

*Just moment practice of return
Not to squander, not to earn
Just twilight through night sky
And back to wonderment, AM I*

To embark on the journey of seeing oneself in the other is to understand the intrinsic goodness, of ALL. On a cellular, microbial, soul level, WE ARE 'the living integrity' we have been waiting for. In the awakening, we understand love will always be the final analysis.

World circumstances are continuing an agenda of fascism, which have always been here to some degree and a large degree for the animals we eat. It has created a social discord that is pushing us far away from our

basic need for touch, community and intimacy. In the purest and deepest sense, a new awakened love is about to arrive. The old system's agenda has become blindingly clear. Returning to wholeness and communities based on love and peace are being created globally. When we work on something as important as deep listening as a spiritual practice, the reciprocal gift we receive is this: we learn that in seeking first to understand instead of to be understood (as in the prayer of St. Francis of Assisi), there will arise within us a way of 'hearing' that we never felt before, inviting us into a world of unheard and unseen people. There is no 'other' or them, it is all 'us.' Feeling heard, listened to creates a channel to one's unconscious. In this space of 'listening,' we create the healing needed to clear away the veil that would have had us project our wounds. With this access to these place, we can partake in peaceful communication. As we gather our abandoned pieces, we may intend to commune with open hearts and hands. Love then evolves into a verb of compassionate commitment.

PEACE PRAYER BY ST. FRANCIS OF ASSISI

*Lord make me an instrument of Thy peace
Where there is hatred, let me sow love
Where there is injury, pardon
Where there is error, the truth
Where there is doubt, the faith
Where there is despair, hope
Where there is darkness, light
And where there is sadness, joy*

*O Divine Master
Grant that I not so much seek
To be consoled as to console
To be understood as to understand
To be loved as to love*

*For it is in giving that we receive
It is in pardoning that we are pardoned
And it is in dying that we are born to eternal life*

My dear friend Mark Anielski, author of Economics of Happiness, wrote the following as a declaration, based on a society of love:

DECLARATION OF LOVE

In the beginning there was the word: Love.

Love had been existing with God/Creator

Love is God.

All men, women, children and animals are created in the image of Love which is the Creator/God. Love is who we are.

We affirm that all wealth, in whatever form, comes from the Creator/God.

We are ALL created whole, endowed with innate intelligence, with dignity and wonder, worthy of respect.

We are the embodiment of life, liberty and happiness.

Children are original blessings, here to learn their own song of love.

Every girl and boy, every living being is entitled to love, to dream and belong to a loving family and community and to pursue a life of meaning and purpose.

We affirm our duty to nourish and nurture the young, the adults and our elders to honor their caring ideals as the heart of being human.

To recognize that each living beings have something to contribute to the well-being of all.

We commit ourselves to a path of love and peaceful ways vowing to act with love towards every brother and sister as well as Nature.

We are co-guardians of our respective well-being.

We honor the bountiful Earth whose diversity sustains us.

Thus we pledge our love for generations to come.³³

~Mark Anielski

CAN WE PLEDGE OUR HEARTS TO LOVE?

LOVE IS A VERB

Ziggy Marley sings, 'love is my religion'

Can we lay our burdens down with breath, exhale it together my friends?

How may I serve you so you may find your sacred within, Without removing your sovereignty, your uniqueness and preciousness, which only you can navigate into truth, which belongs to your soul alone.

Love is a verb, love is our religion

Love is our belly so rich in microbiome memory, it transcends fear of the germ theory and constant hurry.

My heart is open, not for invasion, rather to share this mossy forest floor, rich I breathe you...

To share the love food on our plates and kitchens from our infinity gardens.

Love is a verb

Love is my Religion

Hold my heart in your tender hands, and together we bathe in the waters of love

Let us together cleanse the control and 'crazy' of a world gone mad

Evaporate me Beloved, into a higher dimension

For the human heart will always be love-strong, love-sacred

Never sold, never bought.

I see my hands as open branches of my heart.

May I lend you a hand of love Beloved, free of needy clinging, outward to our brothers, our sisters, animal relations and to infinity and beyond?

~ Tami

LOVE, THE SILENT HEALER, AN EXCERPT FROM THE BOOK EARTHGUT

Love is not a concept. It is a living matrix that is deeper and older than our primordial need for food. For when infants are fed, yet not touched, they continually die of touch deprivation.

Love is who we are and maybe what keeps the stars, our spines, and souls in alignment. Perhaps, just perhaps, when we see a forward hunched older person, we may be seeing someone, for whatever reasons, missed out on the love train and has spent their life lunging so far forward, when the present moment was not the loving, living matrix he needed to be here and now.

It is our birthright to live in love and freedom, yet so few of us know how to do this or have found communities that support such a life. So many of us do not realize by not eating death, we free our hearts to feel the love everywhere.

We are taking the thousand mile journey and practicing presence while keeping our hearts wide open. Feeling love in a beloved community soothes our senses and allows us to experience love. It is impossible to heal without feeling loved and connected.

We can only heal when our heart is in it, when we bring energy to motion — emotion! What we are doing needs to matter in our heart of hearts or it will fizzle out quickly!

Love is Anti-inflammatory

Oxytocin — the bonding hormone, has turned out to be anti-inflammatory. In just one of many studies, in 2010 study, Gershon found:

“Oxytocin levels can influence the digestive system as much as they influence the brain. Oxytocin has been proven to calm gastrointestinal inflammation, greatly reducing the risk of food sensitivities, autoimmune disorders and systemic infections.”³⁴

We need three hugs just for survival everyday as more people die of loneliness than anything else; loneliness in all of its alienated and abandoned disguises, and this demonic separation is continual holocausts of un-Godly forgetting in the animals we raise to take into our flesh and blood of our heart.

When we look into the eyes of sacred love everywhere — in children, our beloved, and animal friends, we feel the beauty of a thousand hopes align. Alignment is love-aligning with truth, peace, and life times of tribal ancestral unwinding, calling us home.

Love is the gentlest brush of skin and the passing by of a smile, the opening of the cages, and the quiet home coming of silence never so rich with unspoken words. Ah, to be known, to be freed! The ease, the caring and longing for the beloved to protect the open hearted. Love whispers across the mountain peaks shining down in pink and indigo, sunrise to sunset. Love comes without regret— alas!

The bottom line - we need each other, especially now! In coming together in unconditional love, we can pierce right on through the veil, into the gateway of heaven where God’s unconditional love can be lived amongst Earthlings, all earthlings.³⁴

I remember you, I remember me

Not from something lived, but from your eyes...

*I remember me, I remember you
Not from your clothing so fine and untattered
But from your smile that soothes me somehow*

*I remember you, I remember me
Shoulders touching, by this stream of forest glen
Waters' destination of journey; quiet, raging and unforgotten*

*I remember it all, in the gentle touch of your skin across mine,
As heron appears and eaglet learns to soar
And robin sings for spring alone
And distant calls of loon beckons,
I remember...*

LIGHT

8 Infinity Practices for Letting in the Light and Living in the Light

1. Shine into the illusions of darkness and keep your face to the light, so you can be transparent to yourself and be able to wash away the heaviness of a world gone mad.
2. Make this easier by eating from the light menu and directly from sunfoods that are lively, fresh and harvested from living soil. These foods light up our mitochondria, hydrate our cells and allow us to be light-electron beings.
3. Allow yourself to get the nutrients every day to light up your life in thriving amounts.
4. Eat plant-based only, not participating in the wars that do not belong to you.
5. Eat flax and spirulina every day to bring the light in and hold the light in, and eat them together for activation.
6. Move your body in the sunshine on the Earth, in the sunlight to release stagnation. Practice ancient techniques of clearing energy: drumming, chanting, dancing, and rattling, Sing This Little Light of Mine, I'm going to let it shine, and then just go ahead and let your light shine!
7. Smile internally into your organs, and smile externally into the world, knowing you are the light of God, Just by smiling you change yourself biochemically from heaviness to lightness.
8. Eat and drink light to increase antioxidants, anti-ageing, and heaviness.

LIGHT THERAPY: CHROMOTHERAPY AND PHOTO-MODULATION

Chromotherapy and photo-modulation is light therapy, a mostly forgotten treatment that uses the visible spectrum of color, healing frequencies and light/color to HEAL. Light therapy, along with many other natural and effective non-pharmaceutical, non-invasive HEAL methods, was understood many decades ago, and is based on the understanding that we are light-energy beings, absorbers of energy vibration and light. As

pharmacological medicine came under the umbrella of science, it focused too much on treating the material physical body, ignoring holism.

Each food, with its bright pigment colors, offers the mindbody different healing properties. We love to see color in our food, when we are still with heart intact. It is interesting to observe that the rainbow foods we eat are full of phytonutrients to help us thrive, and are never the color of decomposing flesh.

It is important to note that much of this light therapy is in the natural world: sunlight streams through the green trees, twinkles on blue water electrons, illuminating colorful dancing flowers we leave for the winged ones. Into this beauty-color-light-way, we unboundedly wander! Are the fairies awaiting?

Much of our life is light deprived, such as the animals confined in concentration camps. We give up our sunshine to buy what we think we need. This enslavement system is being revealed as I write these words in hopes we can live in the light as a planet by 2026.

Imagining the colored world that surrounded us as early humans; rainforests, riverbanks, ocean coral, deserts of moving sands, and the mountains of mystical magnitude, a feeling and mood stirs within us. The turquoise of the ocean and the blinding white of the sun reflecting and glittering of blankets of snow, and the spectacular feeling of walking through autumn forests of yellow, orange and red, are the spectacular color therapies of being alive. The melding of the deepest blue skies into the red rock of desert earth. Our lighthouse hearts expect colors from our environment. Yet much of the colorful coral in our oceans is bleached and dead, trees are disappearing for animal agriculture, and we forsake rainbow food for fake-colored processed food, hence we suffer.

In *Chromotherapy and Its Scientific Evolution* by Samina T. Yousuf Azeemi and S. Mohsin Raza, we find the following:

“In 1951, Takkata discovered that ‘Color Ray Frequency changes in atmosphere arising from the sunspots really affect the flocculation index of human blood albumin resulting in changes of menstrual cycles.’ It can be received through the skin or the eyes, which, in turn, has been found to stimulate the internal glands.

Variation in Influences of Light During the 1950s, studies suggested that neonatal jaundice, a potentially fatal condition

found in two-thirds of premature babies, could be successfully treated by exposure to sunlight. This was confirmed in the 1960s, and white light replaced high-risk blood transfusions in the treatment of this condition. Blue light was later found to be more effective and less hazardous than full-spectrum light (the most common form of treatment for neonatal jaundice). Bright white full-spectrum light is also now being used in the treatment of cancers, SAD (seasonal affective disorder, so-called winter depression), anorexia, bulimia nervosa, insomnia, jetlag, shift working, alcohol and drug dependency, and to reduce overall levels of medication. Science on the successful use of blue light in the treatment of a wide variety of psychological problems, including addictions, eating disorders and depression.

At the other end of the color spectrum, red light has been shown to be effective in the treatment of cancer and constipation and in healing wounds. As a result, color is becoming widely accepted as a therapeutic tool with various medical applications.

