

# Voice of the Animals

Quarterly New Age Magazine



## Dolphins and Underwater Birthing

The dolphins appear to pass their intelligence to the babies in a one to one communication. The children then maintain a telepathic communication with the dolphins, returning year after year to the Black Sea, and being joyfully greeted there by the same dolphins...[More](#)

## Dolphins as Teachers and Healers



positive healing wild dolphins can have impact on people suffering from acute depression... telepathic contact with collective dolphin intelligence since 1985... [More](#)

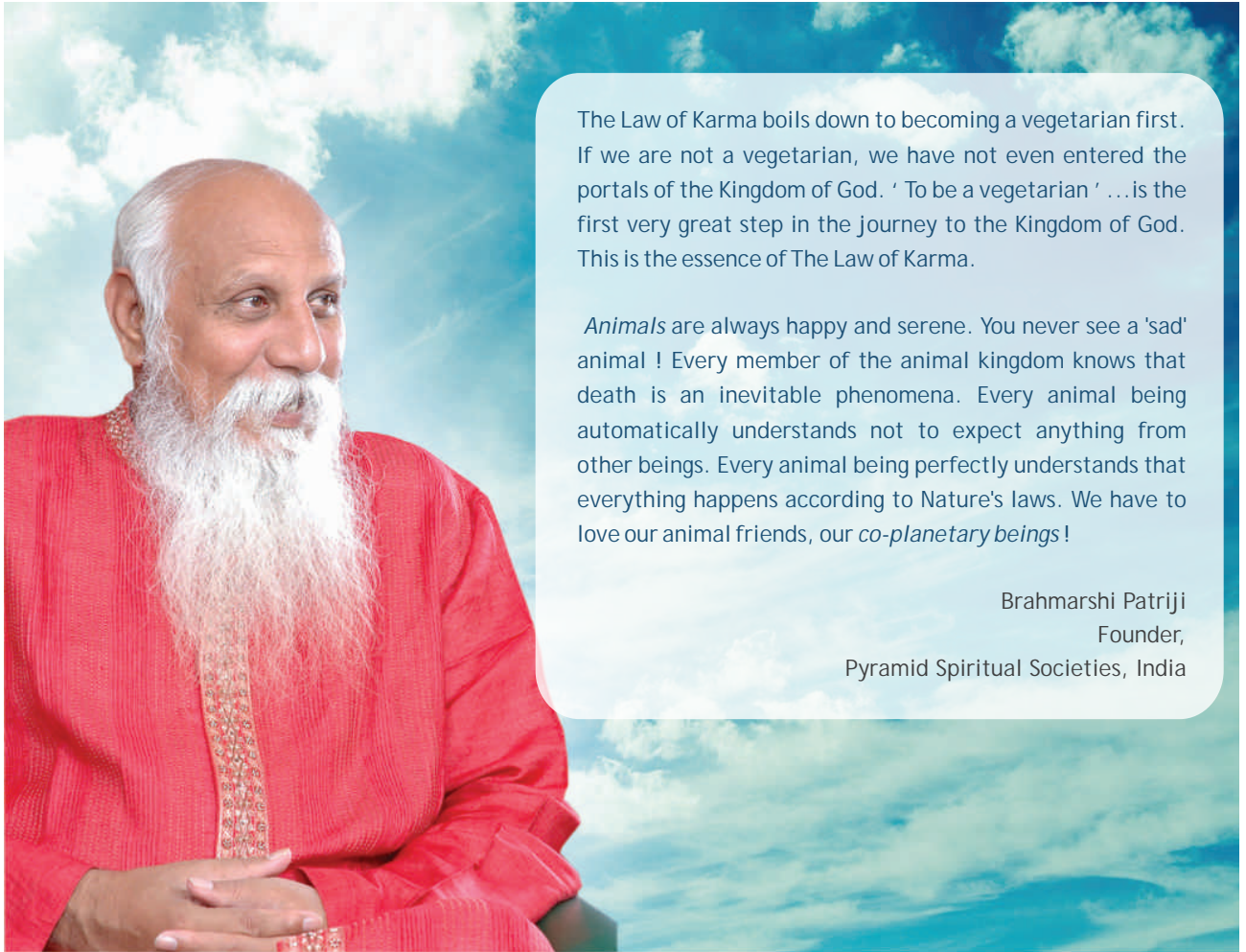
## Vegetarianism: Spiritual perspective

# Angels of Earth



# Patriji's Message

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The Law of Karma boils down to becoming a vegetarian first. If we are not a vegetarian, we have not even entered the portals of the Kingdom of God. ' To be a vegetarian ' ... is the first very great step in the journey to the Kingdom of God. This is the essence of The Law of Karma.

*Animals* are always happy and serene. You never see a 'sad' animal ! Every member of the animal kingdom knows that death is an inevitable phenomena. Every animal being automatically understands not to expect anything from other beings. Every animal being perfectly understands that everything happens according to Nature's laws. We have to love our animal friends, our *co-planetary beings* !

Brahmarshi Patriji  
Founder,  
Pyramid Spiritual Societies, India

# The Founder's Message

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Dear Friends,

As great Chinese Master Lao Tzu said, "A journey of thousand miles begins with a single step." I took that important first step to become conscious, when I was merely 3 years old. It was then that the seed of transformation with a strong feeling of love and care for all animals and fellow beings, was sown inside me. I saw a poor animal, who had no clue about what was in store for it, waiting to be sacrificed for the Goddess at the temple. It was the first time ever that I was witnessing such an incident of an innocent being slaughtered with no mercy whatsoever. It was at that moment, when the poor animal went through an inexplicable pain ending its life, that an indescribable feeling stirred deep within me. An emotion twirled my heart, and I felt, beyond any doubt that we are here to love our fellow beings, no matter what. That thought was nailed way deep into me.

When my parents tried feeding me with meat for the first time, I rejected it straight away. Even though I was small, I tried explaining to them that we humans were supposed to care of and nurture the animals. We are not to harm them by any means and for any cause. It was not immediately, but after a few years of this incident that the other members of my family too gave up eating meat. As they gradually began to understand me, they too realized that we are supposed to care for all sentient beings around us and help them in their evolutionary process.

I was fortunate that I always had the fullest support of my family. As I grew up, my love and care towards animals and fellow human beings grew stronger, and through my experience it became obvious to me that violence in turn creates violence, by whatever means it may be created. I had a strong feeling that I had to do something for the welfare of my fellow beings. I was fortunate to have Dr. Newton beside me, who believed in me and my dreams. He was prepared to be with me under all circumstances, lending his support at all levels. His support made me channelize my thoughts and work on my dream for it to come true. Thus 'The Angels of Earth', is born. To support it literally is created the 'Voice of the Animals', a magazine dedicated to the welfare of the animals and other fellow beings that live beside us. Each issue of this magazine the 'Voice of the Animals' will be dedicated to one particular animal, for its voice to be heard by the whole human race. This first issue has been dedicated to Dolphins and Whales, the angels of the ocean.

I have always thought that if a small girl like me could transform the entire family into vegetarianism, why can't we all, by holding our hands together, transform the whole world into a more caring, compassionate and loving World? Why can't we let every being on this earth live with due respect and dignity? Why can't we allow them to taste their own freedom?

When Christ said, "Love thy neighbor", he didn't mean that only for the human neighbors, but also for minerals, plants, animals and all other beings around us on this planet. They are the real angels who have descended on to this planet earth to teach us about unconditional love. It is we humans who have to learn from them, and in turn care for them.

I am certain we all can do it together. Indeed, I can see that it has already begun. The journey is too long....but then, the first step is here. Let's work together for a planet full of love and compassion!

So Be It.

Hail unto Mineral Gods!!!

Hail unto Plant Gods!!!

Hail unto Animal Gods!!!

Love and Light,  
Dr. Lakshmi G.V.  
M.B.B.S.

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# Angels of the Ocean

## 7 Days of Trans-Dimensional Experience by Dr. Newton

**W**e were invited to Canary Island, by a group of adventurous and compassionate people of Seraphim foundation, who work with Dolphins and Whales, to hold a workshop on 'Consciousness Heals'. We didn't know at that time that an unexpected and wonderful lifetime experience was waiting for us, as a gift from the blue lady; the huge Atlantic Ocean. The adventure began the moment we accepted the invitation, from the people of the foundation, without any hesitation, to venture into the ocean for seven days. We were to ride into the vast ocean to meet two of the most wonderful creations; the Dolphins and the Whales. The next six days and nights were filled with excitement and expectations, but never did we imagine that at the end of the 7th day, it would be a multi-dimensional adventure!

It was Dr. Lakshmi's birthday on the first day of riding into the ocean, and she was greatly excited about seeing dolphins and whales. Along with us were other eight people from Holland and Spain. The boat was scheduled to leave for the ocean by morning, and return in the evening. We carried some nuts, snacks and fruits with us.

It was too hot out there and the ocean beneath us displayed its myriad moods as we sailed far into its vastness. We waited there for a long time, but didn't get a glimpse of either a dolphin or a whale. Lakshmi was very expectant by then. After all it was her birthday and she had desired from all



Dr. Newton Kondaveti

her heart to see them. As none of them showed up for hours altogether, Lakshmi went into a deep state of meditation. She felt that she had come all the way from India to see these wonderful creatures, but if they didn't want to show up, it was indeed up to them. If they had decided not to come, they couldn't be commanded. But after a while, she felt a sudden stirring sensation in her stomach. It was then that we could spot some whales swimming around near our boat. It was almost sunset time by then; which meant the time to leave. However, the organizers took us to a spot and most people decided to get into the water for a little swim. There wasn't any sign of dolphins anywhere.

I went in, but Lakshmi remained in meditation. Suddenly, out of the blue, she felt that she had to get into the water, even though she didn't know how to swim. She followed her intuition and immediately entered the waters. Within two minutes, we observed many birds flying above us. They had appeared all of a sudden. It was then that a group of dolphins appeared around us from nowhere. There were so many of them that it was difficult to keep a count. Then they started to jump as if they were performing a show for us. One of them jumped across the other, performing an acrobatic show. All of them swam with us, along the boat. Lakshmi sat at one corner of the boat, touched with tears of joy, and looked at the dolphins swimming along with us. The whole show, the dance and the display lasted for almost fifteen minutes, and everyone wondered where these many dolphins had suddenly appeared from. The dolphins shifted Lakshmi's whole energy, making her play, shout and enjoy like a small child. They accompanied us up till the shore, as if sending us off with a goodbye.

It was an experience that can't be expressed in words. It was a perfect gift for Lakshmi on her birthday and she felt that she was blessed by the blue lady and her angels. We understood how dolphins and whales expand our energies. In their presence, our routine thoughts of survival cannot exist. Dolphin energy opens the higher chakras while Whale energy cleanses and purifies the lower chakras, grounding our energy.



Dr.Lakshmi swimming along with Winny and Ocean Beings

They are beings that operate from their heart center, and offer unconditional love. We also noticed that dolphins were more playful like children, jumping around and producing supersonic sounds; while the whales were more mature, sober and gracious.

The next day, when we were about to begin our ride into the ocean, Winny and Kees, the founders of Seraphim foundation, explained the process of cleaning the ocean. The ocean was filled with plastics, dirt, chemicals and wastes dumped all around. We realized how deadly the polluted water can be for the ocean beings, and started cleaning the ocean by picking the polythene bags and plastic wastes with the help of some implements. Winny said that dolphins and whales like to see us to clean the ocean. As soon as she said that, the Dolphins and whales started to show up far in the ocean. They joined together in huge numbers and started jumping and making formations. Dolphins jumped in a typical way forming a heart shape. We were told that dolphins and whales often arrive separately, and it was rare to see such a sight. Here they were, in huge numbers, jumping around as if welcoming us into the ocean.

The third day the whales stayed hidden below the water, as we sailed in the middle of the ocean. They were sensing us through their energy scanning procedure, but did not appear immediately above the surface. Our intentions, the purpose of our visit, our vibrations and energies were all to be scanned and ascertained before that. It was only after they confirmed that we were the friendly sorts that the first one, 'a pilot whale' appeared. It wagged its tail and flapped it on the water, conveying to us that we were welcome. Soon the others swam around, showing their belly to convey that they surrender as a friend. It was a gesture quite similar to that of the dogs.

They rolled and showed their necks, telling us that they completely trusted us. Every movement conveyed some message to us in their own unique language. They spoke to us through their gestures and asked us to respect their space. When we conceded to respect their space without intruding it, they became very friendly and allowed us to swim along with them. They taught us and demonstrated about respecting others' space. As we went along with right energy, right thoughts and right intentions, they permitted us to enter their world and their space; coming quite close to us. We followed the pilot whale that took us to a huge shoal of whales.

We hardly knew how to swim, and even though we had the life jackets it isn't always easy to jump into the middle of the ocean. But the contact with the whale energy made us so comfortable and so welcomed that without even a single doubting thought, we just jumped into the vast ocean. The minute we jumped we realized how tiny we felt in that huge ocean. As human beings we think of ourselves as a superior race,

but once we enter the whales' kingdom, we understand what we truly are. The Whales were so huge that they could make us traceless in no time, but they were so very compassionate. Despite being so massive, they moved with such grace and humility.

We had two dogs, Maya and Mitsy with us in the boat. Whenever a whale approached the boat, Maya could sense it before hand, and would begin to roll; indicating the arrival of the whales. Maya was a 13 years old lady, but still wanted to go into the ocean every day. The moment she would see the whales and the dolphins, she would jump into the waters and swim across to play with them.

On the fourth day, everyone on the boat began to completely trust the telepathic abilities of dolphins and whales. When someone expressed a deep desire, with great intensity, wishing to see the whales and dolphins and have an eye contact with them; the whales and dolphins sensed that thought immediately and showed up in front of that person. It was in one such moment that a miracle happened. One of the dolphins suddenly came near a woman and touched her gently on the belly. The moment it did so, the woman went into a complete trance state. Even after getting onto the boat she kept vibrating with high energy. The dolphin had transmitted her energy onto her. Later we came to know that this lady had a tumor in her belly and it was exactly at the spot where the dolphin had touched her. It became very obvious that dolphins had high telepathic and healing abilities, and they could understand our thoughts and scan our bodies.



Maya and Misty two pet dogs who came into the ocean



By the fifth day, we were wearing snorkels and floating in the ocean with the dolphins and the whales. Suddenly two huge whales came close to us together. I was sure that we were about to be crushed between them, but they came close and moved away gently with grace. There were many whales swimming underneath us as well. We were looking at them underwater, when all of a sudden, for no particular reason; I felt a humming sound emanating from my chest. It was a kind of heart song. A mother whale, who was swimming along with her baby, looked at me, left the baby, and came towards me. The baby whale too looked curiously at me. The mother whale came closer and stood vertically in front of me. It looked deeply into my eyes; and in that moment it transmitted something different into me. It taught me the unconditional love of a mother, which I couldn't learn through meditation or spirituality. It was like a blessing. When I looked into its eyes, there was no time, thought or space. I simply felt the oneness. My frequency shifted and every cell in my body got filled with unconditional love in that moment. Within a few seconds that whale transmitted a beautiful experience which even hours and hours of meditation couldn't give me. For the next three days, following that incident, I felt a stirring sensation in my heart.

Three days of processing happened, with nausea and vomiting, making me feel that my old past was being shed away. Every night from then on, I had a dream of looking at the whale's eye and the whale speaking to me, showing me the future visions in symbolic ways. After coming back from this trip, I understood the deep unconditional love of my mother, more than ever before.

It was the day before the last day of our visit into the ocean when we travelled to Masca. Here, we had to ride between two hills. My extra sensory perceptions were very high on this day as the dolphins' and whales' presence had opened my intuitive ability and knocked off my logical rational mind. I suddenly started feeling the presence of angels on the hills. When our boat approached the hills, I felt the high energy of that place, which was filled with angels. It was as if an ancient civilization had lived there a long time ago.

I shared my thoughts with other people on the boat and the members of the foundation. They confirmed that it was a power-spot where people had experienced the presence of angels before. I realized that after the eye contact with the mother whale my ability to understand, my extra sensory perceptions, my compassion and my kindness were multiplied by million times, reaching their highest levels. I could feel a deep calmness and playfulness within me. Now whenever I think of dolphins and whales, I get into a meditational state, and can feel a rush of positive energy vibration in my body.

It was the last day of our venture into the ocean that provided a perfect ending to our tale, giving us one of the most incredible experiences. It was almost the time to leave, so we prepared to move to the shore with heavy hearts. And then, we saw one of the most beautiful sunsets we have ever seen. The sun glittered with golden rays. Dolphins and whales came together and started dancing. The dolphins jumped around with joy and performed an acrobatic show, while the whales moved graciously with their own style and attitude. Suddenly the clouds in the sky started forming angelic shapes. There were hundreds of clouds, forming shapes of angels with wings. The combination of beautiful golden rays coming from the sun, hundreds of clouds forming angelic shapes and the dolphins displaying a wonderful show, created such an exhilarating experience that it can never be explained in words. It was an emotional moment for us. What we had was a multi-dimensional experience! The message was so clear that the dolphins and the whales hold the keys to ascension, the keys to other dimensional portals, and the keys to the angelic kingdom. They can make us see the angelic kingdom.

After such an incredible experience, we returned to the shore. The entire crew was quiet, as everyone knew that our venture into the ocean was about to end that evening.

At that moment a big turtle along with its baby appeared from nowhere. It looked as if they had traveled a long way. They came near the boat, looked at us by lifting their heads, as though waving us goodbye and went away. This event made the whole crew come alive once again, as they laughed and talked about the cute turtle and its little kid. Even after we came back from the ocean, lots of messages kept pouring into us, as though the dolphins and the whales were telepathically communicating their feelings.

All these seven days we had hardly eaten any food, and we were out in the ocean, being exposed under a hot sun, swimming in the ocean with varying tides, but still, we were in full energetic state with high vibrations. These seven days of incredible experience with the wonderful beings of the ocean had delivered us some strong messages. If we open our hearts and are ready to listen to them, they can teach us a lot, which is still unknown, and can only be taught by them.

We experience a different dimension that exists parallel in the ocean. We can't see it but such a world exists and is very much tuned and aligned with the dolphins and the whales, for they are the ANGELS IN THE BLUE.

*- Dr. Newton Kondaveti, M.D.  
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# Saint Francis of Assisi

## Miracle Man and Patron Saint of Animals

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### Biography:

*Saint Francis* (1182-1226) was born in a wealthy family at Assisi, Italy, to a cloth merchant. Francis received little formal education and his youth was mostly preoccupied with having fun. As a young man, he was popular and charming. He enjoyed practical jokes and led a regular life. When armed conflict broke out between the men of Assisi and a neighboring city in 1202, Francis eagerly volunteered for the cavalry but was captured after the first big battle and spent a year in captivity.

Francis returned to Assisi as a hero, but unknown to his friends he had undergone a transformation in his outlook during his captivity. Although he was once again the life of all parties, he was now questioning his reason for existence. After much contemplation, including vivid dreams and mystic visions, he turned away from the pursuit of all worldly pleasures, sold all his property and donated all the money to the Church. Then began his lifelong passion of caring for the society's castoffs, the sick and the poor, including the lepers.

His wealthy father reacted to his son's odd new lifestyle by disinheriting him. Thus Francis lived in utter poverty and even went without shoes. But his humbleness, extraordinary kindness and love for humanity attracted the attention of other young men. They too gave up worldly pleasures and followed him to spread the gospel and serve the poor. Eventually, as the brotherhood grew, its members traveled to other parts of Europe, including France, Germany, Spain and England, to preach. A separate order for women was also formed, now known as the Franciscan Nuns or Poor Clares.

*"Not to hurt the creatures' brethren is our first duty to them, But to stop there is not enough. We have a higher mission - To be of service to them wherever they require it."*

**-Saint Francis**

Francis had much love for animals, with special fondness for the birds. He liked to refer to animals as his brothers and sisters. Legend has it that wild animals had no fear of Francis and even came to him seeking refuge from harm.

After his death in 1226, Francis was declared a saint by Pope Gregory IX. For several centuries thereafter, his Franciscan order experienced continuous growth and is still active today caring for the poor, educating the youth, and performing many other good deeds.

### **Saint Francis--The First Advocate for Animals**

Saint Francis was a man before his time--about 600 years to be exact, in a time when animals were last in line to be treated with any respect. Francis understood that respect begins with the lowliest of all. To understand the genuine holiness of Francis and his great love and respect for all creatures we have to consider the world in which Francis lived. Italy in the twelfth and thirteenth centuries was a place of constant wars, political scheming, and cruelty. People treated animals with even more cruelty than they treated their neighbors.



In fact, the unnecessary infliction of pain and suffering on animals was a social norm right until the latter half of the nineteenth century, when the legal system began to adopt anti-cruelty laws.

Francis anticipated these laws by over six hundred years. He wasn't a mere sentimentalist about bunnies and birds and pets; he simply lived from his heart with due respect for all creatures; both animal and human. Through humble divine love, Francis discovered the same compassion that human laws, centuries in the future, would require of us all. And so Francis was a perfect example, in a reverse sort of way, of the fact that 'love is the fulfillment of the law.'


### **Stories About St. Francis and the Animals**

St. Francis of Assisi could communicate with animals and felt at one with all creation. Francis was humble and loved God's creatures. He loved the birds and the beasts, the depressed and the outcasts, and treated them as brothers and sisters. Here are a few stories that were first recorded by Thomas of Celano during the 13th century.

#### **St. Francis Preaches to the Birds**

Father Francis and his companions were making a trip through the Spoleto Valley near the town of Bevagna. Suddenly, Francis spotted a huge number of birds of all varieties. There were doves, crows and all sorts of birds. Swept up in the moment, Francis left his friends on the road and ran after the birds, while his friends patiently waited for him. He greeted them in his usual way, expecting them to scurry off into the air as he spoke. But they did not move.

Filled with awe, he asked them if they would stay awhile and listen to the Word of God. He said to them, "My brother and sister birds, you should praise your Creator and always love him. He gave



you feathers for clothes, wings to fly, and all other things that you need. It is God who made you noble among all creatures, making your home in thin, pure air. Without sowing or reaping, you receive God's guidance and protection."At this the birds spread their wings, stretched their necks and gazed at Francis, rejoicing and praising God in a wonderful way according to their nature. Francis then walked right through the middle of them, turned around and came back, touching their heads and bodies with his tunic. Then he gave them his blessings and they flew off. St. Francis, rejoiced, gave thanks to God and went on his way.

Later, Francis wondered aloud to his companions why he had never preached to the birds before. And from that day onwards, Francis made it his habit to solicitously invoke all birds, animals and reptiles to praise and love their Creator. From then on many times during Francis' life there were remarkable events of him speaking to the animals. There was even a time when St. Francis quieted a flock of noisy birds that were interrupting a religious ceremony! Much to the wonder of all present, the birds remained quiet until Francis' sermon was complete.

#### **St. Francis and the Fish**

Whenever a fish was caught and Francis was nearby, he would return the fish to the water, warning it not to be caught again. On several occasions the fish would linger awhile near the boat, listening to Francis preach, until he gave them permission to leave. Then they would swim off.

#### **St. Francis and the Wolf**

Perhaps the most famous story of St. Francis is when he tamed the wolf that was terrorizing the people of Gubbio. While Francis was staying in that town he learned of a wolf so ravenous that it

was not only killing and eating animals, but people, too. The people took up arms and went after it, but those who encountered the wolf perished at its sharp teeth. Villagers became afraid to leave the city walls.

Francis felt pity for the people and decided to go out and meet the wolf. He was desperately warned by everyone, but he insisted that God would take care of him. A brave friar and several peasants accompanied Francis outside the city gate. But soon the peasants lost heart and said that they would go no farther. Francis and his companion carried on. Suddenly the wolf, with his jaws agape, charged out of the woods at the couple. Francis made signs towards it that caused the wolf to slow down and close its mouth. Then Francis called out to the creature, "Come to me, Brother Wolf. In the name of Christ, I order you not to hurt anyone." At that moment the wolf lowered its head and lay down at St. Francis' feet, meek as a lamb.

St. Francis explained to the wolf that he had been terrorizing the people, killing not only animals, but also humans. “Brother Wolf,” said Francis, “I want to make peace between you and the people of Gubbio. They will harm you no more and you must no longer harm them. All past crimes are to be forgiven.”

The wolf showed its assent by moving its body and nodding its head. Then to the absolute surprise of the gathering crowd, Francis asked the wolf to make a pledge. As St. Francis extended his hand to receive the pledge, so the wolf extended its front paw and placed it into the saint’s hand. Then Francis commanded the wolf to follow him into town to make a peace pact with the townspeople. The wolf meekly followed St. Francis.

By the time they got to the town square, everyone was there to witness the miracle. With the wolf at his side, Francis gave the town a sermon on the wondrous love of God, calling them to repent for all their sins. Then he offered the townspeople peace, on behalf of the wolf. The townspeople promised in a loud voice to feed the wolf. Then Francis asked the wolf if he would live in peace under those terms. He bowed his head and twisted his body in a way that convinced everyone that he accepted the pact. Then once again the wolf placed its paw in Francis’ hand as a sign of the pact.

From that day on the people kept the pact they had made. The wolf lived for two years among the townspeople, going from door to door for food. It hurt no one and no one hurt it. Even the dogs did not bark at it. When the wolf finally died of old age, the people of Gubbio were sad. The wolf’s peaceful ways had been a living reminder to them of the wonders, patience, virtues and holiness of St. Francis. It had been a living symbol of the power and providence of the living God.

The followers of St. Francis built a beautiful church for him on the hill of Assisi, the hill he so dearly loved. The influence of St. Francis and the sweet aroma of the life he lived will last forever.

### **The Prayer of Saint Francis**

*"O Lord, make me an instrument of Thy Peace!  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is discord, harmony;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light, and  
Where there is sorrow, joy.  
Oh Divine Master, grant that I may 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."*

*(Source: Lessons from the Life of Saint Francis of Assisi, Part 9/ 'The National Shrine of Saint Francis')*



# Vegetarianism

## A Spiritual Perspective

by Dr. G.V. Narayana Reddy

**S**age Uddalaka instructs his son Svetaketu, “Food when consumed becomes threefold. The gross particles become the excrement, the middle ones flesh, and the fine ones the mind. My child, when curd is churned its fine particles which rise upwards form butter. Thus, my child, when food is consumed, the fine particles which rise upwards form the mind”.

Mind is formed of the subtlest portion of food. If the food is impure, the mind also becomes impure in its workings. This is a repeated saying both of the ancient sages of India and of the modern psychologists. That food does wield a tremendous influence on the mind as can be seen in everyday life around us. After a heavy indigestible meal, it is very difficult to control the mind; it runs, wanders, and jumps like an ape, all the time.



### Three kinds of diet

Diet is of three kinds, viz; Sattvic diet, Rajasic diet and Tamasic diet. In the Bhagavad-Gita, Lord Krishna says to Arjuna, “The food which is dear to each is three-fold. The foods which increase vitality, energy, vigor, health, and joy and which are delicious, bland, substantial and agreeable are dear to the pure.”

The passionate people desire foods that are bitter, sour, saline, excessively hot, pungent, dry, and burning; and which produce pain, grief, and disease.

The food which is stale, tasteless, putrid, rotten, and impure is dear to the Tamasic. Beef, wine, garlic, onions, and tobacco are Tamasic food-stuffs. They exercise a very unwholesome influence on the human mind and fill it with emotions of anger, darkness, and inertia.

Fish, eggs, salt, chillies, and asafetida are Rajasic food-stuffs, they excite passion and make mind restless, unsteady, and uncontrollable.

Barley, wheat, cereals, tomatoes, dates, fruits, almonds are all Sattvic food-stuffs. They render the mind pure and calm, and play a very important part in the practices of spiritual aspirants, in the mental development of the student and in the personality-power of the leaders of the world.

### Stress on moral and spiritual values

In the Indian view of life the real value is placed upon the moral and spiritual worth of the human. Human is more than just body and mind; he is essentially an ever-perfect, ever-pure and ever-free spirit in his true inner nature. Human birth is given as an opportunity and a means to attain this sublime knowledge of human inner spiritual nature and to regain divinity. In this process, all grossness and barbaric tendencies have to be totally eliminated from the human personality. Non-vegetarian diet, which is gross and barbaric by its very nature, is a great hindrance to this process. Whereas, pure Sattvic diet is a great help to the refinement of the human nature.

The chemical components of different foods vibrate at varying rates. Each particle of food is a mass of energy. The intake of certain food-stuffs setup discordant vibrations in the physical body which throw the mind into a state of oscillation and disequilibrium. Concentration of mind is rendered difficult and high thinking is disturbed, because elevating thoughts imply fine vibrations.

Meat generates diseases, excites passions and produces restlessness of mind. Scientists are coming to the conclusion that there are, in meat, certain things which are absolutely poisonous. A very large number of medical Men who have studied the subject of diet in relation to health are forbidding their patients to eat animal flesh, not only as a means of cure for such diseases as gout, rheumatism, etc., but also as preventive against uric-acid ailments and diseases of many kinds, including consumption, Cancer and appendicitis. Meat is not at all necessary for the keeping up of the perfect health, vigor, and vitality. On the contrary, it is highly deleterious to health; it brings in its train a host of ailments such as tapeworm, albuminuria, and other diseases of the kidneys. In large meat-eating countries, Cancer mortality is admittedly very high.



### **Flesh-eating involves cruelty**

Moreover, flesh eating involves the exercise of cruelty which is not an elevating virtue. It is a beastal quality which degrades man. Cruelty is condemned by all great men. Pythagoras condemned meat diet as sinful food. The cruel slaughter of animals and the taking of innocent lives which flesh-eating entails makes it abhorrent to all right thinking men and women all over the world. Butchery and blood-shed is a great disgrace to civilization and culture. Killing of animals for food is a great-blunder; and the mentality it engenders is fraught with potential dangers for the life of humanity, a recognition of which made George Bernard Shaw say that as long as men torture and slay animals and eat their flesh, we shall have war.

### **Abolish Slaughter-Houses**

If you want to stop taking mutton, fish etc.; just see with your own eyes the pitiable, struggling condition of the animals at the time of killing. Now mercy and sympathy will arise in your heart. You will be determine to give up flesh eating. If you fail in this attempt, just change your environments and live in a vegetarian hotel where you cannot get mutton and fish, and move in that society where there is only vegetable diet. Always think of the evils of flesh-eating and the benefits of a vegetable diet. If this also cannot give you sufficient strength to stop this habit, go to the slaughter house and the butchers shop and personally see the disgusting, rotten muscles, intestines, kidneys and other nasty parts of the animals which emit bad smell. This will induce Vairagya in you and a strong disgust and hatred for meat-eating.

All slaughter-houses should be abolished and the use of animal flesh as food should be absolutely given up. Flesh-eating is unnecessary, unnatural, and unwholesome. The countless instances of reputed philosophers, authors, scholars, athletes, saints, Yogis, Rishis who lived on vegetable diet

conclusively prove that Vegetarian diet produces supreme powers both of mind and body, and is highly conducive for Divine contemplation and practice of yoga.

Man is created as a fruit eating creature. This scientific fact is evident on a comparison with the carnivorous animals from whom he differs completely in respect of his organs and external appearances as described below.

In the carnivore the teeth is long and pointed, canine teeth, suitable for tearing flesh; Jaws move up and down for tearing and biting flesh. Saliva is acidic to digest flesh protein. Tongue is rough for meat and bone. Chewing food is gulped down in bite sized pieces. Stomach is round sack, secretes Hydrochloric acid to digest meat. Intestines are three times body length, designed for quick expulsion of food that rots fast. Liver secretes uricase to handle uric acid, toxic by-product of meat digestion. Hands, paws with retractable claws for gripping and tearing flesh. Urine is acidic.

Whereas in human beings, teeth is short canines for biting, molars for crushing, grinding and chewing fruits. Jaws can move from side to side for grinding and chewing.



Saliva is Alkaline to digest starch in fruit, vegetables and grains. Tongue is smooth for fruits and vegetables. Chewing food is pulped, chewed and salivated, starch digestion begins in the mouth. Stomach is long and convoluted, secretes juices to handle proteins and carbohydrates. Intestines are twelve times body length, designed for maximum extraction of nutrients from food. Liver secretes no uricase. Hands, short nails for picking fruit. Urine is Alkaline.

When man abandons flesh foods and takes his nutrient direct from nature's hand, of well ripe and healthy fruits and grains, nuts and vegetables with the addition of honey and cheese and milk, we shall find a large number of diseases disappearing. People will have more power of endurance and attain longevity.

What is needed is a well-balanced diet, not a rich diet. A rich diet produces diseases of the liver,

kidneys, and pancreas. A well-balanced diet helps a man to grow, to turnout more work, increases his body weight, and keep up efficiency, stamina, and a high standard of vim and vigour.

People who are slaves to the flesh-eating habit cannot give up animal diet, because they have confirmed and inveterate meat-eaters, and hence they try to justify their habit by various arguments and statics. One cannot change their ways merely by argumentation and disputation. Ultimately, it is only the force of personal example that has a strong effect upon the people around us.

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*Sri Swami Sivananda – 'Bliss Divine',  
published by the Divine Life Society.  
(Grateful Acknowledgments: Edit Team)*



# Ocean of Love

by Winny and Kees

“Healing can be accelerated by connecting with joy and happiness and one way of doing this is to experience the magic generated by free, and in the wild living whales and dolphins”, say healers Winny and Kees van de Velden.

As Winny is singing Amazing Grace, bobbing around in a boat on the Atlantic Ocean, the whales and the dolphins appear to be an appreciative audience.

In the Netherlands, Winny and Kees are working in their private practice as healers using also vibrational medicine, but out on the Ocean they are given the gift of a special friendship with dolphin -and whale families who have given them their trust; so together they are creating a unique healing setting for over ten years now.