By comparison, pink light has a tranquilizing and calming effect within minutes of exposure. It suppresses hostile, aggressive and anxious behavior. Pink holding cells are now widely used to reduce violent and aggressive behavior among prisoners.”³⁵

~ Samina T. Yousuf Azeemi and S. Mohsin Raza

In *Let There Be Light: Practical Manual for Spectro-Chrome Therapy, Spectro-Chrome: Healing With Colored Light*, Dr. J. Mercola interviewed Dr. Alexander Wunsch:

“More than 320 different disorders have been successfully treated and are successfully treated nowadays and in the past. I would not exclude any disorder from the potential treatment with the colors, because you can, at least, benefit from the symptomatic treatment.

Dinshah understood green as the central color, green as the color which balances all the different body functions, mental functions and partly also emotional functions. The colors with longer wavelengths compared to the green, he called the infra-green colors. The shorter wavelengths, he called the ultra-green colors. An acute inflammation would be treated with ultra-

green colors. Always, there is green as the target. Purple is the color which has the highest impact on sleep quality. Purple is activating bromine.

Magenta stimulates lithium and alleviates depression. It's the color addressing soul-associated disorders.

The color that addresses the metabolic processes in the gut, in the pancreas for example, is yellow. As a standard, if we are talking about a chronic condition, the basic color, which is always part of the treatment regimen, is Lemon.

All the colors of the rainbow reach the capillary layer. They reach the bloodstream. You would treat a chronic condition, with Lemon and Red. Red is the color which addresses the liver.

Some may say this is not evidence-based. They are right. Some may say this is a placebo effect; they might be right. But at least it is a reproducible placebo effect, because it worked all the time.”³⁶

~ Dr. J. Mercola and Dr. Alexander Wunsch

In long winters we may receive light therapy as a means to return to our-cells. Eating rainbow foods in the winter, I feel like spring is in my kitchen, and sprouting green things emerge. We may deepen our appreciation of the rainbow light therapy of our living world and foster an appreciation for a world homecoming of light-workers. Imagine...being your own lighthouse, with such a bright light that you help others find their way out of the foggy storm.

It is not by chance that we loved as children to draw rainbows or look up in awe at one, or that we love flowers of brightness and colorful splendor, that we touch leaves, lie in green grass, and love red rolling hills, to bathe in sunlight, stare into fires, and celebrate rituals with colorful clothing.

Remember, children of the light, to forest-bathe, river dip, and gaze at all the beauty of color light. By doing so, we yearn to save it.

We have researched ways to live in the light. Too much light will burn, yet significant light will HEAL. With our beloved by the fire, or the light we eat directly from the sun in our garden, we thrive.

*On Mother Earth I came to you, daisy in my hair
Will you protect the vulnerable pieces left to dry
And hold on... hold me and breathe?
Will you let my light shine?*

*Will we come to community and give to the fire-light,
the noise that they feed us,
Regathering all the spheres of light we've loved and lost,
Become gathering vessels of light essence?*

*Will you play with me...
Green light in forest bathing
With earth's dew on my toes, mycelium running*

*I breathe this sticky poplar spring
So much beauty in this eternal soul of sun upon our skin
While Omni-presence lies at my feet, in the fire-alive kitchen
Burning up the rubbish that we took on...*

*I come to you honorable, vulnerable
and stand before you, child-woman-warrior
Can we love each other back to light like that?*

LETTING LIGHT HEAL SHADOW VICTIM

Most of the trauma which prevents us from being light-beings is stored from childhood, retold as a victim story and perpetuated through eating the hormonal residue in animals who endured terrible pain. The grief not fully healed removes from our awareness the understanding that we can live sovereign and sacred lives.

Somewhere through all of this, we have given away our power to things outside ourselves, allowing others to 'capitalize' on our health issues and dis-ease. My dear friend John reminds us that the answers were in the old ways such as permaculture instead of relying on piped water, in mulching and planting tree lines and in leaving forests, in using clotheslines, in fermenting and drying foods instead of relying weekly on supermarkets, in family multi-dwellings and communities, and in capitalizing on love and interconnections.

The following is an essay, *Spiritual Sacred Sovereignty*, by my soul mate John Edwards, a scholar of the Torah/Bible:

“Our body is our temple to connect with God, Ha Shem (the Divine). How can we connect spiritually when our health is compromised or unhealthy manifesting into symptoms? It is essential to know the health of our mindbody, without the private and public agencies collecting this information and diagnosing our health for us.

The integrity of information collecting (and monetizing our information) is discussed by Dr. Zach Bush in an interview with Danica Howard in May 2020:

We need civil liberties to start to take into consideration here. There can be no advertising between a human and their own curiosity and the output of the intelligence of their species, or two species speaking together can no longer be manipulated by advertising or any other third party. If we did just that one simple thing to change the way to which our social and political structures would control information in those on line environments we'll suddenly be able to do hyper intelligence as a species. I think we are that close to doing something we've never done before, to reach our consciousness and hyper think that we've never done. Or we're at the point of collapse of our species.

We should have the ability to opt out or have a religious, medical exemption from mandatory injections of non-medicine into a person's body. Mandatory vaccines are a violation of the Nuremberg Code & Principles.

Medical systems and practitioner's truth and integrity can be upheld by the Hippocratic Oath. Humanistic Medicine is practiced rather than experimental untested medical solutions ignored by questionable or unproven scientific theories or influenced by undisclosed financial ties or conflicts of interest.

Sovereignty supports the right to earn a living, be productive, work for and with ethical people and or ethical business organizations. Catherine Austin Fitts of Solari.com reminds us to reinstate the rule of law, enforce the Constitution of the United States and honor the Declaration of Independence.

Cosmic and Spiritual Law must be honored. Spiritual law trumps or supersedes space law and man's rules and laws, especially those laws and checks and balances that have been created by corrupted systems and/or special interests bias is not disclosed.

Spiritual Sacred Sovereignty is to choose a course of medical treatment services or non-treatment by hospice care. We, ourselves have a choice, or by proxy of a trusted person, of treatment of our body. He or she implements our final requests, (medically, economically, and spiritually) honoring how we will be cared for at the end of our life and after we pass from the physical realm to the spiritual realm.”³⁸

~ John Edwards

When we open our hearts and share hands full of rich soil; with microbiome strong bellies, and media-stress released, we begin the thousand-mile journey home!

Our morning hug produces oxytocin; an inflammation reducing hormone, and reduces our susceptibility to invading germs, speeding up recovery by up to 50% as studies have indicated. How do we come back together into the web circles of life, and into the ongoing awareness of beauty, regenerating ourselves with plant medicines, enchanted once more?

THE HEART-MICROBIOME EXCERPT FROM EARTHGUT

Dr. David McClelland at Boston University defines love as a mindbody state that includes the entire human system, immune system, and heart. Because our greatest immunity arises from our microbiome system, stress-free, bonded, loving relationships are literally good for our gut. McClelland also demonstrates the remarkable difference between lovers who exert power as opposed to the strengthened immune systems of lovers who deeply understand the power of love. This must also be true with people who exert power over helpless, innocent animals.

When we learn to tap into our heart's healing power, we not only prolong our lives, but bless the lives of all the heart-centered souls around us. Perhaps we should heed the words of Pearsall, “The most important health warning of all is to ‘have a heart.’”³⁹

Twenty-one days after conception, the muscle of our heart, with over two billion muscle cells and 40,000 neurons, begins instantly to pump signals to both our gut and our brain.

The 'Heart-Mind' interacts both electrically, via the vagus and spinal nerves, and chemically, through the endocrine system. These heart neurons are in continual connection with the brain/microbiome and it is now understood that the brain obeys bacteria.⁴⁰

The heart as an endocrine gland releases peptides and hormones, such as oxytocin, and allows bonding to occur that might otherwise be difficult. It is now better understood that the inability to connect and bond with others may be rooted in the microbes of our microbiome, because oxytocin pathways may be interrupted when Lactobacilli strains are absent. How much of a role does our dying earth play in our ability to live with healthy microbes, a connected heart?

We know that conventional foods create systemic inflammation and also inflames our hearts. I am also aware, in times of quietude, of the karmic healing arising from no longer partaking in the inhumane way animals are treated for our entertainment and food. Do we eat their broken-hearted pain bodies and then experience reciprocal diseases and the unsettling effects of our actions?

We are seeing these infinite love, light and gratitude circles everywhere. The amplification of positive love and energy in our space and in the 'One Energy field' can propel a return to veganism as the original instruction from *Genesis 1.29*. The resonance field of light-workers coming together for peace cannot be overlooked in these times of great need.

PRACTICES:

Meditation: As we take the focus off of what is frustrating us and put it on breathing in and breathing out, we can cultivate gratitude for the sun's warmth and light, for the trees and their live-giving oxygen and beauty, for the oceans recovering, for veganism increasing quickly, for the Divine and boundless energy, for the microbial-rich Earth and her constant forgiveness and regeneration, and for the other souls in meditative satsangs everywhere who are sharing their light with us.

Prayer: It is recommended that before we ask God for what we want, we should thank God for what we have.

Gratitude Intention Journal: Keep a gratitude journal: Write down 3-5 things you are grateful for each morning and evening. They may often be life-changing and helpful in reducing stress. Write down 3-5 things daily that you will do to contribute to world peace.

Count our Blessings: is an opportunity to look at the possibility that all that happens in God's world has the potential to be for our good. It may seem like a daunting possibility to swallow and digest (pun intended) this when we are not feeling well, but it can be worth its weight in gold to contemplate, for example, how dis-ease can be our ally by slowing us down so that we become more self-aware, and learn to access the physician within. It's ironic and instructive that people from some of the most financially challenged countries also smile the most.

Smile: Dr. Aung, a Qigong Master and TCM Doctor from my neck of the woods, emanates love from every cell of his being as he tells us that smiling and the Qigong practice of smiling into our organs has a profound effect on our happiness and wellbeing. There was an inspiring U.C., Berkeley, study that took a large group of clinically depressed individuals, put them in front of a mirror daily for 20 days and had them all smile deeply to themselves for 20 minutes. Depression alleviated in all participants.

Verbally and mentally thanking all beings: If we really want the last word, let it be thank-you or a chant of the ancient Hawaiian art of recognition, Ho'oponopono: "I love you, I'm sorry, please forgive me, thank you," and then STOP re-doing harmful actions. Stopping ourselves in the middle of a slippery slope and coming back into our space of Divine breath and non-codependency will breed peace.

Buddhist Prayer Blessing

May we ALL be filled with loving kindness

May we ALL be well

May we ALL be peaceful and at ease

May we ALL be happy

Drink structured living water to light up your life and charge it with the sun, preferably in a clear or blue bottle. Enhance the water by putting messages on it such as “I love you, freedom, HEAL.”

Make meditation the core of all rituals of nourishment: drinking meditation, eating meditation, gardening meditation, planting meditation, singing meditation, etc.

Like shadows, viruses and light are always mutating and changing form, and like all of life, nothing is ever a ‘one shot forever-and-ever deal.’ All things are events arising in awareness in the constant everflow of energy and hydration in our ever-changing waterbody-electric. May we soon realize that we are energy, not solid matter. It is easier to get unstuck than we think.