Winny’s clairvoyance and clairaudience became a most important tool for the contact with the Angelic realm, and with her friends, the angels of the ocean - the free living dolphins and whales. These gifts have made her a channel for the experience people find to the point that she simply becomes a vehicle for INTELLIGENCE from the higher realms and the unique intelligence and magical qualities from their ocean friends.

Healing is all about getting the flame of life force strong again and has everything to do with personal growth and the zest for life, but the most important healing force is the force of unconditional love!

From the first moment of their coming together, the message was loud and clear:




Winny and Kees

‘Healing Humanity and Planet Earth go hand in hand and can be accelerated if people make the conscious choice to connect to Happiness, Love, Light and Delight, and we the free and in the wild living angels of the Ocean will assist you to spread the message of LOVE and UNITY’

“You are the Light, Delight”  
was their very first message.

The greatest boost for the immune system is the happiness hormone, the endorphins.  
Dolphins generate endorphins!

Dolphins and whales love to make us aware of Lightness and Love as the keys to healing and happiness. Kees and Winny are sure that this power is able to restructure our ‘blueprints’ up to the DNA level.



Dolphins and whales come freely and joyfully to their boat to give and share their love and Delight unconditionally.

**By discovering nature, you rediscover your Inner Nature!**

Kees and Winny learned that you don't have to go out on the ocean looking for whales and dolphins. It is the surrendering, the 'letting go of control' and 'the going with the flow' of Nature and the ocean, which creates a strong energy field on board, that seems to draw the dolphins and whales to their boat. Many friends and guests have been witness to that phenomenon.

Winny's love of Music and singing seems to be instrumental in bringing the dolphins and whales to their boat. Over the years a dear, precious friendship, great trust and strong bond has grown between them.

**WHY and HOW ?**

Although it is quite 'humanlike' to be wanting to understand how everything works, Kees and Winny have simply accepted this Miracle as an inner knowing, and don't feel the need to personally work towards providing scientific proof.

Over the years they have witnessed many healings on a physical as well as on a spiritual level.

The message Winny received for the year 2012 is: "Your knowing is not located in your heads but in your hearts", and yes, during these extraordinary encounters, an unforgettable heart opening occurs!

Furthermore humanity always has a choice. For a balanced future we can live from the vision the dolphins and whales showed to Winny a few years ago, "Choose prosperity over profit" which is now so timely and appropriate to live gracefully on our beautiful planet together in Peace and Unity.

As you may know, Dolphins and Whales are the holders of the Grid of our planet and continuously assist humanity to evolve and help us in our Ascension Process.

**By cleaning your earth home, you are cleaning your lives.**

Kees and Winny discovered from being out on the ocean for such a long time, that, human rubbish like plastic, fishing lines and nets are one of the many dangers to the lives and survival of the ocean inhabitants. Not only to the dolphins and the whales but also to the sea turtles.....

From day one, they pick up everything, while



being on the ocean, which might be a threat to the animals. So often they find animals entangled in fishing lines or nets, or a dolphin standing upright with a plastic bag over its blowhole. (a dolphin can only survive for about eight minutes without air).

To be able to assist in the rescue of the animals has become an important part of the activities within the Seraphim Foundation, Winny and Kees founded in 1999, and has created a very special energy between the whales and dolphins and their human friends.

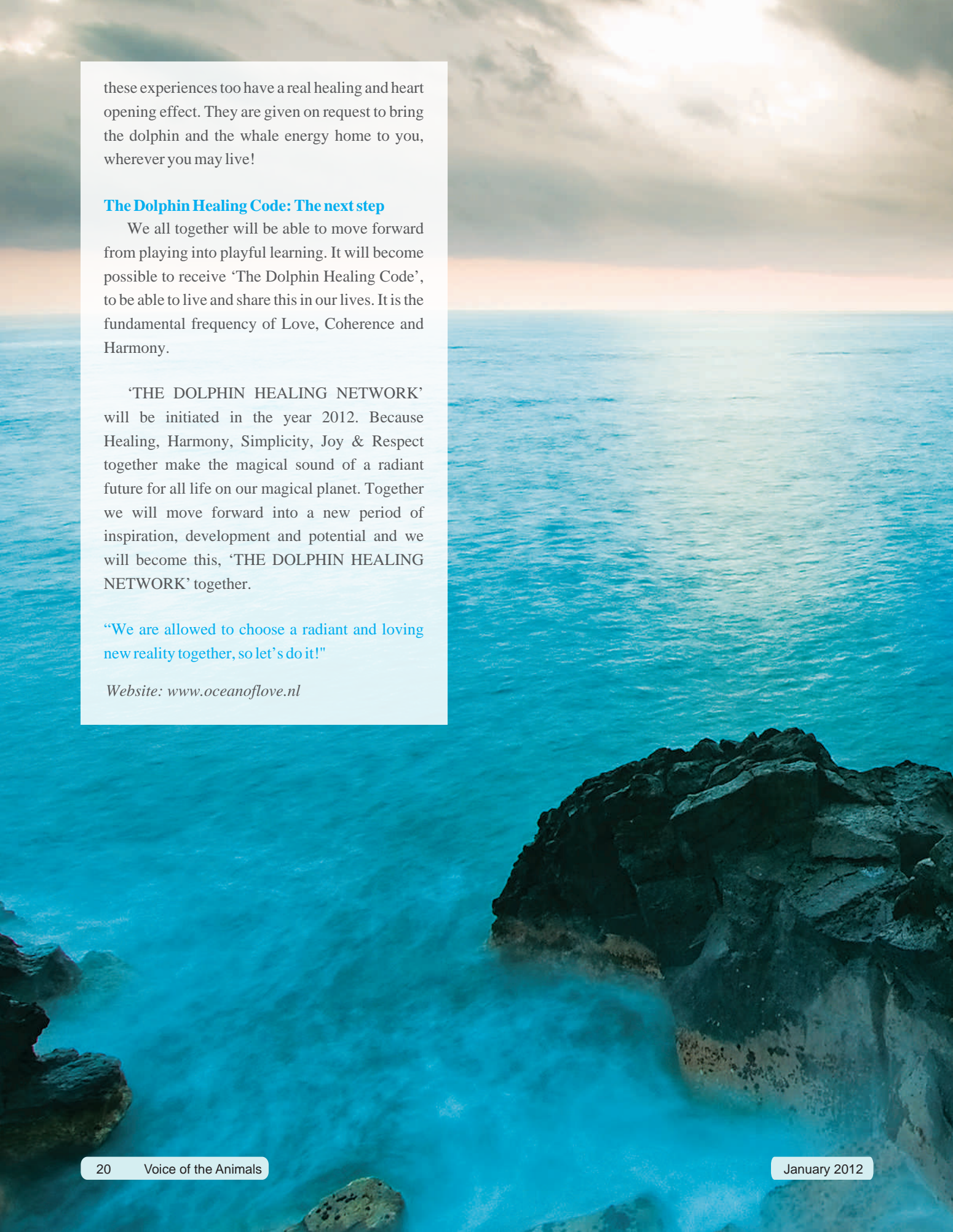
Since they have been doing this for years now, the dolphins and whales seem to know their ocean cleaning team quite well. Often while being busy with cleaning the ocean, the dolphins and whales appear with plastic in their mouth and bring it to their boat..... They are valued members of the cleaning team too.

**Ocean of Love**

The realization that whales and dolphins come to the boat out of their own free will has an amazing impact on all those who are given this experience. To give the dolphins and the whales the gift of our respect and our loving heart, music, joy, and ‘Delight’ and to realize that the ocean is their home and we as humans are their guests, not their home owners, and that we are students and not teachers, keeps the relation pure, and balanced and is the energy of Pure Love.



Winny and Kees have made film impressions and have developed visualizations and meditations, they use in their dolphin playshops”. A powerful tool for bringing the dolphin & whale energy to people who cannot physically come together with the dolphins and the whales,



these experiences too have a real healing and heart opening effect. They are given on request to bring the dolphin and the whale energy home to you, wherever you may live!

### **The Dolphin Healing Code: The next step**

We all together will be able to move forward from playing into playful learning. It will become possible to receive ‘The Dolphin Healing Code’, to be able to live and share this in our lives. It is the fundamental frequency of Love, Coherence and Harmony.

‘THE DOLPHIN HEALING NETWORK’ will be initiated in the year 2012. Because Healing, Harmony, Simplicity, Joy & Respect together make the magical sound of a radiant future for all life on our magical planet. Together we will move forward into a new period of inspiration, development and potential and we will become this, ‘THE DOLPHIN HEALING NETWORK’ together.

“We are allowed to choose a radiant and loving new reality together, so let’s do it!”

*Website: [www.oceanoflove.nl](http://www.oceanoflove.nl)*



# Dolphins as Teachers and Healers

**I**CERC's second International Dolphin and whale conference provided an arena for meeting a variety of people who have had relationships with cetaceans. For me, most affirming was the general acceptance of dolphins and whales as telepathic, as well as being highly intelligent. With the sole exception of a young scientist who affected not to know what telepathy meant, everybody I talked to had a story or an incident that had convinced them that dolphins can communicate telepathically. They did not necessarily understand it, and many were reserved and peculiarly tender when they spoke of such encounters. Even ten years ago, I doubt if it would have been possible to talk with such mutual agreement, which surely indicates the start of a fundamental change of attitude in the way we hold our cousins of the sea.

Whether we will ever be able to prove conclusively that dolphins possess a telepathic intelligence is unlikely. Contact with wild dolphins, of necessity, is almost entirely on their terms, and it has to be the natural prerogative of a telepathic species as to whether it wishes to reveal itself. Rumors abound, of course. One was leaked recently by marine biologists at a secret navy establishment and tells of their discovery of a Telepathic Matrix that links all cetaceans. Experiments with dolphins in one location yielded evidence that another dolphin, a quarter of a mile away, was showing the appropriate responses. The scientists involved, according to the report, regarded the discovery as too important to entrust solely to the U.S Navy.

- **Dr. Horace Dobbs**, the foremost English dolphin researcher and filmmaker, has seen for himself the positive healing impact wild dolphins can have on people suffering from acute depression. He has formed Operation Sunflower to facilitate this form of interspecies psychotherapy.



- **Jean-Luc Bozolli**, the French artist, was taught by the dolphins how to create breathtakingly beautiful paintings while living on a houseboat, while she had never painted before.
- **Neville Rowe** is an American psychic channel, who feels he has been in telepathic contact with collective dolphin intelligence since 1985.
- **Paul Horn**, the musician's cetacean revelation came when he was playing his flute for a male orca, the so called killer whale, which was pining for the loss of its mate.
- **Joan Ocean**, writer of the book *The Dolphin Connection*, was befriended by a pod of spinner dolphins in Hawaii and received lucid telepathic messages.
- **Dr. John C. Lilly**, the American scientist, who has probably forgotten more about dolphins than anyone else knows twinkles with delight at the implications of telepathy in cetaceans.

- **Glenda Lum**, the Australian musician, who swims almost daily with a coastal pod of bottlenose dolphins in New South Wales and who, in her audiotapes *Legendaria* and *Not Talking*, has created some of the most haunting and evocative human / cetacean music ever heard.
- **Kamala Hope-Campbell**, the Australian organizer of ICERC, drew us all together acting largely on telepathic messages she received from whales and dolphins.
- **Estelle Mayers** is an Australian filmmaker, whose fine documentary 'Oceana' is being seen on networks all over the world and which presents much of this advanced material in a more readily accessible form.
- **Andi Cox** is an English investigator of cetaceans, whose adventures with the wild dolphins off Dingle on the Irish coast (already immortalized by Heathcote Williams in his luminous poem "Falling for a Dolphin") have left him in no doubt as to how telepathic dolphins might be.

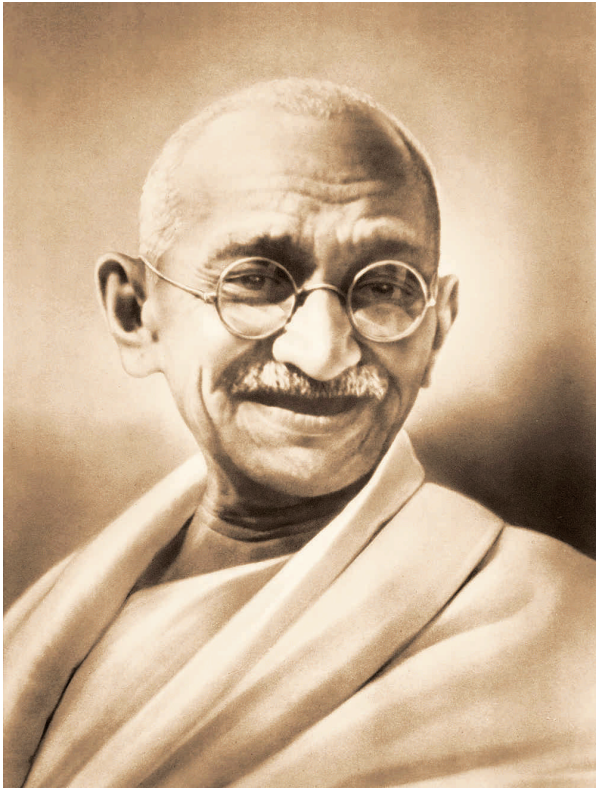


- **Yantra De Vilder** is an Australian musician, whose score for the enchanting music to Oceana tunes into the very heart of the cetaceans.
- **Carolina B. Ely**, the American seer, who was a witness to the true drama of the release of the Human/Dolphin Foundation's two dolphins Joe and Rosie, can tell a story or two about cetacean dream telepathy.
- **Dr. Betsy Smith** is an American psychologist, who through her work with autistic children in the water with dolphins has seen something of the mystery of the dolphins' healing bio-field in action.
- **Dean Bernal** is an American dolphin trainer, who has developed a close and loving relationship with a semi wild dolphin in the Turks and the Caicos islands and who needs no convincing.
- **Richard O' Barry** is the former trainer, of the famous dolphin Flipper and a courageous campaigner against the U.S. Navy's exploitative abuse of dolphins, who has been around dolphins long enough to know that there is a lot more going on than meets the eye.
- The late **Dexter Cate** is an environmental activist extraordinaire, who in the course of releasing hundreds of dolphins from the nets of Japanese fishermen has demonstrated the immense power of compassionate, individual action.

There must be many more stories from among the hundreds of people there, drawn from all over the world by feeling, as yet largely indefinable, that the dolphins and whales have information that is going to be extremely important for the future of all life on this planet. There is no doubt that when the telepathic nature of cetaceans becomes sufficiently well known, and then generally accepted, our attitudes will go through a profound change. The fact that we are sharing this planet with another species of intelligent beings, indeed spiritual cousins of ours, who use a communication skill of such impending importance for us, and who are friendly and loving, is an extraordinarily powerful reality. It could be a magnificent contribution to the re-enchantment of the planet. It will also be an early introduction to the vast, friendly, populated universe and all our cosmic relations, our galactic elders and cousins, who wait even now to greet us as we come of age.

*Material Excerpted from the book 'Dolphins, Telepathy and Underwater Birthing' by Timothy Wyllie  
Published by Bear and Company  
Grateful Acknowledgments - Edit Team*





**T**he idea of vegetarianism is deeply ingrained in Hindu and Jain traditions in India, and, in his native land of Gujarat, most Hindus are vegetarian and so are almost all Jains. The Gandhi family was no exception. Before leaving for his studies in London, Gandhi made a promise to his mother, Putlibai, and his uncle, Becharji Swami, that he would abstain from eating meat, taking alcohol, and engaging in promiscuity. He held fast to his promise and gained more than a diet: he gained a basis for his life-long philosophies. As Gandhi grew into adulthood, he became a strict vegetarian. He wrote the book, 'The Moral Basis of Vegetarianism' and several articles on the subject, some of which were published in the London Vegetarian Society's publication, 'The Vegetarian'. During this period, the young Gandhi became inspired by many great minds and was befriended by the chairman of the London Vegetarian Society, Dr. Josiah Oldfield.

# Mahatma Gandhi

Having also read and admired the work of Henry Stephens Salt, the young Mohandas met and often corresponded with the vegetarian campaigner. Gandhi spent much time advocating vegetarianism during and after his time in London. To Gandhi, a vegetarian diet would not only satisfy the requirements of the body, it would also serve an economic purpose as meat was, and still is, generally more expensive than grains, vegetables, and fruits. Also, many Indians of the time struggled with low income, thus vegetarianism was seen not only as a spiritual practice but also a practical one. He abstained from eating for long periods, using fasting as a form of political protest. He refused to eat until his death or his demands were met. Gandhi noted in his autobiography that vegetarianism was the beginning of his deep commitment to Brahmacharya; without total control of the palate, his success in Brahmacharya would likely falter.