Why is it important to talk about enlightenment in wellness? All aspects of wellness - physical, emotional, mental, nutritional, toxicological, spiritual, and environmental—need tools and processes to better understand homeostasis in order to enjoy good health. We need clarity, now more than ever, as we consider that we are on the cusp of large and rapid destructive changes: climate change and electromagnetic pollution, degradation of our environment, the toxic and devastating karmic impacts of eating animals, water and air pollution, and death all around us. To understand health is more important than ever, as discussed in Dr. Michael Greger’s new book, *How Not To Die*. The title reveals the point. Like us, animals do not want to be imprisoned and die.⁴¹

LOVE & LIGHT COMING HOME-WORK:

Level One, Two & Three:

One step, two steps, three steps....On your mark, get set, GO VEGAN

And as my AA 12-step book says:

“Having had a spiritual awakening as a result of these steps, we tried to carry the message to those still suffering..”

Live in the light, turn your face toward the sunshine and love yourself enough to make the changes which HEAL YOU, HYDRATE YOU AND KEEP YOU HOLY! Work toward bringing light to the ongoing abuse of confined animals, sentient beings, and children.

Find your people, free sentient beings, and love each other home.

Practice, love, live in the light, rest, practice, repeat!

A SUMMARY REFLECTION:

“For evil to succeed, all it needs is for good men to do nothing.”

~ Martin Luther King

“As we open the book of light, we realize that we are co-creations in the next chapter of the book of light. We have a positive future if we decide to go with a positive spiral into the greater cause rather than hold on to the material aspects of the old paradigms that are basically being removed or falling into the lower negativity. So this really requires each of us to make a greater sacrifice and to be activists of Light in a joyous experience.”

~ J.J. Hurtak

Why is collective action vitally important and magnificently empowering, whether it is collective communication from separate homes, or alternatively, within gathered communities? What if we can just walk down a path to a friend’s small home for a massage, a shared meal, or a collective brainstorming session, coming together as a village to raise the children?

What would it be like to live amid infinity gardens, experiencing a deep sense of peace and understanding of the chlorophyll-rich world. Can we envision a plant-based healthy biosphere of love, peace and microbes, one that is based on fermented and pre/probiotic foods that allows us to thrive, unscathed by mutating viruses?

What would it be like to live among fellow beings who live with respect for the natural laws of health hygiene, understanding that what we do to the planet’s biomes and to each other matters, and that what we do to the animals, winged ones, and insects also matters?

I believe this time we are in represents the possibility for a mass awakening on the planet, and we are sitting at the crossroads; to heal shadow coming to light or numb and project wounds.

It is time to begin speaking our truth, to let go of the pseudo-wellness; old grief that no longer serves. Community gardens are being planted with little seedlings of heirloom ancient memories. On beautiful spring mornings, we can ignite seedlings with water and gratitude, while beautiful light shines through chlorophyll-rich new leaves of life in our home.

Green as noted earlier is the light color that transmits through its light waves of the sunlight, balancing all the organs and tissue of the body. It's interesting that it's green chlorophyll food, still in its light form, comes directly from the sun-foods which heal us all.

It's the miraculous sign of an Earth coming to life when spring trees come out of dormancy. We give thanks for a world awakening and ask that we all hold the vision of beauty, and a peaceful biosphere of biology and belief.

A summary of our microbiome:

The microbiome is considered the most recent organ to be recognized and studied, and it is being viewed as the essential satellite organ that is involved in all systems' physiology, pathology and health. Understanding the individual as a collective, we are beginning to understand how alterations in our health arise when a microbe population is altered, both in our outer and inner gardens.

There are many studies I investigated during my Masters' thesis on the microbiome and on the interconnections between prebiotic plant foods, probiotic foods for healing. Unfortunately many of these studies involve animals testing and create intense pain and suffering for them. To live peace, we must stop using living beings; mice, rats, monkeys, cats, and dogs in this way. It is normalized violence we are moving away from.

Again, as in any life-altering truth, there is ridicule before the truth is accepted. Nevertheless, this hypothesis is quite easy to implement and use oneself as 'the power of one' to see how quickly one feels better, can think more clearly, and can rekindle our childlike joy by when cultivating one's inner garden with whole plant-based foods only.

If we remember that everything our gut must assimilate will affect our whole self; everything we eat will either feed us or eat us up, for better or for worse, would we choose pro-life fermented foods that inspire us to walk this Earth in peace, in harmony with natural ecosystems? The gut microbiome of vegans, as studies indicate, reveal beneficial diversity and health. Will we begin to consider what we eat, drink and think as integral to our coevolutionary journey back home?

Would we eliminate the chronic use of animal products, antibiotics, toxins, stress, and toxic processed foods and drinks that destroy our beneficial microbes at alarming rates, and that are known through research to be the greatest destroyers of healthy microbiomes, and of happiness and our planet?

We are birthed into this unified field: expressive, diverse and whole. The modern medical model has created many specialists and separatist theories that have created a divided view of how we see ourselves. It's time to understand from a more holistic perspective, and see how gut-brain axis of the vagus nerve affects us bidirectionally, through our hearts, cross-talking with the limbic and endocrine systems, primarily from the bottom up. This complex neural connection immunity is the receptor-field of much of who we are, connecting us to the heart of the matter.

If you don't like bacteria you are on the wrong planet.

~ **Stewart Brand, Author**

Perhaps our disease-filled world and our medical treatment plans are equated to the conduct we have shown Mother Earth: cut it out, poison it, expose it. This is also known as the Biome Depletion Theory, and it appears that the wasting of planet Earth is also manifesting as the wasting of our digestion. Yet there is hope, joined through microbes, in our search for a more compassionate and sustainable way.

Research indicates that a whole, organic, plant-food, highly-mineralized, low-glycemic, probiotic diet, combined with stress reduction, natural birth, and avoidance of antibiotics, strengthens our immune system. Omitting the most highly inflammatory foods such as sugar, animal products (the highest on the food chain and most infused with toxins and pain), gluten, pesticides and the chemicals found in all non-organic and genetically engineered food, will help restore our microbiome and begin to reverse dis-ease and metabolic syndromes.

The discovery of the microbiome and of the role of bacteria, fungi, parasites, and viruses as the body's largest immune regulator, is vast and increasingly studied in scientific research, with large projects such as the Human Microbiome Project, changing the way we view every disease. The focus is on understanding the human body from an analysis of homeostasis and health. It supports and calls for consistent practice of 'pro-life' intake, and illumines the body's ability to suspend, neutralize and destroy most pathogens if the microbiome terrain is favorable. The research on plant-based whole food nutrition is enormous now, and indisputable in pointing the way to reversing and healing dis-ease and in building beneficial microbial populations that render pathogenic microbes harmless. Will we become similarly harmless? Let's pray and stay!

When we finally make the commitment to listen to our gut instincts – feed it a flourishing fauna, frolicking on the grass, ingesting microbial truths- while freeing our children from nature deprivation and a processed animal product life, we will have discovered the 'fast track' to holistic wellness, brain restoration and a connection so old and deep that separation disappears into the microbial web of dynamic mystery. Microbes, sacredness and sovereignty is what it means to be 'human'!

May the microbes we share with each other and planet earth HEAL.

May the conversations between loved ones come together into action!

May we remember love is an action word as we move forward into the Earth-love-light-reunion!

May we realize, when we're healthy with herd immunity, and when loneliness is no more, we have co-created peace on earth, the immunization antidote for a world gone mad!

"I'm simply saying that there is a way to be sane. I'm saying that you can get rid of all this insanity created by the past in you. Just by being a simple witness of your thought processes. It is simply sitting silently, witnessing the thoughts, passing before you. Just witnessing, not interfering not even judging, because the moment you judge you have lost the pure witness.

The moment you say, "this is good, this is bad," you have already jumped onto the thought process. It takes a little time to create a gap between the witness and the mind. Once the gap is there, you are in for a great surprise, that you are not the mind, that you are the witness, a watcher. And this process of watching is the very alchemy of real religion. Because as you become more and more deeply rooted in witnessing, thoughts start disappearing. You are, but the mind is utterly empty. That's the moment of enlightenment.

That is the moment that you become for the first time an unconditioned, sane, really free human being."

~ Osho

ENLIGHTENMENT

“People will do anything, no matter how absurd, in order to avoid facing their own souls. One does not become enlightened by imagining figures of light, but by making the darkness conscious.”

~ Carl Jung

*As the world burns up the hatred so will I
As the reasons for war just run dry
And stars align our spine so will you, so will I, so will I*

*As all truths of Life’s death come to light
As all God’s beings are freed from fright
so will you, so will I*

*As eyes turn to seeing so will I
And the Northern Lights dance freely through the sky
And all reasons to harm just run dry so will you, so will I*

*As light fills the cracks, so will I
And Love for ALL beings, is given the green light
And all reasons for war, just run dry
Alas on Earth All beings, are you and I*

Enlightenment is described in the Oxford dictionary as: “The action or state of attaining or having attained spiritual knowledge or insight, in particular that awareness which frees a person from the cycles past.”

Enlightenment in the European intellectual movement of the late 17th and 18th centuries emphasized reason and individualism rather than tradition. It was heavily influenced by 17th and 18th-century philosophers such as Descartes, Locke, Newton, Goethe, and Voltaire.

Maybe enlightenment can be indicated by the actions of Mahatma Gandhi when he showed us the way to peace. May the harm done by Homo Sapiens become instead the compassion and harmony we may find as ‘Homo Ahimsa’, by doing as Jung suggests, going towards the dark and

bringing it to light. There is nothing as immoral and unenlightened as animal agriculture.

Today we may look at ‘to mend-in-the-light as our way to solidify grounding grace and ‘normalized nonviolence’ in these precarious times, as light beings. I understand that we as a species are moving into a 5D reality and beyond, knowing our interconnection, and then maybe playing in Christ consciousness of the 8th dimension. I say, let the awakening begin, in all its messiness.

Light is translucent and ever-changing, and requires a moment-to- daily practice of maintaining homeostasis, community, god-consciousness and Earths healing. She will in turn ask us to free the animals, stop polluting water and food, and honor her herbs and plants as medicine. Will we?

My favorite forage foods are: white and red willow bark, maritime pine bark, mint, oregano, mountain ash, wild nature herbs of dandelion, purslane, plantain, cattail roots, and juniper berry. Wild medicine is endless yet is not medicine if not given a thankful offering when taken from her.

In Rabbi Gabriel Cousens’ book, *Torah as a Guide to Enlightenment*, is a passage to close this story:

“You cannot be a free slave. You cannot be stuck in the matrix and be liberated/enlightened; it is not possible. These principles of individual sovereignty creating state sovereignty, is a parallel condition for the manifestation of Am Yisrael being a light to the nations.

When King David was inspired to write one of his Psalms, he would begin and end it in the same happy tone. This is the feeling that occurs when the unknowable, a quality of mah is revealed. It is spiritually inspiring. Sovereignty can only be perfected when the meaning of Hah is revealed, which is to know the unknowingness of life.”⁴²

~ Rabbi Gabriel Cousens p526

RISE OF THE VEGAN

“We can see quite plainly that our present civilization is built on the exploitation of animals, just as past civilisations were built on the exploitation of slaves.”

~ Donald Watson

“If our so-called understanding of animals does not ignite within us a loving urge to allow them to fulfill their lives and purposes, to honor, respect and appreciate them, then it is not true understanding. Our science is in many ways incapable of this authentic understanding, and, because it is also often a vehicle of corporate power, it is best not to rely on it too heavily in our quest for wisdom or healing.”

~ Will Tuttle, *The World Peace Diet*

Donald Watson, founder of the Vegan Society, coined the word vegan in 1944 as a statement against vegetarians who ate dairy products because of the ever growing desire for dairy and the way dairy cattle were being mistreated, calves stolen and killed for humans, as mother cows’ mourning cries vibrate through the world.

Vegetarianism is first mentioned by the Greek philosopher and mathematician Pythagoras of Samos around 500 BCE. Pythagoras promoted benevolence among all species, including humans. Followers of Buddhism, Hinduism, and Jainism also advocated vegetarianism, believing that humans should not inflict pain on other animals. We have all been raised in a way that we have been led to believe that animal flesh and secretions are not only good for us, and that leather is beautiful, but that meat is necessary for strength and milk for bones. This has all been debunked in the 2019 plant-based documentary *The Game-Changers*.

Most people are inflamed, acidic, unconsciously creating harm, hence have lost their birthright to non-casual love and light. In reclaiming our sacredness and our sovereignty, we must open up our sphere of understanding to the tragic loss of sovereignty of the animals. Wild vertebrates are disappearing at astonishing rates, and the confinement and mistreatment of these beings, and the effect of that on our emotional, physical, mental and spiritual life, extends into our living biomes. The

survival of our sacred sovereignty depends on our understanding these connections.

*Now that we know better,
we can choose better.*

It’s essential that we understand the interconnection between what’s on our plates and how wise, kind and benevolent we can become in this short life. The challenge is this: we have become addicted to eating the flesh and secretions of animals, and we have become unable to see that we have already lost our sovereignty when we are unwilling to even consider the option of a plant-based way of life, even though the science is now revealing it will HEAL, and that it is not only kinder, it is the most healthy choice.

If we release animals and animal products from our diet for health reasons alone we may eventually not consider this to be a sufficient reason to continue on this pathway. So it’s helpful to augment our motivation with the sphere of inclusive compassion towards the full liberation of all life and saving us all. It is in this enlightenment truth, the broken heart make deeper connections, choosing to develop new and healthier sacred rituals. We cannot turn away from abuse of other species any longer. What we have done to other species, is coming back to bite us in the butt, literally. Our guts and butts are on fire.

The following is wisdom from Judy Carman’s and her latest book *Homo Ahimsa: Who We Really Are and How We’re Going to Save the World*:

“These are troubled times. Everything we do now matters. But our dreams of peace on earth are closer than they have ever been. Right now we are immersed in the sixth extinction, environmental destruction, pandemics, corruption and relentless violence against animals, nature, and people. These ecological, spiritual and social justice crises were not caused by alligators or bears or dogs. It was Homo Sapiens alone. We are being called to save the world from our old selves.

It is time, and yes, there is still time. Governments and mega-corporations cannot stop the madness, because they are not powered by love. But we are, and we can. We have a chance right now to discover and be who we really are; Homo Ahimsa, the kind, nonviolent creatures that we were always meant to be.

Ahimsa, in Sanskrit, literally means non-harm. More broadly, it means non-killing, loving kindness, and reverence for all life.

We can be the living testaments of humility and reverence before the world. There has always been a stirring among human hearts, a calling from deep within us drawing us ever upward toward a true way of being. Perhaps our species took a wrong turn and entered the hellish bloody world of anthropocentrism by accident or, more likely, out of fear. Or maybe we had to go through this adolescent phase before we could understand who we were. But the time is up now. We cannot go on in this reckless, prideful way any longer. Wendell Berry said, "For I do not doubt that it is only on the condition of humility and reverence before the world that our species will be able to remain in it.

My children and grandchildren—treasures of my heart—I want them to be able to "remain in it." How can I—how can we—keep letting it all burn down around them? And the children and grandchildren of the trees and the cows and the wolves? This is a spiritual calling to see the world through new eyes; to bear witness to the suffering of the millions of animals, both wild and captive, being slaughtered every hour of every single day; to bear witness to the dead zones in the seas and dead bird's stomachs filled with trash. It hurts to look, I know, because the witnessing child within each one of us is kind and wants to help if a friend is in pain.

There is an answer to all this. It is there waiting for us, giving us, perhaps, one last glorious chance. We have a new story and a new name. We are Homo Ahimsa. We always were, but we lost our way. Now it's time to embrace ourselves and each other and all beings with this epiphany, this new story. We are Homo Ahimsa—the kind, gentle, compassionate, nonviolent lover of all life. We are not the superior dominators of the world, free to destroy whomever we wish, but rather partners in the treasuring and celebrating of life on this sacred place of love called Earth."⁴³

~ Judy Carman

Five of the six questions *Vegan World 2026* is asking, and which are easily answerable:

WHO? All Of Us

WHAT? A system of normalized nonviolence

WHERE? On Planet Earth

WHEN? By 2026

WHY? To prevent Year Zero ⁵

Let us divinely source the how's in together-nesting of gratitude.

ACKNOWLEDGEMENT:

In closing, I heart-fully thank all the Earth-kind vegan friends and Earth-keepers working tirelessly for us all.

Throughout this book, there are many sacred and sovereign warriors of truth who have contributed their wisdom: my teacher Dr. Gabriel Cousens, Dr. Sailesh Rao, Dr. Will Tuttle, Dr. Gerald Pollack, Gordy Jordahl, Dr. Zach Bush, Mark Anielski, Judy Carman, John Edwards, Angeles Arrien. In grace and gratitude we all gather.

So much gratitude to my furry and human friends/family who continually support the ever changing 'me' on my journey of being human.

To my editors Dr. Will Tuttle, Ryan Nichols and Barry Bartlett. What a challenge to edit my work, yet it was done. Thank you.

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APPENDIX:

FOOD FOR HYDRATION, ENERGY, ALKALINITY AND LIGHT

“Food is our love note from God, yet we cannot eat our way to God”

~ Gabriel Cousens, MD

Food, Love and Eating to HEAL and be Peace

“Eating is the act of creating your body, your very life. What more important act do we perform daily? What more profound way do we honor and love ourselves?”

~ Lino Stanchich

Detox living foods are foods for a quiet mind, alkaline body and happy soul, and honoring the sovereignty of all living beings. Detox vegan food can be fun and nutritious, a delicious aspect of our gatherings.

The intention is to make it simple for you to fill your life, your wild forage walks, your fridge, and your body with delicious vibrant vegan nutrition.

We cannot eat our way to God, but our food choices can also make it very difficult for us to awaken mentally or spiritual into full liberation. Full presence of what we consume, our alkaline cure.

We all know what it's like to feel bad about our choices, especially with something as primal as food. It takes a courageous person to challenge their own status quo. It is very uncomfortable to upset habits and our tribe. You're already ahead of the game for awakening to the truth that lies deep in our hearts when you understand that FOOD MUST BE AN ACT OF RECIPROCAL PEACE!

It's a most self-loving act when we pay attention to our cravings and fill those cravings with healthy vegan fats and sweets that are tasty and refreshing. We can have many nutritious food options, and so the less-than healthy and even habitual food choices fall away quite naturally!

For instance, you may be craving chocolate because your body's craving magnesium! Or, you may be craving salty-vinegary flavors because your body may be craving probiotics. Your body is inherently wise and is wired for health. We are inherently kind and are wired not to eat other beings. As young people, before desensitization began, we would not have been able to kill an animal ourselves. This is true for many adults still consuming meat. They would not eat it if they had to kill it.

We all know we "should" eat more veggies. Let's learn to move beyond the "shoulds" and "shouldn'ts," beyond right and wrong, beyond willpower, discipline and 'white-knuckling' our diet... right to the core of satisfaction, vitality and collaboration with our body, mind, heart and soul.

We live in a culture where indulgence is often equated with unhealthy choices. You are invited to redefine indulgence, to redefine "treats," to redefine "fast food" and to make it inspiring and easy to upgrade your choices to delicious, thriving, fulfilling and invigorating food experiences. Explore what inspires you, what feels amazing and what you love, both in and out of the kitchen!

Pour love and gratitude into your food, life and beautiful self. We are miracles. Prepare foods with love and plate them in a way that makes your eyes and heart happy! This has a most amazingly positive effect on your digestion.

Keep a food journal. Journaling on how we feel one, two, or three hours after a meal will provide information about how the food we are eating is

metabolizing. This can be one of the most empowering and illuminating things we can do for our health.

Chew-chew-chew our food with mindfulness. This is essential!

Your body may feel like a smoothie for breakfast one day and a delicious salad for breakfast the next. The more you clear out your diet, the stronger your connection to your body and the stronger your intuition becomes.

Your invitation is to take this on as a lifestyle. You matter, how you feel matters, how you fuel your body, heart, mind and soul matters. Let's make a difference together.

'HEAL foods' come from our body sensations and understanding that once we cleanse, we reclaim the freedom to make choices for health, free from the over-stimulating effects of adrenaline-filled flesh and the addictive food feedback trap. A big part of why detoxification is powerful and successful is that countless people are able to heal their body, mind and spirit using an organic/veganic, live, whole-foods, plant-based diet.

TriPow is a conscious local company I support. It offers a mixture that is 70% spirulina and 30% chlorella. I use this real medicine because of its rigorous testing for purity, its minimal carbon imprint, its high protein, and its ability to attract light. I am sharing this about a conscious business and its vegan owner, Allie, as a small example we are all in this together, moving toward sacred commerce, and slavery no more.

BLENDED DRINKS

LIME LEMONADE

½ lemon or lime with ½ of peel if organic
¼ tsp. cayenne 1 tsp. turmeric
Sweetener is optional
Add H2O, blend and strain

APPLE CIDER GINGER INFUSION

½ apple
2 thin slices of organic ginger
1 oz raw apple cider vinegar
3 stalks of celery
1 tsp. of cinnamon
3 C of water

DANDELION SPIRULINA GREENS

- 1 C dandelions
- 1 tsp. TriPow
- 1 Scoop of green powder such as macro greens or progressive greens.
- Add 3 C of water and blend for 1 minutes and stream

CUCUMBER MINT PARSLEY TRIPOW

- ½ organic cucumber
- 10 mint leaves
- 5 drops of mint extract
- 1 C of parsley
- 1 tsp. TriPow
- Blend with 3 C of water and strain

PINEAPPLE TURMERIC INFUSION

- ½ C of pineapple
- 1 tsp of turmeric
- ½ organic lemon organic with peels
- Blend with 3 C of water for 1 minutes and stream

REJUVELAC

Rinse one cup of quinoa in a strainer until it rinses clear to strain off the saponins. Add to 1 L of water and let sit on the counter for 2 days. Strain and the liquid is rejuvelac which can be used for making cheese for probiotic drinks.