## FAITH ON ITS TRIAL

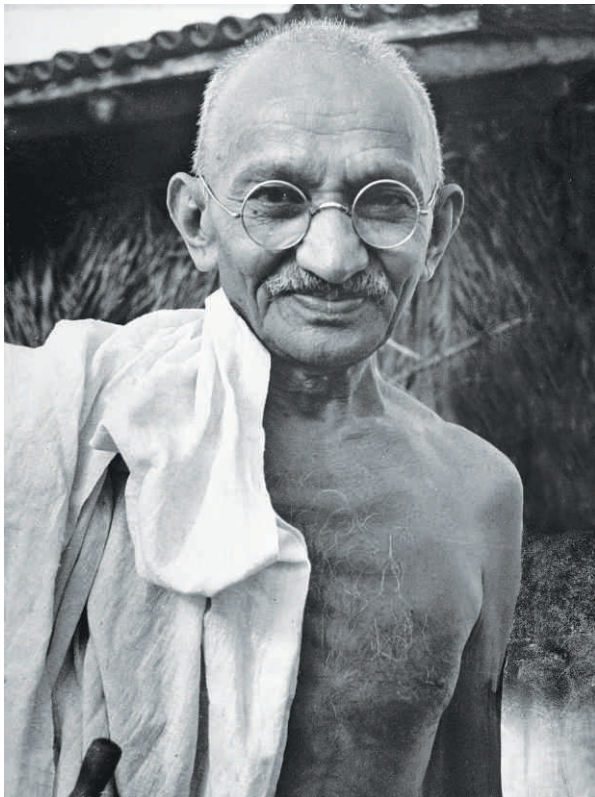
*The following is one of Mahatma's experiences derived from his autobiography, 'The Story of My Experiments with Truth':*

"Though I had hired chambers in the fort and a house in Girgaum, God would not let me settle down. Scarcely had I moved into my new house when my second son Manilal, who had already been through an acute attack of smallpox some years back, had a severe attack of typhoid, combined with pneumonia and signs of delirium at night.

The doctor was called in. He said medicine would have little effect, but eggs and chicken broth might be given with profit.

Manilal was only ten years old. To consult his wishes was out of the question. Being his guardian I had to decide. The doctor was a very good Parsi. I told him that we were all vegetarians and that I could not possibly give either of the two things to my son. Would he therefore recommend something else? "Your son's life is in danger," said the good doctor. "We could give him milk diluted with water, but that will not give him enough nourishment. As you know, I am called in by many Hindu families, and they do not object to anything I prescribe. I think you will be well advised not to be so hard on your son."

"What you say is quite right," said I. "As a doctor you could not do otherwise. But my responsibility is very great. If the boy had been grown up, I should certainly have tried to ascertain his wishes and respected them. But here I have to think and decide for him. To my mind it is only on such occasions, that a man's faith is truly tested. Rightly or wrongly it is part of my religious conviction that man may not eat meat, eggs and the like. There should be a limit even to means of keeping ourselves alive.



Even for itself we may not do certain things. Religion, as I understand it, does not permit me to use meat or eggs for me or mine even on occasions like this, and I must therefore take the risk that you say is likely. But I beg of you one thing. As I cannot avail myself of your treatment, I propose to try some hydropathic remedies which I happen to know. But I shall not know how to examine the boy's pulse, chest, lungs, etc. If you will kindly look in from time to time to examine him and keep me informed of his condition, I shall be grateful to you."

The good doctor appreciated my difficulty and agreed to my request. Though Manilal could not have made his choice, I told him what had passed between the doctor and myself and asked him his opinion. "Do try your hydropathic treatment," he said. "I will not have eggs or chicken broth."

This made me glad, though I realized that, if I had given him either of these, he would have taken it.

I knew Kuhne's treatment and had tried it too. I knew as well that fasting also could be tried with profit. So I began to give Manilal his baths according to Kuhne, never keeping him in the tub for more than three minutes, and kept him on orange juice mixed with water for three days.

But the temperature persisted, going up to 104. At night he would be delirious. I began to get anxious. What would people say of me? What would my elder brother think of me? Could we not call in another doctor? Why not have an Ayurvedic physician? What right have the parents to inflict their fads on their children?

I was haunted by thoughts like these. Then a contrary current would start. God would surely be pleased to see that I was giving the same treatment to my son as I would give to myself. I had faith in hydropathy, and little faith in allopathy. The doctors could not guarantee recovery. At best they could experiment. The thread of life was in the hands of God. Why not trust it to Him and in His name go on with what I thought was the right treatment?

My mind was torn between these conflicting thoughts. It was night. I was in Manilal's bed lying by his side. I decided to give him a wet sheet pack. I got up, wetted a sheet, wrung the water out of it and wrapped it about Manilal, keeping only his head out and then covered him with two blankets. To the head, I applied a wet towel. The whole body was burning like hot iron and quite parched. There was absolutely no perspiration.

I was sorely tired. I left Manilal in the charge of his mother and went out for a walk on Chaupati to refresh myself. It was about ten o'clock. Very few pedestrians were out. Plunged in deep thought, I scarcely looked at them, 'My honour is in Thy keeping oh Lord, in this hour of trial,' I repeated to myself. 'Rama-nama' was on my lips. After a short time I returned, my heart beating within my breast. No sooner had I entered the room than Manilal said, 'You have returned, Bapu?'  
'Yes, darling.'  
'Do please pull me out. I am burning.'  
'Are you perspiring, my boy?'  
'I am simply soaked. Do please take me out.'

I felt his forehead. It was covered with beads of perspiration. The temperature was going down. I thanked God.

'Manilal, your fever is sure to go now. A little more perspiration and then I will take you out.'

'Pray, no. Do deliver me from this furnace. Wrap me some other time if you like.'

I just managed to keep him under the pack for a few minutes more by diverting him. The perspiration streamed down his forehead. I undid the pack and dried his body. Father and son fell asleep in the same bed.

And each slept like a log. Next morning Manilal had much less fever. He went on thus for forty days on diluted milk and fruit juices. I had no fear now. It was an obstinate type of fever, but it had been gotten under control. Today Manilal is the healthiest of my boys. Who can say whether his recovery was due to God's grace, or to hydropathy, or to careful dietary and nursing? Let everyone decide according to his own faith. For my part I was sure that God had saved my honour and that belief remains unaltered to this day.

### **Morality Does Matter:**

*The following is a part of the speech delivered by Gandhiji at a Social Meeting organized by the London Vegetarian Society, 20 November 1931*

"A vegetarian is made of sterner stuff. Why? Because it is for the building of the spirit and not of the body! Man is more than meat. It is the spirit in man for which we are concerned.



Therefore vegetarians should have that moral basis – that a man was not born a carnivorous animal, but born to live on the fruits and herbs that the earth grows. The basis of my vegetarianism is not physical, but moral. If anybody said that I should die if I did not take beef tea or mutton, even on medical advice, I would prefer death. That is the basis of my vegetarianism.

I would love to think that all of us who call ourselves vegetarians should have that basis. There were thousands of meat-eaters who did not stay meat-eaters. There must be a definite reason for our making that change in our lives, from our adopting habits and customs different from society, even though sometimes that change may offend those nearest and dearest to us. Not for the world should you sacrifice a moral principle. Therefore the only basis for having a vegetarian society and proclaiming a vegetarian principle is, and must be, a moral one. I am not to tell you, as I see and wander about the world, that vegetarians, on the whole, enjoy much better health than meat-eaters. I belong to a country which is predominantly vegetarian by habit or necessity. Therefore, I cannot testify that they show much greater endurance, much greater courage, or much greater exemption from disease. Because it is a peculiar and a personal thing, that requires obedience, and scrupulous obedience, to all the laws of hygiene.

Therefore, I think that what vegetarians should do is not to emphasize the physical consequences of vegetarianism, but to explore the moral consequences.

While we have not yet forgotten that we share many things in common with the beast, we do not sufficiently realize there are certain things which differentiate us from the beast. Of course, we have vegetarians in the cow and the bull -- which are better vegetarians than we are - but there is something much higher which calls us to vegetarianism. Therefore, I thought that, during the few minutes which I give myself the privilege of addressing you, I would just emphasize the moral basis of vegetarianism. And I would say that I have found from my own experience, and the experience of thousands of friends and companions, that they find satisfaction, so far as vegetarianism is concerned, from the moral basis they have chosen for sustaining vegetarianism.”

*Material Excerpted from the book 'An Autobiography Or The story of my experiments with truth' By Mahatma Gandhi  
Published by Navajivan Publishing House  
Grateful Acknowledgments: Edit Team*



# Dolphins and Underwater Birthing



**T**o this day, experts do not know what is experienced by a baby at the moment of its birth. However, one very important fact is known. As the child leaves the mother's womb, the baby feels an immense heaviness, a powerful gravitational shock and its oxygen consumption jumps four-fold. All the powers of his organs, his accumulated energy, go into neutralizing the gravity force, adapting to a new terrestrial environment. The newly born baby is an aquatic being, rather than a terrestrial one.

What if the baby could pass from one aquatic environment (his mother's womb) to another one...from weightlessness of one kind to weightlessness of another? What will this child then expend his energy on? How will this child develop if he does not have to withstand the force of gravity? What if he is surrounded by another warm-water environment?

*Dr. Igor Charkovsky* is a fifty-year old 'midwife' of more than 300 water babies born in hospitals, in water tanks, over the past eighteen years in the Soviet Union. He is sometimes called 'Moscow's Miracle Midwife' by the appreciative couples who trust him implicitly and look forward to gently birthing the 'healthiest babies in the world'.

Dr. Charkovsky believes that water alleviates the strong force of gravity on the baby's delicate brain cells at the time of birth, enhancing the child's intelligence. He works intensively with the expectant mothers before the birth, believing their state of mind is communicated to the fetus. The fetus is influenced by the central nervous system of the mother (and also to a certain extent by the father due to close contact before birth).

Igor assisted fifteen pregnant women in 1987 and thirty-five women in 1988 who travelled to the Black Sea in the summer and early Fall to give birth to their babies in the warm salty water. They were assigned crews who supervised their final training and assisted in the underwater deliveries. The non-swimmers gave birth in the shallow water, their feet touching the ground. The trained swimmers delivered as they were diving. The crews were also well trained. They did not wear diving gear yet they could assist the deliveries in the dark, since many births occurred at night. The mother and the crew came up to the surface for air, and then returned to the salt water depths again to complete the birth.



In such deliveries, a pod of dolphins are always there, not only to observe, but to help in any way they can. The dolphins come of their own volition, sensing a new life, volunteering their assistance! There have been no problems and no unexpected emergencies. Each mother and child rejoins the dolphins that assist in the delivery and a deep friendship develops. The dolphins appear to pass their intelligence to the babies in a one to one communication. The children then maintain a telepathic communication with the dolphins, returning year after year to the Black Sea and being joyfully greeted there by the same dolphins. According to an article in the Soviet New Agency, Novosti, great emphasis is placed on the role of the dolphins in the up-bringing of these super children. The intelligence of the cetaceans is telepathically instilled in the babies who fearlessly communicate with the huge Black Sea dolphins.



Dr.Lakshmi and Dr.Newton with Igor Charkovsky

The dolphins 'bio- electric field' removes any unnecessary fear of the sea and the children communicate with them in play, moving easily in a three-dimensional, near weightless environment. This is similar to conditions in a manned space ship. These are truly Space Age Children!

Igor works intensively with the expectant mothers before the birth. He prepares the mother for future contacts with dolphins. He has found that embryos in the process of intrauterine development are even more susceptible to dolphin communications than the newly born babies. According to Dr. Charkovsky, the fetus understands the language of the dolphin better than human language and is capable of not only perceiving the information, but also teaching it to the mother. If a pregnant woman, in a state of meditation, looks at a dolphin or swims with them, she opens the communication between her unborn baby and the dolphin. Dr. Charkovsky instructs women in meditation and visualization, encouraging them to use meditation involving dolphins. He states that women can simplify the aspects of childbirth by visualizing that their pelvic skeletal is expanding and opening so that the baby's journey through the birth canal will be less stressful.

He suggests women visualize the fetus inside the womb surrounded by a golden light. Small groups of women gather to meditate and exercise together. The exercise includes many yoga positions.

According to Dr. Charkovsky, the newborn babies, who were born in the sea or even in the bathtub or pool, have the ability to stop their breath for at least 5 to 10 minutes, and even swallow food underwater. If such a child is fed in the water, he can swim for more than 16km over a twenty four hour period. That is all possible only under conditions that include continuous contacts with dolphins. At one year of age, the children are talking vocabulary of a three year old. They stand up at 5 months, walk at 6 months, and are immune to colds, unaffected by chances of weather, do not have temper tantrums, and sleep soundly. The children are noticeably independent, display strong muscles, a loving nature, natural intelligence, resourcefulness, confidence and accelerated coordination.

It was eight years ago that one of Igor's patients first chose to give birth in the warm waters of the Black Sea in summertime. A group of three friendly dolphins approached to observe and then swim with the mother and her newborn. Since that time, Dr. Charkovsky has included dolphins in the summer and early fall births of his patients.

He relates the story. "As the mother and her new baby slowly swam out into the water, the dolphins followed them quietly, keeping pace; but when the child suddenly slowed down, they darted over and one of the dolphins gently nudged it towards its mother. At that moment, as I was swimming along side, I heard a message in my mind: 'Don't worry. The baby is in good hands.' It was the dolphins talking to me. I relaxed instantly. The dolphins were eager to serve as nursemaids to a newborn human child. I realized I had just crossed over into another zone of reality."

*Material Excerpted from the book  
'Dolphin Connection' by Joan Ocean  
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Interview with Joan Ocean

# Voices in the Sea

by Paula Peterson



Joan Ocean

**Paula Peterson (PJP):** How did your work with dolphins and whales begin?

**Joan Ocean (JO):** It was surprise to me! I didn't even know how to swim when I first met the dolphins. It was back in the early eighties and people were not as aware of dolphins back then. The dolphins first came to me while I was in meditation and gave me a beautiful message of having much to share with humanity. The energy felt very good. But, I was a little embarrassed to tell anyone that I was receiving messages from dolphins. So, I kept it secret. I wondered, how could I work with dolphins and whales when I don't even swim or go into the ocean at all?

Finally, I shared the dolphin's message in a newsletter that circulated throughout the United States. There was a great response to it. Many people wrote in making statements like, "I felt all along that one could communicate with dolphins. Thank you for sharing the dolphin's message."

This encouraged me to talk more openly about it and I continued to have more experiences. Then as fate would have it, I was invited on a trip to the Amazon River in Peru to meet the river dolphins. Since I already had contact with them in meditation, I agreed right away. It was a beautiful experience. I still didn't know how to swim. From then on, my interest has always been in communicating with dolphins and whales, and to share my experiences with others.

**PJP:** Would you say, then, that communication with dolphins takes place on a feeling level more so than on a mental level?

**JO:** Actually, it's both. The mental is a big part of it and thoughts are important. A person may have a thought such as, "Oh, I can't swim that fast I wish you would slow down" – and the dolphins will slow down.

As another example, I keep records of the different dolphins and have come to know over 200 by name, based on marks on their bodies: birth marks or injuries they have had in the past.

I like to know if they're male or female, and when a new dolphin comes along, I'll have the thought, "Are you a male or a female?" In response, they will roll over right away and show me their underside.

In many ways they can read thoughts. I'll be with a group of dolphins and when I see that one is missing and I'll think, "Is Ragged Fin here today?" All of a sudden, he will come up from behind and zip right up in front of me.

Another way of communicating is through cellular communication. I have found that instead of sending information directly into our brains or into our minds – which they are certainly doing – they are also sending information into all the cells of our body.

**PJP:** So what can this tell us about eating animals?

**JO:** It can definitely have the same effect. Many who live here have said that those who eat meat all the time here on the island –like the cowboys and other meat-eaters – have a more aggressive behavior pattern and more leathery skin. The way that animals get killed for meat also causes fear in the cells of the animal's body - and people are eating that, too.

**PJP:** In what other ways do dolphins and whales communicate?

**JO:** Dolphins and whales also communicate through a tonal language which they use to contact us. When I was in the Azores with the Sperm Whales, I learned that the males can dive down more than 6000 feet and that the sounds they make are not pretty. They make clicks and static at depths where the sounds can be more easily transmitted. The dolphins and the whales also use echo-location, which is a way of producing sound.



**PJP:** How can a person open themselves up to telepathic communication with dolphins?

**JO:** The big part of that is about asking. It's amazing how something so simple is often what people don't do. When I communicate with dolphins, I enter a meditative state and become very relaxed. It helps to have music with dolphin or whale sounds which can be very profound. When you get into that expanded state, visualize them, think about them, and feel the dolphins and whales as best you can. Imagine yourself swimming with them. Imagine diving down, staying under water, and not worrying about having to breathe. Join them in their world by visualizing it, experiencing it, and being with them in the dreamtime in that way. Since water and the higher frequency of light are very similar you can swim in either one of them.

Once you feel you've made a connection with them ask if they have something to share with you. Have a pen and pad of paper ready and you can write while remaining in that expanded state of awareness with the dolphins and whales.

Just write what comes without putting any judgment or criticism on it – just let it flow. Even if it seems awkward at first, you will eventually receive more information. Some people will receive messages through images, some through sound and feeling, and some through the body kinesthetically. There are also those who receive communication from the dolphins in poetry or song.

**PJP:** Are there other ways that dolphins and whales affect us on land?

**JO:** There was a wonderful story in the Los Angeles Times quite a few years ago that set a good example of the effect of whale sounds. There were peculiar circumstances with Cadillacs being driven along the Pacific Coast Highway in California. Owners of the cars were returning them to the dealers because the electric door locks and the trunk lids were strangely popping up and down as they were driving. The company recalled the cars and their investigation revealed that the electrical systems were being set off by the sounds of the whales migrating along the coastline. We can be anywhere on land and the dolphin and whale frequencies are reaching us.

**PJP:** What can you tell us about the dolphin's ability to heal?

**JO:** I've seen so much healing happen when it comes to being with the dolphins. By using their sonar they can determine if we are missing any frequencies we need in order to be healthy. Then, they can make that missing sound, which is beyond our hearing, and send the sound to heal us in that way. There is a lot of interesting research being done on this now which is fascinating.

Dolphins also use their sonar to scan our bodies to find if there is a block or an imbalance.

They will often find blocks in the body from previous operations or injuries and they will sonar them. This can cause a release of trapped anesthesia – which we can smell.

**PJP:** Is this why dolphins can have such a beneficial effect on autistic and other disabled children?

**JO:** Yes. I have taken many children with all different disabilities out to the dolphins and the results have been phenomenal. One such child was nine years old, who had undergone 150 operations on her brain and had to be carried everywhere. After she swam with the dolphins she was able to walk up and down stairs. In addition, every time she counted from one to twenty she would always skip the number 16 for some reason. After swimming with the dolphins, she no longer skipped the number 16. She was much more responsive to people, and was gentle and loving. I had them tape record the results so that I would always have this to remember.

At another time, a Japanese girl with autism swam with the dolphins. She had the typical autistic behavior of avoiding eye contact, being withdrawn, and lost in her own world. Once in the water with the dolphins, she began making sounds while the dolphins were making sounds. We brought her back on land and I'll never forget this: after taking off her life-jacket, she walks into my backyard – which is right there on the ocean – goes over to a bush, picks a flower, walks over to me, looks right into my eyes and hands it to me. It was deeply touching. Her parents started crying. She had not been interacting with anyone in any way prior to this. I was personally aware of energies from Sirius before I met the dolphins. I noticed that when I met the dolphins it felt very much like the brightest star in our skies – Sirius.

When I asked the dolphins about it, they said that they were not directly from Sirius but that they contain the energies of Sirius within their being.

**PJP:** Tribal shamans of old allowed the spirit of a dolphin or whale to enter their body and have an intimate communication which they would then share with tribal members. They could also merge with whales or dolphins and have the experience of swimming as one of them. A sensitive person like you –sometimes called a channel –can also have these experiences. Could you tell us more about this?

**JO:** While swimming with the dolphins for hours, I begin to merge with their essence. It's like shape-shifting. I often feel that they, in turn, are experimenting with being in a human body and having fun with that. They become me and I become them –we merge with each other. At times, I get into such a high frequency of love, that my whole body changes its composition. I, as well as others, have had the experience of becoming invisible. It's not really so unusual. I've seen this happen in meditation, where some people achieve such a high state of consciousness that a person goes in and out of physical reality –now you see them, now you don't. The dolphins have that same affect when you spend a lot of time with them. There have been times, while swimming with a group when the others will start looking around for me because they can't see me. Once I feel that people are beginning to worry, it always brings me back.

**PJP:** What is the most important message that dolphins and whales are giving us about living here on planet earth?

**JO:** They are showing us the examples of living in harmony with nature by living in harmony with each other.

That is so important. And of course, they are living examples of joy and gratitude. One other important message is in teaching us to go beyond our five senses. It's interesting that they often don't want us to touch them, or hold onto them, or even to see them at times. We already know how to do all that. Instead, they want us to stretch beyond that, to use our other senses, and to communicate with them on that level. They want us to understand that we are not alone in the universe, for the sake of our planet, and for our own well-being. It's essential that we acknowledge that there are other civilizations in the universe that can be of benefit to us and who are willing to be helpful. We don't want to approach them as the enemy. We need to approach them in the same way we approach the dolphins –with love and openness.

**PJP:** In closing, what else would you like us to know?

**JO:** People have found that when swimming with the dolphins memories from their entire life may flash before them. They may remember negative things that happened in their childhood: perhaps they were abused, neglected, mistreated, or their parents weren't there for them when needed. When this happens, people will often be crying in their masks. The dolphin's message encourages people to focus on the positive things that happened in their lives and make this the impetus for their choices in life rather than the negative.

The dolphins once asked me, "Why does the human race focus on the negative things that happen and base their lives on this?" They want people to rewrite their past and focus on the beautiful and good things that happened and then move forward in their lives with gratitude.

*Source:*  
[www.planetaryconnection.com](http://www.planetaryconnection.com)

# Amazing Grace

by Astrid Noorden



Astrid Noorden

Throughout the centuries there is an evidence of a special connection between humans and dolphins and whales. Stories about people being saved by these precious creatures are well known. But also the love and deep gratitude shown by dolphins and whales when being rescued by humans have been noted. There seems to be a special bond between these animals and human beings, whether it is in captivity or in nature. It seems like they really enjoy interacting with people.

In the past decades dolphins have been part of therapeutic and research programs for disabled children. Swimming with dolphins has shown significant improvement in their condition. This was also the case where it concerned adults. The patience and gentleness shown by these creatures for the sick and disabled is heartwarming. Like others I have heard and read about these special encounters. Being born in Curacao (former Dutch colony) and living on this beautiful island surrounded by the Caribbean Sea, I once heard of a drowning man being pushed to shore by a dolphin. When we migrated to Suriname (also former Dutch colony) in 1965, it was a group of Dolphins who were the first to sail with us into the brown water of the Suriname River.

Little did I know then of the amazing encounters with dolphins and whales that lay ahead. In 2004 I went to Tenerife to spend some days with my friends Winny and Kees van de Velden. I had met them at a congress on Integrative healthcare where I was one of the key speakers. Part of the programs consisted of workshops on different themes. Winny and Kees were giving a playshop, in which their work with dolphins and whales was the main topic of the workshop.

A few years later I had my first swim with dolphins and whales. Like most people I immediately fell in love with dolphins. Although I have to say that I am definitely a 'whale person'. I am moved to tears by these gracious creatures. Time and time again it amazes me how they touch my heart. Their swimming is like dancing through the waves of the ocean, gracious and calm. I have seen how they wait for us to come and swim with them, encircling us in a huge group hug. Not only giving love but also healing broken hearts, whether of emotional or other origin. The way we make contact with them is by singing. One of the favorite songs of the whales is Amazing Grace. There are no words to express this experience. Being on the ocean and singing this song surrounded by whales (often whales and dolphins together) is in itself an unforgettable spiritual experience.

A moving interaction between humans and animals, based on mutual respect and trust!

For years Winny and Kees have been organizing trips to Tenerife. Repeatedly people have reported heart opening encounters with dolphins and whales. It is my firm belief that the quality of these encounters is closely related with the respectful relationship that my friends have built throughout the years with these beautiful animals. I know of stories about others who never ever saw one dolphin or whale while sailing on the sea in Tenerife. Yet, when on the boat with Winny and Kees it is a different story.

Through the years many healings have occurred on a physical as well as on a spiritual level. And many have experienced amazing breakthroughs after their encounter with these angels of the sea. I have been to Tenerife already four times and had moving encounters in these past years. One I will never forget is a mother whale and her child standing in an upright position before me. Spreading their fins like they wanted to give me a big hug. I felt the connection from their hearts to mine, pure love energy pulsating through my whole being. Research show that interaction with dolphins activates B-endorphins in the human brain and that hormone level rises in blood plasma after contact with dolphins.

Reactions such as crying and letting go of emotional pain, joy and gratitude for life itself show the deep transformation that is so often experienced and described in the contact with dolphins and whales.

Furthermore it is said that Dolphins and Whales are holders of the Earth Grid. This is just one of their tasks. They are also helping us in what is called the Ascension Process.

According to my dolphins and whales friends the message from these precious beings for the year 2012 is: ***'Your knowing is not located in your heads but in your HEARTS!'***

We all know that this is the only way to make the shift into the 5th dimension which is where the heart rules and not our heads and mind. It is about another way of thinking where actions are heart based. It is no secret that science has discovered by now that the Heart is essential in a shifting paradigm. So dolphins and whales are our friends and teachers, a precious gift to mankind!

- Astrid Noorden,  
Netherlands





# PETA

People for the Ethical Treatment of Animals


**P**eople for the Ethical Treatment of Animals (PETA) is an American animal rights organization based in Norfolk, Virginia, and led by Ingrid Newkirk, its international president. A non-profit corporation with 300 employees and two million members and supporters, it claims to be the largest animal rights group in the world. Its slogan is, "animals are not ours to eat, wear, experiment on, or use for entertainment."

Founded in March 1980 by Newkirk and fellow animal rights activist Alex Pacheco, the organization first caught the public's attention in the summer of 1981 during what became known as the Silver Spring monkeys case, a widely publicized dispute about experiments conducted on 17 macaque monkeys inside the Institute of Behavioral Research in Silver Spring, Maryland.

The case lasted ten years, involved the only police raid on an animal laboratory in the United States, triggered an amendment in 1985 to that country's Animal Welfare Act, and established PETA as an internationally known organization. Since then, in its campaigns and undercover investigations, it has focused on four core issues—opposition to factory farming, fur farming, animal testing, and animals in entertainment—though it also campaigns against fishing, the killing of animals regarded as pests, the keeping of chained backyard dogs, cock fighting, dog fighting, and bullfighting.

### **Ingrid Newkirk: History**

Newkirk was born in England in 1949 and raised in Hertfordshire, and later New Delhi, India, where her father—a navigational engineer—was stationed.



Newkirk, now an atheist, was educated in a convent, the only British girl there. She moved to the United States as a teenager, first studying to become a stockbroker, but after taking some abandoned kittens to a shelter in 1969, and appalled by the conditions she found there, she chose a career in animal protection instead. She became an animal protection officer for Montgomery County, then the District of Columbia's first woman pound master. By 1976 she was head of the animal-disease-control division of D.C.'s Commission on Public Health, and in 1980 was among those named as Washingtonian of the Year.

### Undercover investigations

PETA sends its staff undercover into research laboratories, factory farms, and circuses to document the treatment of animals, requiring them to spend many months as employees of the facility, making copies of documents and wearing hidden cameras. By 2007, it had conducted 75 such investigations. It has also produced videos based on material collected during ALF (Animal Liberation Front) raids. Some investigations have led to lawsuits or government action against the companies or universities. PETA itself faced legal action in April 2007 after the owners of a chinchilla ranch in Michigan complained about an undercover inquiry there, but the judge ruled in PETA's favor that undercover investigations can be legitimate.

Notable cases include the 26-minute film PETA produced in 1984, 'Unnecessary Fuss', based on 60 hours of researchers' footage obtained by the ALF during a raid on the University of Pennsylvania's head injury clinic. The footage showed researchers laughing at baboons as they inflicted brain damage on them with a hydraulic device intended to simulate whiplash. Laboratory animal veterinarian Larry Carbone writes that the researchers openly discussed how one baboon was awake before the head injury, despite protocols being in place for anesthesia.



The ensuing publicity led to the suspension of funds from the university, the firing of its chief veterinarian, the closure of the lab, and a period of probation for the university.

In 1990, two PETA activists posed as employees of Carolina Biological, where they took pictures and video inside the company, alleging that cats were being mistreated. Following the release of PETA's tapes, the USDA conducted their own inspection and subsequently charged the company with seven violations of the Animal Welfare Act. However, four years later, an administrative judge ruled that Carolina Biological had not committed any violations.

### **Vegetarian/vegan/factory farming**

PETA Asia-Pacific promotes vegetarian and vegan diets through three specific campaigns: education about the benefits of a vegetarian diet, demonstrations and celebrity involvement against fast food outlets, and undercover investigations of animals used for live transport and traditional religious slaughter. The organization has also used the PETA Lettuce

Ladies in local demonstrations.

PETA Asia-Pacific regularly demonstrates against KFC outlets to promote better treatment of chickens used by the company.

### **Anti-fur**

PETA Asia-Pacific supports the PETA campaign "I'd Rather Go Naked than Wear Fur", in which celebrities appear nude to express their opposition to wearing fur. The group also stages anti-fur events to publicize their opposition to fur. PETA Asia-Pacific has been involved in several undercover investigations of fur farms in China.

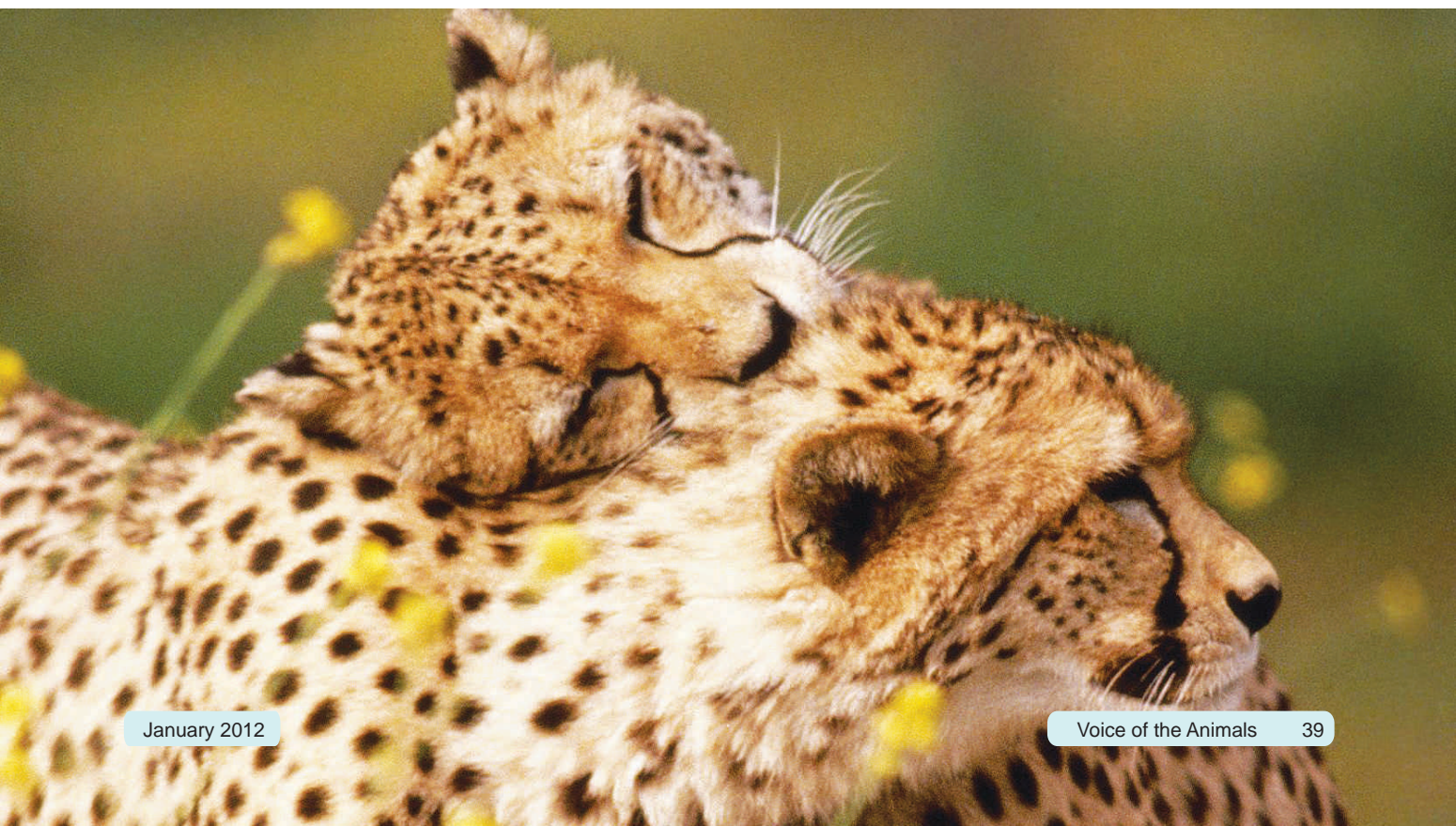
### **Animals used for entertainment**

The group regularly protests the use of animals in entertainment, including circuses. These demonstrations are specific to the area, including anti-bull riding, not keeping wild animals in chains, and stopping human-animal wrestling matches.