TRIPOW MINT COCONUT CREME RELAXER

- 1 tsp. TriPow
- 10 mint leaves
- five drops of mint extract
- 1 tsp. Maple syrup
- 3 drops of stevia
- ⅓ coconut cream or milk
- 5 ice cubes or no ice cubes if it will be heated
- Blend with two cups of cold water serving cold with ice if serving hot blend with 2 cups of hot water

THE INCREDIBLE HULK MORNING FLUSH

- 2 stalks of celery stalks and or 10 dandelion leaves in season
- ½ cucumber sliced
- 1 T spirulina or TriPow
- 1 tsp. stevia or a pinch of monk fruit optional
- 6 C purified structured water, and blend

BASIC GREEN JUICING

- Daily supply for someone who is juicing 5 cucumbers
- 1 head celery
- 1 lemon or lime
- 1 tsp. TriPow
- Optional: 1 green apple

GREEN JUICE FOR INTERMITTENT FASTING

- Daily supply for someone who is juicing 5 cucumbers
- 1 head celery
- ½ lemon or lime
- 1 tsp. TriPow (Chlorella, Spirulina mix)

FRESH GREEN

- 1 apple
- 1 cucumber
- ½ bunch of cilantro sprig of fresh basil

COLD-PRESSED GREEN JUICE

Each day drink 10-16 ounces freshly juiced green vegetables – cucumber, parsley, spinach, kale, celery, or any other green herb or vegetable. Add fresh lemon juice and/or freshly juiced ginger to pep up the flavor. Fresh mint also makes a nice addition with cucumber and other milder-tasting greens.

THE REVITALIZER

- 2 tomatoes
- ½ lemon or lime, peeled
- ½ cucumber, peeled 6 to 8 string beans

Cut produce to fit juicer feed tube. Juice ingredients and stir. Pour into a glass and drink as soon as possible.

MOOD MENDER

- 3 fennel stalks, including leaves 2 stalks celery and flowers
- ½ pear
- 3 carrots, scrubbed well, tops removed,
- ½ - inch chunk ginger, scrubbed, ends trimmed or peeled if old

Cut produce to fit juicer feed tube. Juice ingredients and stir. Pour into a glass and drink as soon as possible. 1 tsp. TriPow (Chlorella, Spirulina mix)

FOOD FOR THOUGHT:

Fennel juice has been used as a traditional tonic to help the body release endorphins, the “feel good” peptides, from the brain into the bloodstream. Endorphins help to diminish anxiety and fear and generate a mood of euphoria.

PEPPY PARSLEY

1 bunch parsley
 ½ cucumber, peeled 2 celery stalks
 ½ lemon, peeled
 1 to 2 carrots, scrubbed well, tops removed, ends trimmed

GRATITUDE GINGER

5 cucumbers
 1 head celery
 1 lemon or lime 1 green apple
 1-inch ginger

VEGETABLE JUICE RATIOS**REGULAR JUICE PROPORTIONS PER 12 oz**

5 oz cucumber
 2oz zucchini
 3oz celery
 1 oz cabbage
 1 oz carrot sprouts

LOW-GLYCEMIC JUICE PROPORTIONS PER 12 oz

6 oz cucumber
 2oz zucchini
 3oz celery
 1 oz cabbage sprouts

SMOOTHIES

Easy quick nutrition so we may get on with why we are here

Plant-based protein suggestions - sun warrior, fitlean

Blueberries: can be exchanged with any low-glycemic berry such as raspberry, blackberry, sour cherry, cranberry

SMOOTHIE FOR TWO

1 C frozen blueberries
 1 C cucumber pulp
 1 scoop plant-based protein powder
 ¼ - ⅓ C hemp hearts
 3 - 4 C water

Optional: Sweeten to taste with low-glycemic sweetener such as lakanto, monk fruit or stevia

NUTTY RASPBERRY SMOOTHIE

½ C frozen raspberries
 ½ C cucumber pulp
 1 scoop plant-based protein powder
 ⅓ C sprouted almonds
 2 C water

Sweeten to taste with low-glycemic sweetener such as lakanto, monk fruit or stevia

Optional: Sweeten to taste with low-glycemic sweetener such as lakanto, monk fruit or stevia. Try with 1 tsp almond butter

CREAMSICLE

1 organic orange
 1/2 peel left cut into cubes
 6 soft pitted dates
 1 can of coconut milk
 10 ice cubes
 1 scoop of vegan vanilla protein powder

Blend at low speed for 30 seconds and high speed at 420.

A delicious summer replacement for icicles.

GREEN MINT SMOOTHIE

- 1½ C almond milk 1½ C water
- 12 organic mint leaves
- 1½ C spinach or kale or a 50/50 mix
- 2 T organic raw almond butter or almond pulp
- 1 T or more organic raw coconut nectar

ELIXIRS, LIQUID FOOD

Drinking medicinal herbs, green juices and teas, and blending herbs and wild and garden food into drinks is a beautiful and nourishing way to easily assimilate and connect - to ourselves, divine and others.

Tea rituals have been performed and continue to be mindfully practiced around the world. Many people are discovering the art and joy in liquid elixirs, the sipping of a high quality herbal tea, sweet fresh almond milk made fresh or a nutritional smoothie.

Smoothies have become a common food for many people on the go. Yet, many are full of sugars, highly processed protein powders and combinations that are sure to imbalance blood sugar and energy levels. May we explore a new way to look at liquid love food, that will love you back; both satisfying and balancing.

Adding high protein food will provide you sustained energy over the day. Such as spirulina, chlorella, nuts, seeds, spinach and other delicious greens. Sipping a warm beverage such as an elixir, miso broth or peppermint tea can support digestion and add warmth to a raw meal during cold months.

A glass of fresh green juice is energizing, alkalizing and detoxifying - all in one!

May we all be joyful in our endeavors in knowing liquid food is an amazing way to access nutrition in all situations. And considerably more so when time for mindful mastication is not available. There is no limit to what you can do with elixirs - these are soothing and nutritionally power-packed beverages!

GENERAL NUT & SEED MILK SUGGESTIONS

Blend 1 C soaked nuts to 3 C water

Optional: Almond Extract, Vanilla Extract, Cinnamon, ½ tsp natural sweetener

ALMOND MILK

1 C sprouted almonds (soaked 12 to 24 hours and rinsed)
Blend with 3 C of water

Pour the pulp bag, milk bag (as if milking a cow) into another container. Add Vanilla to taste. Add a pinch of Himalayan Salt

CASHEW-SESAME MILK

1 C cashews
1 C sesame
4 C water
Optional: 2 T yacon syrup (or sweeten to taste)

COCONUT MILK

1 C shredded coconut
3½ C water

Blend at high speed for 1 minute

LIQUID GOLD

3 C nut or seed or coconut milk
3 tsp turmeric
Optional: natural sweetener to taste

COCO CHAGA LOVE

3 C richly steeped chaga
1 C nut or seed milk
2 T cacao powder
1 T natural sweetener optional: 1 tsp. cinnamon 1 tsp. cardamom

*For diabetics we suggest replacing cocoa with carob - as cacao has been found to increase blood sugar

FOOD FOR THOUGHT:

Chaga has been known to native people as a powerful medicine for a long time. Chaga grows on birch trees in northern climates and is known as one of the most medicinal, anti-disease, adaptogen fungus; a food that helps us adapt to stress, environmental and emotional. In the past, reishi mushroom has been given a lot of press, now we understand that chaga is even a more powerful plant-food medicine. The black-rich color of chaga adds to our 'jing' or life-force. Yet it gets over harvested, and like all plant medicine, deserves respect. Only harvest a small piece and leave the rest for the birch tree.

MOUNTAIN MINT ELIXIR

- 1 C peppermint tea
- 1 C nut or seed milk
- 4-5 fresh mint leaves
- 4-5 fresh mint extract
- Optional: natural sweetener to taste

Blend and top with a mint leaf

To serve cool add ice before blending

ALMOND CHAI INFUSION

- 1 C soaked almonds
- 3 ½ caffeine free chai tea Blend

Milk through pulp bag

Serve chilled or warm, but no higher than 125°F

GINGER LEMONADE

- 2-inch piece of ginger
- 2 lemons
- 1½ L of water
- Optional: Natural sweetener to taste

Juice ginger with lemons, including the rinds (of lemons are organic) Serve chilled

SOLEIL SAGE-MINT TEA

- ½ C sage leaves
- 10 mint leaves
- 1 peppermint / spearmint tea bag
- Optional: natural sweetener to taste

Fill 2 L jars with water, sage, mint and tea ingredients. Cover jar and place in sunlight for full day. Strain. Add sweetener. This also may be done with hot water. Serve chilled or hot. Make into an elixir by blending 1 C of this tea with 1 C of nut or seed milk and sweetener of choice.

*If you would like to make sparkling Ginger Lemonade, you can mix with sparkling water, rather than simply purified water.

*Please note that sparkling water can be acidifying

WHY FERMENT AND CULTURE FOOD?**FERMENTATION:**

Fermentation uses the natural occurrence of salts and bacteria on plants. The most common beneficial strain is known as lactobacillus plantarum.

When you think of making your own sauerkraut, kimchi, fermented (vegan) cheese or yogurt, do you think it sounds too complicated? No way!

Once a sweeter fruit or vegetable are fermented or cultured the sugars are transmuted - this turns them into a low-glycemic cultured choice.

CULTURING:

Cultured food uses a culture such as kefir grains, yogurt starter or a multi-strain pre and probiotic, such as a living probiotic.

Fermentation and culturing are the most ancient way to preserve, store, neutralize unhealthy bacteria, build tons of healthy bacteria, build and assimilate vitamins/minerals and heal digestion through re-establishing what an unhealthy world destroys.

Microbes were first on Earth. They are brilliant beyond belief! They reproduce and assist to produce a sense of wellbeing through the gut/brain connection.

They reproduce in culture/fermented vegetables, fruit, and through the gut/brain vagus nerve connection – make us feel good.

The Russian word 'Kefir' literally means that – to feel good.

Fermented and cultured food is the safest food on our planet. It has been known to quickly heal food poisoning by eating up the bad microbes. Many people who have become ‘fermentistas’ have reported an elevation in spiritual consciousness in being a fermenter of vegetables.

When you buy pickles/sauerkraut from a store, most are made from vinegar.

Ancient practices encompass chopping, crocks, raw salt, mixing and kneading vegetables to make brine.

May you all be blessed with a healthy intestinal garden thriving with good microbes.

****Just make sure all ferments are pressed down tight to release oxygen, making certain brine covers all vegetables, contents are weighed down and there is room left in jars for expansion!**

“When you ingest prebiotic fiber, the fermentation that takes place in your gut helps with water and electrolyte reabsorption and produces short-chain fatty acids (SCFAs) which help maintain the lining of the bowel. Fiber can be water insoluble or water soluble. Bacteria in the gut ferment less than 50% of water insoluble fiber, whereas water soluble fiber is fermented well by your gut microbiota.”

~ Dr. Shalla

All recipes are made with FRESH, RAW, ORGANIC /VEGANIC ingredients ~ YUM!

SAUERKRAUT: BASIC INSTRUCTIONS

Wash Cabbage

Shred cabbage by hand or in a food processor. (The smaller the pieces, the less time to culture)

Knead cabbage with salt until a brine forms (this is water released from vegetables).

Add 1/2 C Water

Add any other vegetables that you would like to add. Stuff and pound down into a jar or crock.

Make sure all the vegetables are covered in brine leaving a couple of inches for expansion.

If you add a culture starter, (a probiotic to increase the variety of strains) your kraut may culture sooner. Make sure contents are weighed down.

This will last up to 6 months in cold storage. Refrigerate after 6-7 days.

Adding prebiotic foods such as leeks, carrots, onions, garlic, and Jerusalem artichokes will help build the intestinal garden to assimilate the probiotics.

Stuff 1 L jar with mix of cabbage and other optional veggies stirred with any spices you wish Pour juice over mix until it covers cabbage mix - leave 3/4 inch at top of jar and top off with cabbage leaf to cover space and keep cabbage mixture under liquid Place lid on the jar. Burp once a day.