*Source:*

[http://en.wikipedia.org/wiki/People\\_for\\_the\\_Ethical\\_Treatment\\_of\\_Animals](http://en.wikipedia.org/wiki/People_for_the_Ethical_Treatment_of_Animals)

<http://www.peta.org/about/learn-about-peta/default.aspx>



# Is this how we treat our friends?

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**I**t may be that in their naivety, people living in times past may have thought that dolphins were simply 'big fishes'. But today we know more about them, and yet, throughout the world, some countries still permit the cold-blooded killing of these wonderful air-breathing mammals. According to Dave Currey and Allan Thornton, who run the British-based Environmental Investigation Agency, at least 500,000 dolphins die every year in uncontrolled slaughters.

After travelling the world on fact-finding mission, Currey and Thornton have returned with countless tales of dolphins being stabbed, shot, speared, gassed, hooked, electrocuted, harpooned, blown-up and mutilated. They report that over five times as many dolphins and small whales are being killed each year as the number of great whales at the height of the whaling industry. At present, small cetaceans are not afforded any protection by the International Whaling Commission, and as a consequence, throughout the world many are hunted for food, fertilizer and shark-bait.

Japan is responsible for the blatant killing of more dolphins than any other country. Between 1976 and 1987, Japanese fishermen killed over 200,000 small cetaceans off the shores of Japan.





On one occasion, in November 1990, some 600 dolphins were clubbed and hacked to death on Shiragahama beach by the locals of Fukejima Island. Some doubt exists as to whether the dolphins were purposely driven ashore, or whether they beached themselves, but, regardless, they still met with a horrifying death. Dolphin meat is a popular delicacy in certain regions of Japan.

Some fishermen attempt to justify their actions by claiming that the dolphins deplete fish stocks and so threaten the men's livelihood. However, a more plausible explanation for such a threat lies with the vast fishing-vessels belonging to the major industrialized nations, which often set their nets off the coastline of poor 'Third-World' countries.

The collapse of the Peruvian anchovy industry in the 1970's had left local fishermen in desperate need of alternative employment. They found it in killing dolphins for their meat. Every year, some 10,000 dusky dolphins, common dolphins and Burmeister's porpoises are slaughtered by being harpooned or caught in deliberately-set gill-nets. When Koen Van Waerebeek, founder of 'GrupoCetaceos', a Lima-based conservation organization, visited the small fishing port of Pucusana in November 1988, he found the marked-floor covered with bloodied dolphin bodies.

Most of this meat is sold fresh for human consumption in Lima, while rest is dried and salted to produce muchame, originally an Italian delicacy, and now a popular snack amongst those who can afford it. As it is un-specifiably referred to as 'sea pig', many people are unaware that they are eating dolphin meat.

In other parts of the world, dolphins are not even killed in order for people to make a living. In the Danish-owned Faroe Islands, dolphins often die alongside long-fin pilot whales in a traditional slaughter that dates back centuries. After being driven into the bay, the creatures are hauled up onto the beach, where the islanders slit their necks and leave them to die. This practice still continues, taking the form of an 'enjoyable' sport that often results in the death of over 500 dolphins



in a single day. As a result of the destruction of their natural habitat, the survival of some dolphin species currently hangs precariously in the balance. With their comical pointed snouts and paddle-shaped flippers, the prehistoric-looking river dolphins of the family Platanistoidae now teeter on the verge of extinction.

Only few years ago, for example, the distinctively pink-colored Amazon River dolphin (*Inia geoffrensis*) seemed quite safe. Now it has become one of the most endangered species, due to the accelerated, commercialized 'rape' of the Amazon basin and the destruction of the South American rainforest.

Ever since the Inia entered the Amazon River basin from the Pacific coast, at least five million years ago, it has lived peacefully in the sheltered estuaries and lakes of this 4,000 mile long River. Over the years the animals adapted to live in these somewhat murky waters, and these dolphins can swivel their heads a full 90 degrees and have superb sonar vision to improve their navigational powers.

The harmonious relationship between the native people and the river dolphin is now disintegrating. Due to exploitation of the forests, rainfall is declining and the river-level is dropping. Water pumped from its tributaries to irrigate massive agricultural projects exacerbates the problem, leaving dolphins stranded in shallow pools to die of sunstroke and starvation. Low waters also attract commercial fishermen with gill-nets up to two mile long, which force the dolphins and the local people to compete for fish. The 'outsiders' also encourage locals to shoot, dynamite and poison their longstanding animal friends. Although outlawed in Brazil, unscrupulous poachers also hunt the dolphins and sell the creatures' bodily part, particularly the eyes and genitals, in the expanding black market in maccumba or black magic, to North and South American, European and Japanese Buyers.

Attempts to hold these particular dolphins captive invariably result in attempted suicide, so it is even more important to protect the Inia in its natural home.



A naturalist called Roxanne Kremer has founded a conservation society called PARD (Preservation of the Amazonian River Dolphin) which is specifically focusing on saving the pink river dolphin from extinction. The main thrust of her work is to rekindle an environmental awareness and appreciation for the Inia among the people of Peru and Brazil.

### Save the Seas

It is said that when the seas die, we die too. Yet for at least half a century, we have been treating the world's oceans as a dumping-ground for our unwanted wastes. It was as if we thought those vast expanses of water could swallow up any amount of rubbish we tipped into them without any dire consequences. Time is proving us wrong. Waves breaking along the coasts of many countries are now so unclean that they are health hazards to humans. How long will it be before the dolphins that dwell in these seas also suffer the ill-effects of our pollution?

Indeed, dolphins are already dying through our negligence. Rubbish such as floating plastic bags, which may cover the animals' blow-holes, causing suffocation, is an ever-escalating cause of concern. The power-boats and jet skis that skim across the waves in holiday resorts generate high-pitched sounds that may affect the dolphins' sensitive hearing, causing distress and possible disorientation. Seismic testing is guaranteed to do them much more harm.

Many noxious man-made chemicals flushed into the ocean may be insidiously taking their toll on the health and general wellbeing of cetaceans. A century ago, as many as 5,000 belugas or white whales lived in the Lawrence River in eastern Canada. Now, this local population numbers just 400 and is almost certainly doomed to extinction. The reason for this decline is pollution, for decades both Canadian and US industries have been pouring noxious chemicals into the Great Lakes which drain into this river. Belugas that die are so heavily contaminated that their bodies are classified as toxic waste and must be specially disposed off to keep the poisonous chemicals from returning to the environment. While some 24 different chemicals have been found in the affected animals' tissue, the most abundant are the PCBs (polychlorinated biphenyls).

For 50 years, PCBs were used in industry as cooling and insulating fluids in the manufacture of plastics, adhesive and lubricants. During that time, more than one billion kilograms of these highly toxic substances were produced. Although official manufacture of PCBs ceased in 1967, a certain amount leaked into the environment and these still linger in oceans and lakes throughout the world. PCBs entering the sea were taken up by plankton, which are in turn eaten by fish, the staple diet of dolphins and other marine mammals. Because PCBs are extremely stable and fat-soluble, they tend to accumulate in the dolphins' blubber.

Dr. Paul Johnston, Greenpeace Research Fellow at the School of Biological Sciences of Queen Mary College in London, feels that there is good evidence to suggest that PCBs have a detrimental effect on the health functioning of the liver, damage the endocrine organs, reduce fertility and weaken the immune system.

In the summer of 1987, hundreds of dead and dying bottlenose dolphins were washed up on the east coast of the United States from New Jersey to Florida. They were suffering from internal hemorrhaging, fluid in the lungs, enlarged spleens, bronchial pneumonia and peeling skin. Their immune system had apparently broken down. Although official reports blamed poisonous algae in the fish that they had eaten, Greenpeace biologists found high level of PCBs in the dolphins' tissues. Other industrial pollutants, including heavy metals such as copper, cadmium and mercury, were also present. A similar incident took place three years later, when a mysterious plague claimed the lives of 10,000 striped dolphins in the Mediterranean, arguably the most polluted sea in the world. Their deaths were attributed to an outbreak of the morbilli virus, which is similar to killer 'flu. It is a disturbing and sobering fact that, due to our present day pollution problem, the lives of future generations of dolphins may be at stake.

*Material Excerpted from the book 'Dolphins and Their Power to Heal' by Amanda Cochrane and Karena Callen, Published by Healing Arts Press (Grateful Acknowledgments: Edit Team)*



# The Unusual Court

By Torkom Saraydarian



**T**his was my dream on a night very close to the full moon.

There was a court, and a very ancient Being was serving as the Judge.

There was only one man, a lawyer, the defendant. The grand Judge on the high chair opened the court.

The first complaint was heard from a sheep.

**Sheep:** My Lord, please excuse my bleating voice, and the way I am, my 'wooly-pooliness.' Feeling your compassion for all beings at last I decided to come to you to have the great, great honor to talk in your presence. My Lord, I have to say to your Honor....for thousands of years the man, who stands there, is killing us and chewing our flesh.

How long is this going to continue?

We do not have any means to protect our rights, to live and enjoy nature.

We give gladly our wool, our lanolin, to their children, but, please, Your Honor, teach them not to eat our bodies.

In the name of all sheep I protest such an act.

The Judge, after pondering for a few minutes, said:

**Judge:** Man, what is your answer to such a charge?

**Man:** We need nourishment, your Honor.

**Sheep:** What if we were to use man as our nourishment, my Lord. Would this be right?

**Judge:** Answer the sheep, man.

**Man:** I guess not.

**Sheep:** Then why do you kill us with all your skill, with knives, with shocks given to our skulls, slitting our necks, shedding our blood all over the world and selling pieces of our bodies in the markets of the world?

**Man:** I guess we should not.



**Judge:** So you admit your great crime of killing these innocent animals all over the world?

**Man:** We do not know a better way to live, your Honor.

**Judge:** Then, this is my judgment: your life will be shorter by five years.

Next!

A cow and an ox entered the court.

**Cow:** Your Honor, we want to tell you that terrible crimes are being committed against us for centuries...

**Judge:** Why are you so late in bringing your complaint to the court?

**Cow:** The conscience of man was deeply asleep. No one, O Lord, had ears to listen.

**Judge:** Continue.

**Cow:** For centuries we helped man; working in his fields, giving him our milk, carrying loads and pulling carriages... but, as a reward our children, our fathers, and mothers are killed for food, and our bodies are ground in machines and roasted in fires.

This was one by this so-called civilized man.

**Judge:** Is this true?

**Man:** Yes, Your Honor.

**Judge:** Are you guilty?

**Man:** Yes, your Honor.

**Judge:** Then my judgment is that you are going to live five years less and develop uneasy pains in your body....

Next!

A deer came very, very gracefully.

**Deer:** My Lord, I have a great great complaint. This man, who is dressed in a suit with a tie and watch and ring, has weapons through which he throws fireballs which pass through our bodies and often through our heads causing terrible pain and death... and often our children are left orphans.

That is not all, my Lord, I have more complaints.

In some places they no longer shoot us because of some nice children of Light who love us. But, Your Honor, do you know what man does to us? They have big machines like elephants and through them they destroy and take away our bushes, trees, forests, and level our mountains.

Do you not think this is a crime?

Man says he has a right to do this because he has a paper in his hand which says the land belongs to him.

Does not the land belong to everyone? No one person has a right to own it.

All forms of life are as shadows thrown on the mirror on the earth...they come and then pass on.

The earth remains for all.

Your Honor, please tell us who gave the authority to man to destroy nature?

**Judge:** Continue.

**Deer:** Yes, your Honor, for that is not all. The most, most horrible thing is that although some of us have bushes and trees and forests to live in -- we have extreme



difficulty in finding pure water to drink. Water, if it is found, does not taste as before.

Many streams are full of pain-causing chemicals.

Your Honor, we want our clean water back, our forests back, our hills back.

**Judge:** Is this charge true, man?

**Man:** As a matter of fact, your Honor, it is true. But, we need money, need housing, need land. We want to expand and multiply.

**Judge:** But to pollute water and destroy forests for the sake of multiplication... why multiply beyond the limit?

**Man:** Your Honor, the deer has no right to insult us. He is not human.

**Deer:** Not being human does not mean not to have any rights! Am I right, your Honor?

**Judge:** Man, you do not use pure logic and because of these crimes your life will be shorter by yet another five years.

Next!

**Dove:** Your Honor, I am a dove and represent all the birds of nature.



You know, we bring joy, peace, love, color, and music to all the living forms. You know already that man has taken away most of our trees, meadows, hills, and mountains, lakes, springs and so on.

But, our main complaint is as follows:

When we fly we feel poison in the air. Wherever we go, whatever altitude we fly, there is grave poison.

Our throats are aching, our lungs are painful and our hearts are weaker.

We cannot sing as we once did. Joy is departing from our hearts. We cannot bring light, joy, life from the Sun anymore. We try very hard to render our task and be a bridge of energies and beauty, but the air, so dark, so polluted, we even worry about humans, for their coming babies. will inhale the poison instead of the fragrance of the flowers, bushes, and mountains. Please, O Lord, help us to restore nature.

**Judge:** Are these complaints true, man?

**Man:** In some sense, yes, Your Honor.

**Judge:** In what sense?

**Man:** First of all, we need to travel, we need gas, We need industry, we need refineries, we want to survive.

**Judge:** But does the polluted air help humans to survive?

**Man:** It does not help us ... on the contrary ... many, many thousands of us are dying in pain from the air we breathe but it continues unnoticed by the majority of us your Honor.

**Judge:** Well, man, you did not present a logical answer. I will cut another ten years from your life. Next!

A lion entered the court.

**Lion:** Your honor, I have no specific complaint at this time but I strongly demand that the crimes of man be stopped at once.

**Judge:** What do you say man?

**Man:** I am strongly against the lion. He eats many other animals.

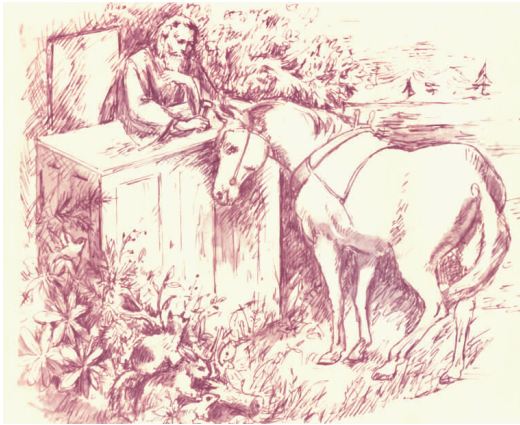
**Lion:** No more than you do.

**Man:** They have eaten man for centuries.

**Lion:** No more than you have killed in wars, in accidents on your freeways. Your Honor, we animals have problem amongst us. We solve our problems without damaging the balance of nature. We feel the laws of nature better than humans do.







Man misuses the laws and these laws of nature should never be violated for any reason.

We often punish man because he violates nature.

**Judge:** Is it true that you are misusing the laws of nature, man?

**Man:** Not at all, your Honor, we use the laws of nature to build greater civilizations.

**Judge:** Through crime and by shortening the life span and killing life-forms everywhere through pollution? I do not understand that.

There is only one law ... make life beautiful for all living creatures. I warn you not to continue the way you live.

Next!

A horse enters the court.

**Horse:** Your Honor, I know man better than all the others. I want to bring harmony between man and nature. Nature needs man, man needs nature. It seems to me that man will be happier, healthier and more joyful if he lets the animals, trees, flowers live ... in better conditions.

The other day a pine tree told me that it no longer can live in polluted air. Many, many insects and field animals are complaining about the increasing noise created by flying objects. Horrible noise is killing them by the millions thus distorting the balance of nature.

Many millions of trees are suffocating because of the poison from chemicals.

And the sea, the oceans, the lakes ... full of poison; all living creatures in the water are passing very, very critical times.

They do not understand why man is polluting the water.

How can they, themselves, survive if they are destroying all resources of survival?

My request, your Honor, is that something be done to stop this madness of exploitation multiplying within the mud of greed, fear, deception, and irresponsibility.

**Judge:** Man, what is your answer?

**Man:** Your honor ... I ... We ...

And while all this was going on a rooster and some chickens entered with their feathers ruffled.

**Chicken:** Sir, Sir, we are late in bringing our case to you.

**Judge:** You may speak.

**Rooster:** Can you imagine how many centuries we gave our eggs to nourish mankind, we awaken them eagerly every morning to go to their labors, but, this did not satisfy them?

Some men will never be satisfied even if they consume themselves.

**Judge:** Yes, I see your point. I do not think man will argue your point.

**Man:** Your Highness, can I say a few words? We nourished them for centuries...

**Judge:** Yes, but only to eat them.



**Man:** Then how are we to survive! By not eating chickens, turkeys, ducks and quail?

A big turkey entered the court and interrupted saying:

**Turkey:** That is your problem man. Your Highness, they celebrate even their Thanksgiving to the Giver of Life by taking the lives of millions of turkeys and chewing us with wine.

Let them eat the fruits of the earth. Let them drink pure water. Let them grow vegetables and eat seeds.

They will be more sane and see the point of our argument.

**Man:** Your Highness... I...

**Judge:** Yes?

**Man:** I have no answer...

**Judge:** The almighty Life did not create birds and animals to be eaten --- they are part of a great mechanism which cannot operate when parts are annihilated from it.

The Great Life gave you the gardens and the fruits and the waterfalls and springs--- go back to Eden...