BASIC SAUERKRAUT

2 heads of cabbage – red or green or a mixture

2 T. salt (or less)

1/2 C water

Shred cabbage by hand or in a food processor (the smaller the pieces, the less time to culture) Knead cabbage with salt until a brine forms (this is water released from vegetables).

BASIC KIMCHI

3 heads of napa/bok choy/savory cabbage (mix and match), chopped coarsely

5 grated carrots and scallions

BRINE

1 1/2 inch piece of ginger

2 garlic cloves (leave out for Sattvic kraut)

1 tsp Himalayan salt

1 -2 chili peppers (use gloves when chopping peppers)

1 C water

Add more or less of anything according to taste preference and spiciness requirement.

Stuff cabbage in jars half full, pound down, add brine half full, finish adding cabbage and pound down leaving 2 inches at the top. Finish adding brine to cover ingredients. Weigh down and leave out of direct sunlight.

COCONUT - CASHEW YOGURT

1 1/2 C fine shredded coconut

1 C cashews
 1/2 tsp. powdered probiotic
 Soak above in 2 C of water for 1 hour to soften Blend in processor, stirring until creamy
 Add a pinch of salt
 1/2 tsp. powdered probiotic
 Stir together and pour into a nut mylk bag.
 Hang bag over bowl overnight. In the morning put it into a jar, let culture until evening. Optional: Sweeten with coconut nectar or Stevia Add cinnamon or vanilla

CASHEW CHEESE

1 C cashews soaked for 20 minutes then drained
 1 C soaked raw sunflower seeds
 4 T Nutritional Yeast
 1/2 tsp Himalayan salt
 1 C water
 Blend above ingredients until smooth
 Add probiotic or culture
 Cover with cheesecloth overnight or up to 24 hours

SALADS

GREENHOUSE CUCUMBER AVOCADO PEPPER SALAD

2 C cucumber chopped
 1 C avocado, diced
 1 C cherry tomatoes
 1 C diced peppers
 3 T fresh basil, finely chopped
 2 T hemp or avocado oil
 1 ½ T lime juice
 1 tsp. TriPow (Chlorella, Spirulina mix) pinch Himalayan salt
 Combine all ingredients in a bowl and mix well.

MASSAGED KALE SALAD

4 kale stocks with the stem removed
 small handful of pecans (or any nut or seed)
 ⅓ of an apple
 small handful of cranberries (optional)
 ½ of a large beet, thinly sliced or shredded (or cultured beets) handful of pomegranate seeds

Optional: mix in any beans, sprouts, avocado or hemp seeds.

Start by tearing the kale leaves into bite-size pieces, discarding the stems. Then wash the kale leaves and pat dry. Before you massage the kale, you want to pour the turmeric dressing you prepared (by whisking all the ingredients together in a small bowl) on top of the leaves. Then use your hands to massage the dressing into the kale. The acid from the dressing will help break down the cell wall. Massage for 1-2 minutes. The longer you massage, the softer the kale will become.

Then simply cut all the ingredients for the salad, cubing the beets, and mix with the massaged kale. Top with the chopped nuts and pomegranate seeds. You can warm up this salad by replacing the raw beets with steamed cubed beets.

MASSAGED CABBAGE KALE SALAD

3 C cabbage
 1 bunch of kale stemmed
 4 celery stalks
 1 yellow pepper
 ¼ tsp Himalayan salt
 Optional: 1 apple
 1 C hemp hearts
 1 tsp. TriPow (Chlorella, Spirulina mix)

Process cabbage until chunky. Process kale for a few seconds. Massage both in a bowl with salt that begins the breakdown for digestion. Process remaining veggies and add to cabbage/kale.

Add Massaged Cabbage Kale Salad Dressing and toss

MY FAVOURITE BASIC DRESSING - perfect for cabbage salads

1-2 T avocado oil or other cold-pressed oil such as olive oil
 1-2 T lemon juice or apple cider vinegar
 ½ tsp Himalayan salt (to taste)

Optional: 1 T yacon syrup or coconut nectar or 3 drops stevia, 1 tsp Ryan's Hot Mustard If not, you can simply pour ingredients directly on salad and toss.

CAULIFLOWER TABOULI

3 C cauliflower florets
 1 C parsley, finely chopped
 ¼ C bell peppers, red, finely chopped
 3 T olive oil
 ¼ onion (optional)
 ½ tsp Himalayan salt
 1 tsp lemon juice
 1 tsp. TriPow (Chlorella, Spirulina mix)

In processor, pulse the cauliflower until it resembles grains of rice
Place cauliflower into a bowl and stir in the remaining ingredients
Add dressing above

DILLY CURRY-TAHINI SALAD

head of lettuce, chopped
2 C cherry tomatoes, chopped
½ bell pepper, chopped
2 cucumbers, chopped
1 tsp. TriPow (Chlorella, Spirulina mix) mixed with dill, lemon juice and a touch of oil and salt

RED CABBAGE SALAD

½ head red cabbage
4 stalks of celery
½ C cranberries, sulfate-free
1 apple

Dress with basic dressing

TOMATO PESTO SALAD

10 small tomatoes on the vine
8 basil leaves
2 celery stalks
1 cucumber
2T pumpkin seed pesto

In food processor pulse onion and celery

Add in basil, cucumber, pesto and tomatoes - pulse 3 or 4 times to chop and blend

ITALIAN TOMATO PESTO DRESSING/ DIP

⅓ C avocado or olive oil
lemon/ lime fresh squeezed juice
¾ C tomato, chopped
1 T Italian spice (basil, oregano, thyme)
½ tsp. Himalayan salt 1 tsp mesquite
Optional: Fresh basil or cilantro, 2 T lemon juice Blend

JENNY'S MASSAGED CAESAR SALAD

2 bunches of romaine stemmed and broken into large pieces

Massage with 1 T of oil and ½ tsp. salt until kale begins to soften slightly, yet still crunchy

Dressing:

½ C pine nuts
¼ C apple cider vinegar
⅓ C avocado oil
1 tsp of Himalayan salt 1 garlic clove (optional)
3 T nutritional yeast (gives it a cheesy flavor)
½ English cucumber chopped
¼ C water
2 T coconut nectar (or organic maple syrup)

Blend in a high speed blender or Vitamix at medium and then high until well blended. It will store nicely in the fridge for 1 week.

(makes enough dressing for approx. 4 kale salads - use approx. ½ cup per salad)

COCONUT FLAKES "COCO-BITS"

Toss 2 cups of unsweetened coconut chips with a tbsp. of natural liquid smoke flavor, 1½ tsp of smoked paprika, and ½ tsp of salt.

Spread on a dehydrator sheet and dehydrate for 4 hours. Taste like bacon bits

KATE'S BEET BASIL POTATO SALAD

5-7 medium sized beets chopped 5-7 med red potatoes chopped Lots of fresh basil finely
4-5 stalks of celery finely chopped
½ red onion (optional, not Sattvic)

Roast beets in water in roast pan for 1 hour, (halved, or quartered if large)

Add potatoes, (halved, or quartered if large) and roast for another 50 minutes at 350°F

When beets and potatoes cool at room temperature, toss in a bowl with basil, celery, and onion along with: 4 T avocado oil, 4 T apple cider vinegar/ or 4 T of fresh lemon juice 1 tsp. salt.

Mash together lightly until potato salad is chunky. And enjoy!

DIPS

There is a richness, a decadence and an indulgent feeling when you add a dip or pâté to your meal. Dips make the difference between a meal feeling like a rich banquet of flavors and just an ordinary meal. They add flavors, a great dose of protein, healthy oils and that creamy texture to the crispness of your veggies and/or dehydrated crackers and are ridiculously easy and quick to whip up!

Adding in delicious rich healthy dips are an amazing way to fill cravings. They are satisfying and stabilizing, filled with nutrients.

We encourage you to experiment and explore with dips and pates - keeping them on hand for quick satisfying snacks and as beautiful additions to any meal. I've even eaten veggies and sprouted hummus for breakfast more than once! And, I always had a veggie platter and some kind of dip on hand for after school snacks for the kids. Which they always reached for first. And now they've grown to be adults who love raw veggies and make healthy food choices.

They are also always a huge hit at potlucks and shared meals, people just flip for dips!

Dips and dressings are a staple in many homes. Yet, do we really know what is in most bottled and packaged dressings... saturated fats, trans fats, chemicals, preservatives, artificial coloring, msg, refined sugar... to name but a few. Many of the suspect ingredients are even found in the so-called 'healthy' dressings.

Understanding that it takes literally under 5 minutes to make a delicious dressing that tastes and even feels so much more amazing.

Dipping into this experience and delighting in the dips that add probiotics, healthy fats and greens and bountiful nutrition to everything you eat is actually much more simple than we know.

FOOD FOR THOUGHT:

Apple cider vinegar is an excellent source of niacin, which gives us a stimulating buzz and is great for depression All recipes are made with FRESH, RAW, ORGANIC ingredients ~ YUM!

TIPS:

- Blend using high-power blender - such as a Vitamix
- Make dips and dressings ahead of time. They will thicken up in the fridge.
- Add more or less water depending on the consistency you wish to have: you can add cucumber in place of water You can also add less water to turn any of these dressings into delicious vegetable dip
- You can add left-over dressings and dips to your dehydrated crackers. Add apple cider vinegar and/or lemon is a natural preservative. Dips and dressing will last in fridge about 5-7 days.

MASSAGED CABBAGE KALE SALAD DRESSING

3 T lemon juice
 3 T tahini
 2 T olive or hemp oil
 2 T coconut nectar Garlic clove
 Optional: Juice from 1 lemon or orange Blend

CREAMY SPROUT DRESSING/ DIP

¼ C avocado oil
 1C pine nuts - soaked to soften (May substitute with cashew nuts)
 2 T apple cider vinegar
 2T lemon or lime juice
 ¼ - ½ C water
 2 T nutritional yeast
 ½ tsp. Himalayan salt
 1 T each: tarragon, marjoram, parsley or other herbs to taste preference
 Optional: 2 T natural sweetener. Blend.