As everyone was awaiting the final verdict, a whale and a dolphin jumped out of the sea and landed near the feet of the Judge.

**Whale:** My Lord, my Lord, Please help us! In hardest cruelty man takes us out of our domain and uses our bodies for his greed--- If this does not stop we are deciding to teach a lesson to humanity, by channeling rays from cosmos to mix up their minds so that instead of us they keep busy annihilating one another in wars and in exploitation.

Only in this way can we escape from their skills and greed.

**Judge:** You are right in protecting your existence in the ocean, but never wish destruction for mankind.

**Whale:** I see your point your Honor, We do not need to further the destruction of mankind ...



**Judge:** New age beauties are going to be born to protect life in all kingdoms --- the new age is upon us... Have patience...

**Whale:** You know, most honorable Judge, I will say something with utmost hesitation but knowing your wisdom I will dare - Man will not believe this but I know in my heart that it is true...All life is striving towards perfection and manhood is a station on that path. One day I and the rest of the animals will reach that station. Knowing this, noble ones can give us a chance to experience and grow...

The Judge turned to the man and said:

**Judge:** Man, what is your answer?

**Man:** Your Honor, I will try to convince humanity... although I know they will heed me less than the sickness, pain and suffering we have developed.

I will try to tell them that eating the flesh of animals, violating the life of nature, will shorten their life, will increase their pain and will hinder their path.

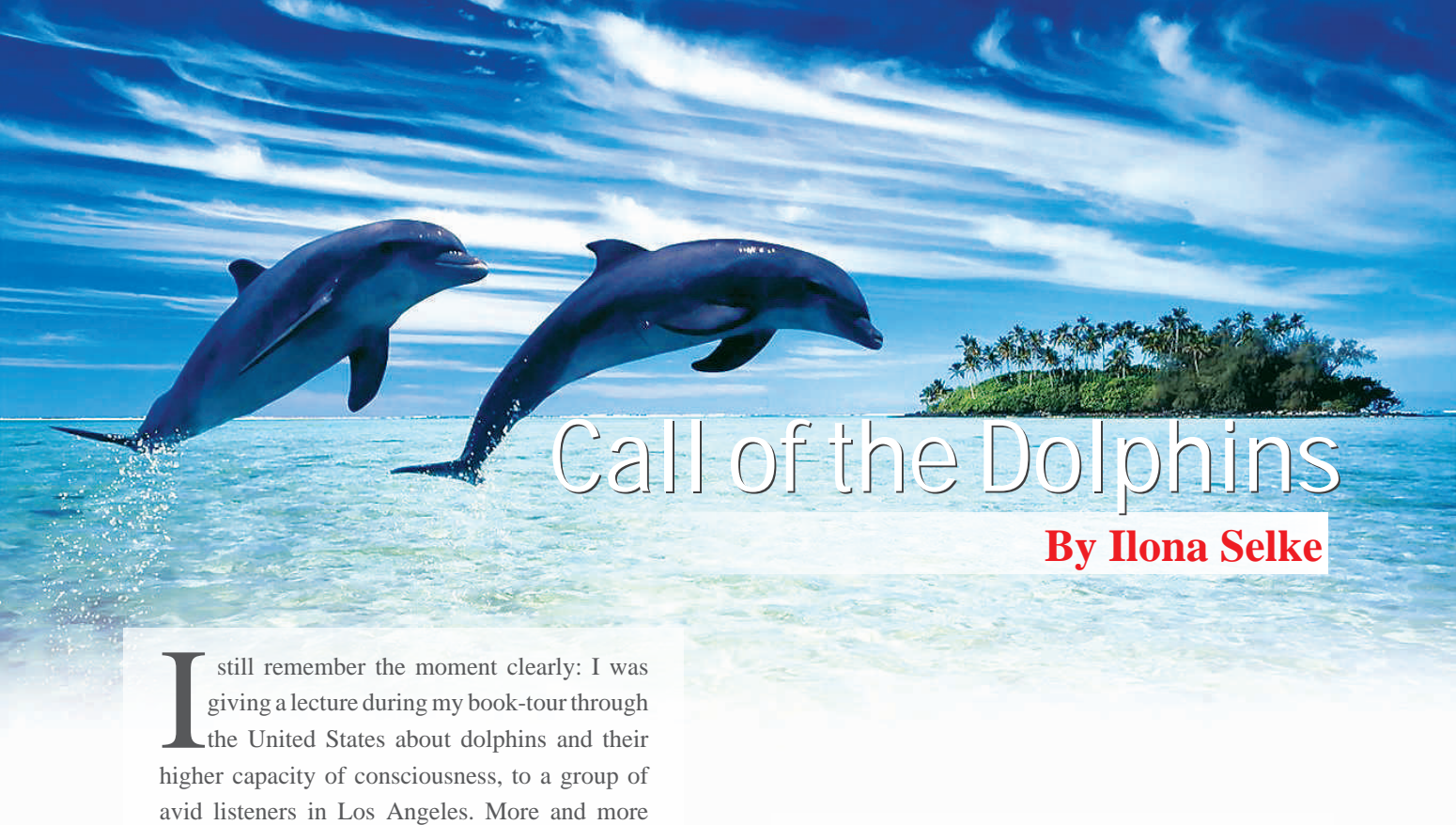
I will speak to them about these complaints and urge them to take swift action.

**Judge:** If you do what you promise I will set you free... If not, because of your crimes, the fire of Space will consume you and the human race.

And once again nature will belong to Nature...

The court silently adjourned.

*(Grateful Acknowledgments: Edit Team)*



# Call of the Dolphins

**By Ilona Selke**

I still remember the moment clearly: I was giving a lecture during my book-tour through the United States about dolphins and their higher capacity of consciousness, to a group of avid listeners in Los Angeles. More and more humans had been drawn to dolphins, as though they were receiving a call from higher level of reality. The people in this audience, like many others, had felt the call of the dolphins.

I had just started to speak about the fact that some humans whom I had met during previous lectures had strongly felt that they had been incarnated as a dolphin at some point in their past. Just as I was speaking those words, my eyes were met by the penetrating gaze of a young woman in the audience. Time stood still for just a moment. I knew that she too must have been one of THOSE that had remembered herself to have been a dolphin or a whale.

The thought of reincarnation was a tricky subject to bring up to an audience in the West. The majority of people don't believe in reincarnation, let alone in the soul's transmigration across species. Nevertheless, again and again people came to me after the lectures and told me that they strongly felt or even remember themselves as having incarnated as a whale or a dolphin.

I continued through the rest of the presentation speaking among other things about the fact that the brain size alone of the Tursiops Truncatus dolphin, also called the Bottlenose dolphin, which many people had gotten to know through the TV show called "FLIPPER", has a larger brain than humans have. They have 30% more brain mass compared to humans. Even the grey matter, the Neo-Cortex, is larger in square meters when laid out as a large flat sheet because their brain matter is folded into more folds than that of the humans.

At the end of that lecture, indeed that young woman came up to me. Like others in the past had done as well, she told me that there was no doubt that she indeed had already incarnated as a dolphin. Most of the people with these memories feel that they are more perceptive in this lifetime and feel a larger sense of connectedness to all beings. They feel a deep urge to help dolphins and whales in the ocean, to keep them protected from slaughter and human abuse and they deeply care for the health of the oceans.

She felt like she had found a kin in me and was noticeably happy to find confirmation about the fact that we as humans indeed have spent lifetimes as dolphins or whales.

She looked at me and said: "Right, you have been one before too?!" I nodded and gave her a warm hug.

But for what purpose would nature create such an elaborate network of neurons? After all, dolphins were thought to be 'just' animals, lesser and lower in their level of evolution and state of consciousness compared to humans.

It was long thought that the brain size of humans, which is at about 1200 grams, was indicative of the higher level of intelligence. The weight of the brain of the Tursiops Truncatus dolphin is about 1500 - 1700 grams. Nature does not waste, it is said, and therefore the scientists were puzzled for what reason those dolphins would need to have such large brains. Dr. John Lilly had broken the ice by being among the first to do dolphin brain research. He postulated that dolphins were highly conscious beings and had a language of their own, much like humans.

More and more people are feeling attracted to the magical cetaceans, the sea living mammals that have roamed the seas for millions of years. Dolphins had been called the Angels of the Seas by the Greeks because they were known to help humans in danger and even guide ships out to sea when stuck in narrow channels.

Even to this day, dolphin stories abound of humans being rescued by dolphins. During many of my lectures I have had people come up to me and tell me amazing tales of personal experience with dolphins in which humans have been helped and protected by dolphins in dangerous situations. One person was suddenly surrounded by dolphins while swimming in the ocean, off a boat, because a shark had appeared.

Another story was about a man who was getting ready for a scuba dive, when dolphins came and nudged his breathing apparatus away from his mouth, while the group was getting ready for the dive. This odd behavior made the divers more alert and instead of sending the whole group, only one slowly edged towards the drop-off cliff where they had intended to dive. To his shock he witnessed a shark feeding frenzy. Luckily they had not gone ahead as planned, and instead carefully checked the riff, because they had felt alerted by the dolphins.

I was once interviewed for a radio show in the US about a Cuban child that had been rescued by dolphins.



The boat of refugees had capsized and only the little child had survived. The little boy had been given a lifesaver but was threatening to sink into the ocean because he was falling asleep from exhaustion. Dolphins had nudged the boy again and again to keep him afloat throughout the night until he was rescued. Such was the love and care that dolphins have for us humans, their cousins; the land mammals.

I myself have been rescued so to speak by dolphins once in Hawaii. A group of four people, myself, my husband and two other women were swimming with wild dolphins for over an hour when I suddenly heard a voice in my head that said "You have to get out of the water now, you just have enough energy to get back!"

But not only I heard this message, the other three people in my group had heard the same message at the same time and all of us stuck our heads out of the water at the same time in amazement and we asked each other if we had heard the same thing. We decided to swim back to shore which was about twenty minutes away. Luckily I had listened as my legs cramped on the way back and I only had one leg to kick with to swim back. I barely made it onto the shore.

But exactly how had dolphin been able to assess my physical situation? And beyond that, the dolphins were able to communicate an urgent message to us so loud and clear that not only I but all four of us were able to hear!



I often ask people in the audience, "How many humans do you know that could do the same thing?" Who could pick out an animal in a group of animals and communicate telepathically to one of those animals the urgent message, that it was physically near the end of its strength and needed to return back home immediately?

Sometimes we can only understand the immensity of such a feat, by imagining ourselves in their shoes.

For my group to have received that kind of message and for my leg to actually cramp up on my way back was more than coincidence. If I had not listened to the message, I very likely might not have made it back. That was an amazing feat of communication from the dolphins to us humans. It indicated the level of the telepathy that was actually beyond what is commonly experienced among humans.

There is a book by Frank Robson called *Pictures in the Dolphins Mind*, where he describes the fact that he actually trained dolphins only using telepathic imagery.



He used only love as the reward instead of tossing dead fish like so many other trainers did. He did note in his book that other trainers who assumed that they had 'dumb' dolphins in front of them only got dumb responses. The dolphins were capable of reading the mind of the human trainer and reflected his or her expectations.

If a species is capable of transmitting telepathic messages to another species, they must be able to understand and assess the other species' ability for telepathy, as well as be able to speak clearly enough, even telepathically, to be understood. This in itself implies that a high level of intelligence is at work.

Many people are drawn to swim with dolphins these days. There is something magical when people come in contact with dolphins underwater. Of course there are the many stories of handicapped children that have been helped and I myself have witnessed handicapped children that I took out to swim with wild dolphins.

These children were able to speak when they had not spoken before, to trust and hug when they had not been able to do so before and dare to do things on their own when they had never done so before simply after just a week of swimming with wild dolphins.

Normal, healthy people who swim with dolphins often feel a deep sense of opening of their heart center after swimming with wild dolphins, they feel heightened awareness, feeling moved to tears when they come in close proximity with dolphins. Many of them start to feel a deeper connection to their higher purpose in life after a wild dolphin encounter.

Because of their popularity and many people's desire to encounter dolphins, many aquariums and amusement parks around the world have sprouted up, and are importing dolphins costing millions of dollars to attract humans that wish to learn from such wise beings. Unfortunately the human audience rarely sees what is behind the curtains. Dolphins are often being starved in order to perform. They are separated from their family in cruel hunts to satisfy the growing needs of humans to encounter dolphins. For example annually in Japan in Taiji, a large numbers of dolphins are slaughtered and a few are captured for sale into captivity in order to amuse curious humans.

This Information was made popular in the movie THE COVE, which incidentally was instigated by the ex-dolphin trainer Ric O'Bary. He was the trainer for the TV-dolphin by the name of Flipper. This trainer, although he used to work with captive dolphins, is now solely working to liberate these dolphins and promote dolphin awareness around the world so that more and more humans take care of the oceans, cetaceans, and become conscious world citizens that recognize the high level of intelligence in these ocean dwelling angels.

I always ask in my lectures how many people would volunteer their own mother or father or their own children to be captured and taken to a faraway planet because the aliens were known to benefit from the curious contact with humans.

We as humans are just now learning to recognize the high level of intelligence in other beings other than humans and few of us are evolved enough to be willing to stand up for the rights of those that need our voice.

The ease of swimming with dolphins in captivity and the very huge amount of money that is being made by the amusement parks (some of the largest ones being owned by a beer company) tempts many people to at least catch a glimpse of a dolphin or to pet them in one of these prisons made of concrete.

Dolphins use a complex language that depends on echolocation which is all but stopped when they swim in these small concrete pools. The echolocation sounds bounce off the walls and feel very uncomfortable to dolphins that are captured in the small pools. They normally roam freely in the ocean where echolocation only reflects the precise image of whatever it is they wish to communicate in the vast ocean waters.

In captivity the use of their complex language gets reduced, and their offspring that are born into captivity become less and less capable of learning the highly socially complex information that they are taught in their natural environment in their vast intricate pods.

Luckily more and more people are able to tune into the higher dimensional ability of the dolphins. Dolphins are often shown in paintings to roam the stars or float in the ethers of galaxies.



Artists have long understood that these intelligent beings are capable of inter-dimensional contact and live at a higher frequency level of reality. This makes it easier for sensitive humans that practice meditation to contact them.

Whether in meditation or in real life encounters in the wild, dolphins are magical beings that stimulate us to evolve to our next level of potential. We already have such highly evolved beings here on Earth. However humans are threatening to damage the Earth's biosphere and carelessly use dolphins for their own pleasure and needs. We vote with our dollars and with our words. If we stay away from dolphin aquariums and dolphin amusement parks, we will make a difference. If we tell others about the intelligence of the dolphins and how we can help them, we will make our mark.

If we make the effort to travel to see the dolphins in their own habitat or communicate with them through our inner mind and soul, we will help these intelligent beings. We can make a difference in their lives, as they make a difference in our lives.



# 10 Genius Vegetarians



## Leonardo Di Vinci

*Leonardo di ser Piero da Vinci* (April 15, 1452 – May 2, 1519) was an Italian Renaissance polymath: painter, sculptor, architect, musician, scientist, mathematician, engineer, inventor, anatomist, geologist, cartographer, botanist and writer whose genius, perhaps more than that of any other figure, epitomized the Renaissance humanist ideal. Leonardo has often been described as the archetype of the Renaissance Man, a man of ‘unquenchable curiosity’ and ‘feverishly inventive imagination’. He is widely considered to be one of the greatest painters of all time and perhaps the most diversely talented person ever to have lived. According to art historian Helen Gardner, “the scope and depth of his interests were without precedent and his mind and personality seem to us superhuman, the man himself mysterious and remote”.

Leonardo's love of animals has been documented both in contemporary accounts as recorded in early biographies, and in his notebooks. Remarkably for the period, he even questioned the morality of eating animals when it was not necessary for health, and consequently became a vegetarian.

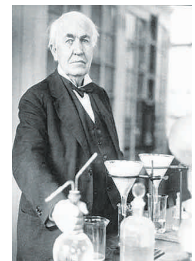
Leonardo wrote the following in his notebooks, which were not deciphered and made available for reading until the 19th century:

*If you are as you have described yourself the king of the animals — it would be better for you to call yourself king of the beasts since you are the greatest of them all! — Why do you not help them so that they may presently be able to give you their young in order to gratify your palate, for the sake of which you have tried to make yourself a tomb for all the animals? Even more I might say if to speak the entire truth were permitted me.*

*The mere idea of permitting the existence of unnecessary suffering, still more that of taking life, was abhorrent to him. Vasari tells, as an instance of his love of animals, how when in Florence he passed places where birds were sold he would frequently take them from their cages with his own hand, and having paid the sellers the price that was asked would let them fly away in the air, thus giving them back their liberty.*

## Thomas Alva Edison

*Thomas Alva Edison* (February 11, 1847 – October 18, 1931) was an American inventor and businessman. He developed many devices that greatly influenced life around the world, including the phonograph, the motion picture camera, and a long-lasting, practical electric light bulb. In addition, he created the world’s first industrial research laboratory. Dubbed "The Wizard of Menlo Park" (now Edison, New Jersey) by a newspaper reporter, he was one of the first inventors to apply the principles of mass production and large teamwork to the process of invention, and therefore is often credited with the creation of the first industrial research laboratory.