TAHINI-APPLE DRESSING/ DIP

1 apple
 2T apple cider vinegar
 2 T lemon or lime juice
 2 T tahini
 2 T avocado oil
 ½ tsp. curry, ginger or cumin powder
 ½ tsp. Himalayan salt to taste
 2 tsp. mesquite

Blend

SESAME DRESSING/ DIP

(great for salad wraps)

- ½ C sesame oil
- 1 C sesame seeds
- 4 T apple cider vinegar
- ½ tsp Himalayan salt
- ¼ C water
- 2 tsp mesquite

Optional: ⅓ tsp ginger, ⅓ tsp curry Blend

SENSATIONAL CAESAR SEED DRESSING/ DIP

- ¼ C avocado oil
- 1C half sunflower seeds half hemp hearts - soaked to soften (May substitute with cashew nuts)
- 2 T apple cider vinegar
- 2 T lemon or lime juice
- ¼ - ½ C water
- 2T nutritional yeast
- ½ tsp Himalayan salt
- Optional: Fresh basil or cilantro, 2 T natural sweetener Blend

CITRUS SLAW DRESSING

- 2 T lemon juice
- ¼ C orange juice
- 2 T orange zest
- 2 T lemon zest
- 2 T olive oil
- ½ tsp Himalayan salt
- Optional: 1 T natural sweetener Blend

*you get your zest by grating your organic orange and lemon peels all the way to the fruit (including the white)

CABBAGE SLAW DRESSING

- ¼ C lemon juice
- ¼ C apple cider vinegar
- 1 tsp Himalayan salt
- ½ C olive or hemp oil or avocado oil
- Optional: 1 T natural sweetener,
- 1 tsp fennel or caraway Blend

DILLY CURRY-TAHINI SALAD DRESSING

- 2 T tahini
- 1 T chia seeds
- ½ medium organic zucchini
- 1 tsp. turmeric powder
- 1 tsp. onion powder
- ¼ tsp. Himalayan salt
- 1 T lemon juice (start with 1 T for consistency)
- 2-3 T chopped fresh dill, or to taste

MISO TAHINI GARLIC DRESSING

- 3 - 4 T tahini
- ¼ C olive oil
- ½ C water
- 2 T lemon or lime juice
- 1 T chickpea miso
- 2 T dulse flakes
- ¼ tsp Himalayan salt
- 1tsp turmeric (or 1 inch peeled fresh) Optional: 1 clove garlic
- Blend

SOUR CREAM

- 1 C cashews, soaked and drained
- ½ C water
- ¼ C lemon or lime juice
- 2 tsp apple cider vinegar
- 2 tsp olive oil
- 1tsp Himalayan salt
- Blend

EASY GUACAMOLE

- 2-3 ripe avocados mashed
- 2 T lemon juice or juice from 1 medium lemon small dash of Himalayan salt
- Optional: Add finely chopped cilantro and tomato or Add pomegranate Mash together with fork and serve with veggies or dehydrated crackers

ZUCCHINI HUMMUS

- 2 - 3 zucchini
- 4 T tahini
- ⅓ C lemon Juice
- ⅓ C olive oil
- 1 tsp salt

½ tsp cumin basil or other flavorings

Garlic is optional

Combine all ingredients in a food processor while stirring continually until the spread is smooth. Taste and adjust.

HUMMUS ALIVE

1 C sprouted crunchy bean mix or cooked

Soak sprouted bean mix in warm water for 10 minutes

⅓ C lemon or lime juice

¼ C avocado oil

¼ tsp Himalayan sea salt

2 T tahini ½ - ¾ cucumber or zucchini

2 T cumin

Garlic optional

Garnish:

2 T olive oil

1 tsp ground cumin

Blend the sprouted chickpeas with remaining ingredients until smooth stirring on low. Spoon the hummus into a bowl then dust with paprika and cumin and drizzle with olive oil.

Optional: 1 tsp ground turmeric. Sesame seeds and/or parsley as a garnish.

SUN & SEA PATE

(Better than Tuna)

Blend veggie mixture in food processor:

1 red pepper

4 celery stalks Put aside in bowl

In processor combine:

3 C sprouted raw sunflower seeds

2 T raw apple cider vinegar

1 tsp. raw salt

2 T tahini (sprouted organic version is best)

3 T Atlantic dulse flakes

¼ C fresh lemon juice

½ C water

Process until pate texture, stopping processor to scrape down sides until all sunflower seeds are blended evenly into mixture. Add to the veggie mixture and serve.

SUNDRIED TOMATO, OLIVE & WALNUT PATE

In a food processor add

½ C sundried tomatoes that have been soaked in ½ C water 3 medium or 5 small cherry tomatoes

½ C soaked and rinsed pumpkin seeds

½ C walnuts

1½ C pitted olives (rinse to remove excess salt)

½ tsp paprika

Add ingredients to food processor - pulse for 1 min

Open processor and scrape down sides 2-3 times during the process.

Form a dome shape with half the pate on the plate and sprinkle with paprika and garnish with olives and cherry tomatoes.

Garnish with spinach leaves and cherry tomatoes, you can also add pumpkin seeds.

RAW FOOD AND THE CHANGING SEASONS:

As the seasons change, so do our nutritional needs, cravings, earth plant medicine, organ chi and celebrations. Such as in the spring and summer, our earth is rich in chlorophyll oxygen rich food, both of forged medicine and gardens. It is so very natural for us to eat mostly green food in its full alive and high enzyme state of spring and summer.

The earth lends us the medicine of dandelion greens, plantain, wild raspberry leaf, and wild rose petals, just a few gifts given to help clear and sluggish liver from a long vitamin D deficient winters' nap! It is quite unnatural to eat heavy cooked food in the summer, as the spring, summer and fall are the ultimate times the body is renewing and cleansing in its ever changing systems.

As summer lends its way to autumns abundance we continue on enriching and building our enzyme and nutrition stores. Everything can be enriched deeply with the herbs on the earth that grow like weeds during these times: such as a variety of mint, both wild and planted, aiding our digestion, and lowering blood sugar. The cilantro releases heavy metals and parsley that cleanses our blood. The oregano which is antiviral and antibacterial. The list is so deep and wild, continual refinement and spiritual curiosity endeavors us to understand each plant with its various cellular memory of healing.

As time turns into colder months and the Earth goes slightly dormant, we may add some fire to our food with a little bit of organic cayenne and add

a little bit of cooked squash or cooked whole food soup to predominantly raw diets.

We can sip on peppermint tea while we eat our salad to feel warmth in the winter, or a cup of miso and still remain 80% high enzyme-rich in our living food. Winter lends its way to growing indoor microgreens and jar sprouts as we eat living food to keep us well.

I take my salad out on the counter for 30-60 minutes before I eat it, warmed to room temperature. I toss my salad with sauteed hot cabbage, quinoa, or squash to warm the salad, loving the warmth, keeping the meal predominantly raw.

Winter is where we switch to more hardy and root salads and such as *cabbage and carrot, instead of leafy greens.*

SAVORY SOUP

“A first-rate soup is more creative than a second-rate painting”

~ Abraham Maslow

“There’s sorrow and pain in everyone’s life, but every now and then there’s a ray of light that melts the lonely-ness in your heart and brings comfort like hot soup and a soft bed.”

~ Hubert Selby Jr.

Soup had been a staple in my home since childhood - mostly homemade, but also a cupboard full of canned soup, like many children of today. Soup always brought a warming, comforting feeling - a winter haven.

Let us redefine and explore both raw and transitional sensational soups. With a few household staples and a high speed blender most soups can be made in a time/energy pinch - after a full day or during a restful weekend... honored transitional foods.

Do note that when you have the choice - steaming veggies, like potatoes, is the preferable choice, as it produces less acylimines. All recipes are made with FRESH, RAW, ORGANIC ingredients ~ YUM!

ONE MINUTE KALE SOUP

2 kale leaves stems removed or 1/3 cup of sauerkraut 1 C hot water
Blend on high for 10 seconds. Optional: 1 T Atlantic dulse flakes pinch of salt
1 C celery
1 small carrot
1 C spinach
Blend until smooth

ALMOST RAW MINESTRONE SOUP

2 T coconut oil
4 tsp dried Italian spices (basil, rosemary, thyme...) Tree of Life Pizza Sauce
4-5 C mixed veggies, finely chopped (broccoli, carrot, zucchini, cauliflower...)
1 C hot water
1 C sprouted mung beans
1 tsp Himalayan salt (to taste)

In a stainless steel saucepan gently melt (don't boil)

2 T coconut oil

add 4 tsp dried Italian spices (basil, rosemary, thyme...) Simmer on medium for 3 minutes to bring out flavor of spices Stir into the Tree of Life Pizza Sauce recipe

4-5 C mixed veggies, finely chopped (broccoli, carrot, zucchini, cauliflower...)

Add 1 C hot water, 1 C sprouted mung beans, 1 tsp Himalayan salt (to taste)

BROCCOLI SOUP

2 red potatoes

1 yam

½ squash

1 head broccoli

3 stalks celery

½ C nutritional yeast

2 T coconut oil

2½ C water

1 can full fat coconut milk

¾ tsp Himalayan salt 1 tsp thyme

1 tsp basil

½ onion diced

Chop potatoes, yam and squash & steam

Chop celery, and broccoli, onion and sauté in coconut oil, ½ C water and spices

Add in equal amounts of potato mixture with broccoli mixture into Vitamix (up to ¾ full only) with 3 C of water, miso and Himalayan salt - pulse until slightly chunky (not completely creamed or it will change the taste)

This is a higher glycemic recipe. To make the lower glycemic, replace potato with more squash, celery and broccoli.

SQUASH SOUP

1 squash (butternut squash or kabocha squash are very creamy)

1 head broccoli

3 stalks celery 2 T coconut oil

2 T chickpea miso

3½ C water or creamer add can of coconut milk

4 T. of a nut or seed butter

¾ tsp Himalayan salt

1 tsp thyme

1 tsp basil

Chop potatoes, yam and squash & steam

Chop celery, onion and broccoli and sauté in coconut oil, ½ C water and spice.

ENTREES

THE BUDDHA NO-BELLY LOVE BOWL

Love bowls are great any time of the year.

The infinity 8 amazing combo in a large bowl 1/2 cup of each of the following
Infinity 8 ingredients: sprouts of choice such as:

mung bean sprouts

pea shoots

microgreens

cooked quinoa tossed with coconut oil and a half a teaspoon of salt or
cauliflower rice

shredded cabbage purple or green or mixture

shredded carrots

chop celery and cucumber

½ avocado

sunflower, pumpkin seeds or hemp hearts

Chopped herbs such as parsley cilantro basil

Optional: 2 T chopped onions

Dressing Buddha love pink probiotic dressing

½ C of beet juice or one beet cooked

½ C of water

½ C apple cider vinegar

½ C avocado or hemp oil

½ C sauerkraut

½ C sunflower seed or hemp hearts 2 T miso

½ tsp. of salt

2 T coconut nectar agave syrup or maple syrup Blend and pour in a sacred
spot of the bowl

RAW VEGGIE BURGER

Tree Of Life –

Patties

1½ C pumpkin seeds

1½ C walnuts

4 C minced vegetables (carrots, bell peppers, celery, zucchini)

1 C sundried tomato

½ C chickpea miso

½ C olive oil

3 T lemon juice

2 T ginger

⅛ tsp. cayenne

3 T Italian seasoning

½ tsp. salt
 ½ tsp. hing
 1 C. fresh herbs (rosemary, basil, oregano)
 1 bunch fresh parsley
 water

Pulse pumpkin seeds and walnuts in the food processor. Add veggies and sun-dried tomatoes and pulse. Add herbs and process together.

Blend remaining ingredients together in a blender.

Transfer all ingredients (from blender and food processor) to a mixing bowl and combine well by hand. Add enough water to create a smooth mix.

Measure 1 scoop per patty and make rounds about 1 inch thick. (A mason jar lid makes for an excellent shaping tool.)

Dehydrate 8 – 12 hours at 115°F, flipping halfway through. They should still be moist and soft when done.

GRATITUDE PAD THAI

1 medium zucchini, spiraled
 2 large carrots, julienned
 1 red pepper, thinly sliced
 1 C thinly sliced red cabbage
 ¾ C sprouted mung beans
 2 stalks celery, shredded
 1 T hemp seeds
 1 tsp sesame seeds

DRESSING

¼ C almond butter
 2T lime or lemon juice 2 T chickpea miso
 2 T water
 1 tsp sweetener (yacon syrup or coconut nectar)
 1 T mesquite
 ½ T avocado oil
 1 tsp freshly grated ginger
 1 T fresh lemongrass

Blend in vitamix: the dressing may seem a bit thin at first, but it thickens as it sits.

Prep vegetables. Add the zucchini, carrots, pepper, and cabbage into one or two large bowls.

Toss with hands to combine. Top bowls with mung beans, hemp seeds, and sesame seeds. Pour on dressing.

RAW TACOS

Ingredients:

WALNUT MEAT

2 C raw walnuts
 1 red sweet pepper
 ½ onion (optional)
 1 tsp. cumin
 ½ tsp. salt
 pinch of cayenne
 ½ tsp. smoked paprika
 ½ tsp. chipotle

SALSA

2 C fresh tomatoes, diced
 1 red pepper minced juice
 1 lime
 2 T fresh cilantro, chopped salt to taste

CASHEW SOUR CREAM

1 C cashews or trade cashews for sunflower seeds and hemp hearts,
 ½ C water
 2T lemon juice
 1 tsp apple cider vinegar
 ½ tsp nutritional yeast
 Blend in blender while stirring Extras:
 12 leaves of romaine lettuce 1 avocado, fresh cilantro

Instructions:

1. To make the walnut meat, blend all taco meat ingredients in a food processor until walnuts break down into small crumbs. Do not over mix, they will quickly form a paste. Remove from processor and set aside.
2. To assemble tacos, place 2-3 tablespoons walnut meat on the bottom of a leaf of romaine lettuce. Top with salsa, avocado cubes or quick guacamole, (mash one avocado with juice of half lemon or lime) , fresh cilantro, and cashew sour cream. Once assembled, serve immediately.

Refer to Guacamole Recipe Refer to Cheese Recipe.

NORI ROLLS ~ Courtesy of Peace Pies

ROLLS:

4 C spring mix
 1 cucumber, finely sliced lengthwise
 1 carrot, shredded
 ½ C purple cabbage, shredded
 1 avocado, sliced

1 C sprouts of your choice
 1 bunch fresh mint
 Raw nori sheets
 ¼ C water

Prep all veggies and set all ingredients in front of your workstation.

Using a sushi roller or freehand starts with a layer of spring mix, sprouts, cucumber, avocado, carrots, cabbage, mint and another bit of spring mix. Roll and seal with water.

DESSERTS

SALTED ALMOND COOKIES

1 C raw almonds (preferably soaked 8-12 hours in water then rinsed)
 ½ C almond butter
 1 C pitted medjool dates
 ½ C of ground flax soaked for 10 minutes in ⅓ cup of water
 2 tsp vanilla extract
 1 tsp fresh lemon rind grated and 2 T. juice
 1/4 tsp sea salt

In a food processor, grind the almonds into a rough flour. Add the rest of the ingredients and process until you have a thick dough that clumps together. Roll your dough into balls, then flatten into cookies. Sprinkle with some more sea salt if you like. Keep in the fridge for up to 10 days.

KEY LIME PIE

CRUST

4 dates (dried, sulfate-free)
 1 C walnuts

Process until crumbly - stopping to scrape down sides frequently

Press into 9-inch glass pie plate

FILLING

Add the following to blender:

½ C pine nuts or sunflower seeds
 10 dates
 ⅝ C coconut oil - melted but not boiled
 ¾ C lemon and/or lime juice
 ¼ C lemon and/or lime zest
 1 C shredded coconut
 ¼ C coconut nectar
 ¼ C water

1 tsp vanilla extract or fresh vanilla beans 1 tsp mesquite powder
 1 tsp arrowroot powder
 Himalayan salt to taste

Blend to creamy consistency in Vitamix - stirring with plunger continuously
 add water a T at a time if too thick

pour into pie crust

refrigerate 6-8 hours or overnight

WUHOO RAW CACAO POWER BALLS

warm to melt 2oz of cocoa butter

1 tsp coconut oil
 add to food processor
 1 T cacao powder
 1 tsp salt
 1 T maple syrup 11 dates
 ½ C oats
 1 C shredded coconut
 ½ sunflower seeds 1 C hemp hearts

Add Melted Cocoa in Food Processor for 3 minutes with S blade until its starts to stick together.

LEMON-LIME COCONUT BALLS

3 C coconut grated
 1 C cashews (not soaked)
 1 C sesame seeds (not soaked)
 ½ C coconut oil - melted - not heated
 ¾ C lemon and/or lime juice
 ¼ C lemon and/or lime zest
 ¼ C natural sweetener (yacon or coconut nectar)
 ½ tsp Himalayan salt

Blend all ingredients in a food processor, stopping to scrape down sides until blended thoroughly using a cookie scoop (like a mini ice cream scoop) scoop into balls and place in the freezer until set.

TAHINI CARDAMOM CRANBERRY BALLS

- ¼ C coconut oil (melted)
- 1 T natural sweetener (mesquite)
- 5 drops stevia
- 2 T ground cardamom
- ⅓ C tahini
- 1 C walnuts
- 1 C ground coconut
- ½ C hemp hearts
- ½ tsp Himalayan salt
- ½ C cranberries optional: 1 scoop protein powder

Melt coconut oil in a pot. Turn off heat and add honey and tahini to soften. In the food processor with an S blade chop cranberries and walnuts together. Save ⅓ of the mixture and add remaining ingredients to the food processor. Mix until form dough like consistency. Roll into a long log.

Refrigerate for approximately 3 hours or if short of time put it in the freezer for 30 minutes. Remove from the refrigerator and roll the log into the remaining walnuts and cranberries. Sprinkle with hemp hearts or coconuts.

BERRY CHAGA CHIA PUDDING

- 1 C organic mixed berries
- ½ C nut or seed milk
- ½ C chaga tea
- ¼ C carob powder
- 4 drops vanilla extract
- ½ C chia seeds
- 2 T coconut oil
- 1 tsp natural sweetener (sweeten to taste) Pinch of Himalayan salt

Place all ingredients except chia seeds in food processor

Add chia seeds and give another quick blend. Put in serving bowls. Put it in the fridge for a few hours.

IRRESISTIBLE ELEVEN MINUTE BROWNIES

- 1 ⅓ C pitted dates
- ½ C walnuts
- ½ C hemp hearts
- ½ C unsweetened cocoa powder
- ⅓ chopped pecans

In the food processor, finely grind dates and walnuts, Add nut butter next then add cacao and hemp hearts until well mixed. Press into a parchment-lined 8" square pan. Sprinkle with pecans. Chill for at least 1 hour.

The Buddha Love Bowl





Dandelion Spirulina Green Smoothie



Northern Light Microgreens

Sundried Tomato , Olive & Walnut Pate





Savory Squash Soup

Eat, Pray, Live We are One
We're talking about a homecoming
Ancients and Earth Peace keepers everywhere
One day we said to all beings of our land 'I want to be your friend'
And everything changed...
Chains fell, thunder roared, the earth moved
Animal slavery and chemical farming lost its hold
For there will always come a day,
When the power of love
Is greater than the love of power...
When the power of breath and quiet life-giving food reigns
For the next seven generations unseen

88 WAYS TO WELLSPRINGS OF INFINITY HEAL

1. *Love yourself enough to love only the food that creates love and loves you back*
2. *Read these books: EarthGut, The World Peace Diet, Conscious Eating, Homo Ahimsa, Carbon Yoga, Animal Agriculture is Immoral*
3. *Share your new food with friends in love*
4. *Imagine yourself growing sprouts*
5. *Grow sprouts - one jar at a time*
6. *Smile at your food with loving-kindness*
7. *Mindfully masticate 33 times*
8. *Believe food matters*
9. *Bless your food*
10. *Bless the growers*
11. *Be gentle with transitions*
12. *Appreciate detoxing*
13. *Be & Stay curious*
14. *Research the medicine of plants*
15. *Walk barefoot on the earth*
16. *Watch Gamechangers, Cowspiracy, What the Health or Simply Raw*
17. *Buy a slow masticating juicer; Juice one day a week to rest and reset*
18. *Plant a pot of seeds each month*
19. *Smell, taste and explore herbs*
20. *Drink smoothies when too rushed to chew*
21. *Be a human being and a human seeing, instead of a human doing*
22. *Make sauerkraut with a friend*
23. *See food as medicine, not as filler*
24. *Laugh like a child*
25. *Relinquish denial*
26. *Bless everything, including your water and imperfections (see Messages from the Water - Dr Emoto)*
27. *Put happy messages on water, for instance, "love" and "Thank-you"*
28. *Star and moon gaze on the microbial rich earth*

29. *Taste how much better organic/biodynamic/veganic plants tastes*
30. *Eat less, love more*
31. *Allow yourself time to daydream*
32. *Keep a food journal*
33. *Align with divine throughout the day*
34. *Eat more living food*
35. *Live love now*
36. *Eat food that gives you energy*
37. *Put your fork down between mouthfuls and breathe*
38. *Before you eat, be at ease (rest and digest)*
39. *Explore food combining*
40. *Stop eating at 70% full to assist digestion*
41. *Eat pray live*
42. *Only talk of beautiful things during meal times*
43. *Often eat silently, giving full energy to your food and drink*
44. *Drink liquids 10-15 min before a meal or 1.5 hours after*
45. *Try sprouting*
46. *Belly breathe while eating to stay connected to your digestion*
47. *Help someone with their garden*
48. *Start a community garden*
49. *Have reverence for all animals*
50. *Choose ahimsa (non-harm)*
51. *Eat for peace and a quiet mind*
52. *Live attraction, not promotion*
53. *Give thanks all day*
54. *Eat the rainbow diet*
55. *Give light, not heat*
56. *Know your garden*
57. *Massage your belly*
58. *Meditate instead of Medicare*
59. *Give appreciation*

60. *Sing*
61. *Play your plants healing music*
62. *Practice plant meditation (trees have the same amount of oxygen as our brains)*
63. *Hug (Trees too!)*
64. *Practice remembering who you are*
65. *Question herd mentality (including eating animals)*
66. *Question cultural forgetting*
67. *Understand the difference between emotional hunger and physical hunger*
68. *Ask yourself what you would be feeling if you weren't eating*
69. *When you get a craving for something unhealthy, eat something healthy and wait, for it only takes 20 minutes for a craving to pass*
70. *Always have healthy snacks and water with you*
71. *Feed the hungry*
72. *Carry extra food to give to those who may need it*
73. *Let these easy recipes be your new "fast food"*
74. *Understand that commitment moves mountains*
75. *Build community kitchens*
76. *Commit to one healthy meal and one loving food choice at a time*
77. *Make food preparation an enjoyable experience*
78. *Wash all your food with the angel of water*
79. *Live in the moment*
80. *Give yourself and the world the present of presence*
81. *Hold space for a vegan world*
82. *Meditate on world peace*
83. *Love whole-heartedly*
84. *Work to save sentient souls*
85. *Live and Let Live*
86. *Keep your face to the sun*
87. *See beauty everywhere*
88. *Love until the end, Amen*

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GRATEFUL.

COMMUNITY SUNSHINE

LIVE ^{air} breath thank you

Meditation

Fire

SACRED

peace

KINDNESS

yoga

water

hydration

(SOUL)

LOVE

ALL BEINGS

FORGIVE

heart

PLANET BASED

sovereignty

blessings