In addition, Thomas Edison, the greatest inventor in history and also a vegetarian wrote “*Vegetarianism has a powerful influence upon the mind and its action, as well as upon the health and vigor of the body. Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages.*”





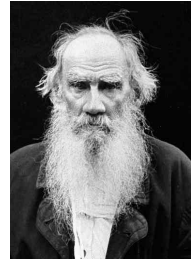
### Steve Jobs

*Steven Paul Jobs* (February 24, 1955 – October 5, 2011) was an American businessman and inventor widely recognized as a charismatic pioneer of the personal computer revolution. He was the co-founder, chairman, and chief executive officer of Apple Inc. Jobs was co-founder and previously served as chief executive of Pixar Animation Studios; he became a member of the board of directors of The Walt Disney Company in 2006, following the acquisition of Pixar by Disney.

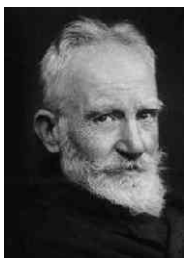
Steve Jobs may be remembered most for his innovations in technology, but PETA (People for the Ethical Treatment of Animals), the animal rights organization praised Jobs for his vegetarianism and his support of animals through the “*Pixar film studio created heartwarming and thought-provoking movies about unlikely animal heroes.*”

### Leo Tolstoy

*Lev Nikolayevich Tolstoy* (September 9, 1828 – November 20, 1910) was a Russian writer who primarily wrote novels and short stories. Later in life, he also wrote plays and essays. His two most famous works, the novels ‘War and Peace’ and ‘Anna Karenina’, are acknowledged as two of the greatest novels of all time and a pinnacle of realist fiction. Many consider Tolstoy to have been one of the world's greatest novelists. Tolstoy is equally known for his complicated and paradoxical persona and for his extreme moralistic and ascetic views, which he adopted after a moral crisis and spiritual awakening in the 1870s, after which he also became noted as a moral thinker and social reformer. Novelist, Humanitarian, Warrior for Peace, and Russian Philosopher, his name is a household word throughout the world. Tolstoy lived very simply on bread, porridge, fruits, and vegetables. He says: *"If a man's aspirations towards a righteous life are serious...if he earnestly and sincerely seeks a righteous life, his first act of abstinence is from animal food, because, not to mention the excitement of the passions produced by such food, it is plainly immoral, as it requires an act contrary to moral feeling, i. e., killing - and is called forth only by greed."*



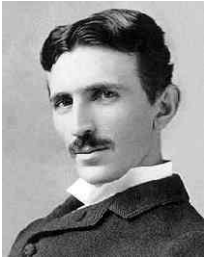
*"It is horrible! It is not the suffering and the death of the animals that is horrible, but the fact that the man without any need for so doing crushes his lofty feeling of sympathy and mercy for living creatures and does violence to himself that he may be cruel. The first element of moral life is abstinence."*



### George Bernard Shaw

*George Bernard Shaw* (26 July 1856 – 2 November 1950) was an Irish playwright and a co-founder of the London School of Economics. Although his first profitable writing was music and literary criticism, in which capacity he wrote many highly articulate pieces of journalism, his main talent was for drama, and he wrote more than 60 plays. Nearly all his writings address prevailing social problems, but have a vein of comedy which makes their stark themes more palatable. Shaw examined education, marriage, religion, government, health care, and class privilege.

Shaw became a vegetarian while he was twenty-five, after hearing a lecture by H.F. Lester. In 1901, remembering the experience, he said "I was a cannibal for twenty-five years. For the rest I have been a vegetarian." *"As a staunch vegetarian, he was a firm anti-vivisectionist and antagonistic to cruel sports for the remainder of his life. The belief in the immorality of eating animals was one of the Fabian causes near his heart and is frequently a topic in his plays and prefaces. His position, succinctly stated, was "A man of my spiritual intensity does not eat corpses."*



### **Nikola Tesla**

*Nikola Tesla* (10 July 1856 – 7 January 1943) was a Serbian-American inventor, mechanical engineer, and electrical engineer. He was an important contributor to the birth of commercial electricity, and is best known for developing the modern alternating current (AC) electrical supply system. His many revolutionary developments in the field of electromagnetism in the late 19th and early 20th centuries were based on the theories of electromagnetic technology discovered by Michael Faraday. Tesla's patents and theoretical work also formed the basis of wireless communication and the radio.

### **C. V. Raman**

*Sir Chandrasekhara Venkata Raman*, (7 November 1888 – 21 November 1970) was an Indian physicist whose work was influential in the growth of science in the world. He was the recipient of the Nobel Prize for Physics in 1930 for the discovery that when light traverses a transparent material, some of the light that is deflected changes in wavelength. This phenomenon is now called Raman scattering and is the result of the Raman Effect.



### **Srinivasa Ramanujan**

*Srinivasa Ramanujan* (22 December 1887 – 26 April 1920) was an Indian mathematician and autodidact who, with almost no formal training in pure mathematics, made extraordinary contributions to mathematical analysis, number theory, infinite series and continued fractions. Ramanujan's talent was said by the English mathematician G.H. Hardy to be in the same league as legendary mathematicians such as Gauss, Euler, Cauchy, Newton and Archimedes and he is widely regarded as one of the towering geniuses in mathematics.

### **Henry David Thoreau**

*Henry David Thoreau* (July 12, 1817 – May 6, 1862) was an American author, poet, philosopher, abolitionist, naturalist, tax resister, development critic, surveyor, historian, and leading transcendentalist. He is best known for his book *Walden*, a reflection upon simple living in natural surroundings, and his essay *Civil Disobedience*, an argument for individual resistance to civil government in moral opposition to an unjust state.



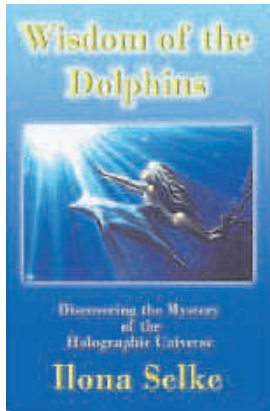
### **Edward Witten**

*Edward Witten* (born August 26, 1951) is an American theoretical physicist with a focus on mathematical physics who is currently a professor of Mathematical Physics at the Institute for Advanced Study, is a researcher in superstring theory, a theory of quantum gravity, supersymmetric quantum field theories and other areas of mathematical physics. He has made contributions in mathematics and helped bridge gaps between fundamental physics and various areas of mathematics. In 1990 he was the world's first physicist to be awarded a Fields Medal by the International Union of Mathematics. In 2004, *Time* magazine wrote that Witten was "generally considered the greatest theoretical physicist in the world."

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*Source: [http://en.wikipedia.org/wiki/Main\\_Page](http://en.wikipedia.org/wiki/Main_Page)*

# Book Review



wisdom of the dolphins:  
*Entering the World of  
Dolphins and the  
Dimensions of  
Dreamtime*

**Author:** Ilona Selke

This book is a treat for any animal lover and Dreamtime or Other World researcher. Have you ever thought about our so called 'Real' world and 'Dreamtime' or 'Multiple Dimensions' or 'Alternate' worlds? Here, Ilona Selke shows us how to access this other world and how we can, with our intention, impact the "real" world through this. It not only talks about the alternate worlds and the Dolphins, but also gives simple tools to go deeper within oneself and reach a higher state of awareness and oneness. Ilona also gives references to people and work that has helped her in her own Journey to meet with the Dolphins, and the wisdom and experiences that they have shared really helps one to open themselves to a plethora of new ideas and ways of looking at the world around.

The book progresses very beautifully at a sedate pace and any animal lover can actually resonate very well with her experiences. Her excitement and restlessness to meet and swim with the Dolphins and at the same time the questions and doubts plaguing her, and then the communication and the first contact between her and the Dolphins is described in such graphic details that one can see everything happening in front of them. It also removes all the mental obstacles that we create for ourselves with our niggling doubts and incessant questions of "Is it true?"

Can I really contact and communicate with the Dolphins?" This book actually confirms that, "Life is as we dream."

Ilona also presents us with a tremendous wealth of knowledge regarding the Dolphins and Whales. An excerpt from the book about Dolphins and Whales:

*"Essentially we are dealing with evolved beings just like ourselves. Along with Whales, Dolphins are the most intelligent beings in the ocean, and I personally feel they are the most evolved conscious beings on the planet. They have had highly evolved brains for millions of years, whereas humans have undergone less than one hundred thousand years of meaningful evolution and have only had an evolved brain for less than forty thousand years."*

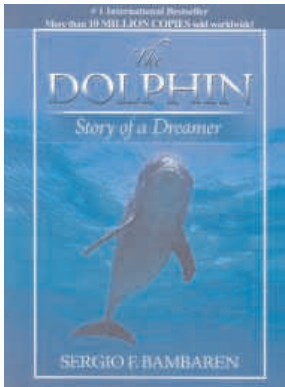
Now these beautiful water beings not only just communicate with us, but change our vibration and our way of being at a deeper level. Here's Roberta Quist-Goodman, a woman who had done telepathic experiments with Dolphins who shared her personal experiences in this book. An excerpt of her experience in her own words:

*"As my heart is touched by Dolphins, I see grace becoming art, beauty becoming joy, as we are intertwining as one. Love fills my heart after years of dormancy. Hope pervades my mind after years of pessimism."*

And I would like to summarize this whole book with the following lines, again by Roberta Quist-Goodman:

*"...Through Dolphins I came to believe in Heaven and it is through humans that we will bring Heaven to Earth."*

# Book Review



The Dolphin: *Story of a Dreamer*

**Author:** Sergio S. Bambaren

*“The Dolphin is a wonderful book that awakens the dreamer within us. Like The Little Prince, it is written in simple language, yet it*

*contains a strong and inspiring message that will enchant people of all ages.”*

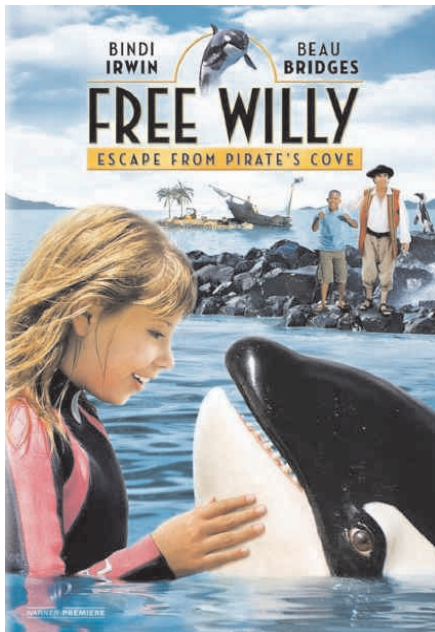
— Louise L. Hay, the best-selling author of *You Can Heal Your Life*

In the journey through life, it is the will of the heart that decides our destiny, for to achieve our goals, we must not only act, but also dream . . . not only plan, but also believe. The Dolphin is a story of courage, of struggle against our own fears, our own limits. It reminds us that there is more to life than meets the eye . . . things we can only discover if we follow our own rules. It is a story of hope that unveils the magic of this world, the magic we too often seem to forget.

So follow your dreams, listen to the voice within you, and let Daniel Dolphin take you on the most magical journey of all—the quest to fulfill your own destiny.

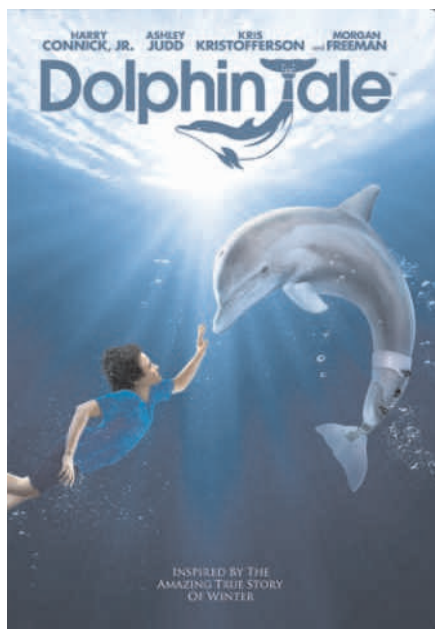
A magical story for young and old alike!

# Recommended Movies



Jesse is an 11-year-old with a bleak past and not much of a future. His mother abandoned him and nobody has heard from her in six years. Since that time he's been passed from one foster home to another and has had numerous skirmishes with the law. In his latest skirmish, after a day of begging and petty thievery with his companions, Jesse is apprehended while vandalizing an aquarium. The authorities make a deal with Jesse to work at the aquarium repairing the damage and removing the graffiti, and they place him with new foster parents, Annie and Glen. The couple is warm and hospitable to Jesse, but he rejects any of their efforts of friendship. His attitude extends to all he meets at the aquarium, but he becomes immediately fascinated with the aquarium's latest acquisition, a killer whale named Willy.

Free Willy is a wonderfully moving story about the relationship that develops between a rebellious captive whale and an emotionally troubled young boy.



Anyone who has lived with animals on a day-by-day basis knows that they have souls. There is a vibrancy in their eyes and in their playful movements that reflects inner beauty and sparks of the Divine. Indigenous people have seen animals as messengers and spiritual companions, a primal connection sought by many other people today. Research has documented that pets can be healers, helping to lower a person's blood pressure and reduce stress. They are emotional healers as well, helping children, nursing home patients, and prisoners cope with life's challenges.

Dolphin Tale is a heart-affecting movie, based on a true story, about the mutually healing relationship between a lonely and alienated boy and a badly injured dolphin.

# Animals are our friends

by Jayashree Ashok



**A**nimals are indeed our friends! “How can we celebrate our animal friends?” This was the topic of a beautiful workshop created by Dr. Newton and Dr. Lakshmi especially for the children at Creative school in Bangalore. Here is what the children have to say about the workshop.

It all started with Sambhavi Ashok (8.5 years old) asking the Masters. In her own words she says “One day I got this feeling Dr. Newton should do a children’s workshop for the children of Creative. So I emailed Dr. Newton saying “Can you please do a children’s workshop?” He replied and said, “Sure!” So on 2/12/11 we had a workshop for kids! And thus was born “Animals are our friends” workshop.

In the workshop Dr. Newton told us the quality of animals. He showed some wonderful slides and pictures. Here are some animal qualities that I remember: Cheetah is blessed with speed and can run very fast! A bear is a very strong animal. Owl has a lot of wisdom. A whale can easily breathe even under water.

Butterflies are beautiful! Spiders look ugly but create really beautiful webs. Crocodiles have sharp teeth.

Then Dr. Lakshmi led a gentle slow meditation. In the meditation she asked us to go to a garden and then she said look for an animal when I looked up I saw this beautiful butterfly!! Then Dr. Lakshmi said, “Play with that animal for some time”, so me and my Butterfly danced, and played!!! It was so wonderful!

Then Dr. Lakshmi said, “Ask that animal to give you a message or a gift.” So my little butterfly gave me a message and a gift.



The message was “People might think about you differently but you must respect yourself as you are. Be yourself.” My gift was “beauty”. My butterfly friend gave me this extra special gift. Manasa (11 years) says she learnt from the workshop that animals honor us if we honor them! “I learnt that if we befriend that animal, it will honor our needs if we honor and request with our hearts! I liked connecting to my animal friend the wolf and asking for a gift, message and quality. The wolf gave me kindness as my message and gift“

Adya says “The workshop was awesome! I love Dr. Newton and Dr. Lakshmi!! I learnt about different kinds of animals and to be friends with them. They told us we should respect them, let them do their job and not trouble them. For example – bees, snakes, ants, wasps and more. He showed pictures of animals on the projector! It was fun. They asked us the qualities of all animals and how they protect themselves from danger. For example a snake uses poison, a tiger uses teeth and claws.”

Sanjeev says “The animal workshop was fun! To the small children the animal slides were so real they kept touching the LCD screen!! I found that very cute. My animal friend is an elephant. Same as Yadu’s! I love animals. I can talk to them because they are my friends!!” “My animal was a dog. I played with it and it was really fun!” says Satyea (9 years old).

Karan (9 years) says, “The animal presentation was good! I liked that Dr Newton and Dr Lakshmi came to the school and shared their wisdom with us. I learnt that we can talk to the animals. If we are scared of an animal, we can talk to it and not be scared any more. It will go away. I like this because we are not hurting animals. We have to love animals and they will understand and show our love back.”

### **Buddha’s kindness to Animals**

After this, Dr. Newton told us the story of Prince Siddhartha’s (Gautam Buddha) childhood and how he rescued a pigeon from the hands of his evil cousin Devadatta. I felt happy that the pigeon was rescued!



### **Meditation**

We talked about the ABCD of meditation. A stands for “Asana”, B stands for “Breath”, C stands for “Cosmic energy”, D stands for “Divine experiences”. Then we meditated together. In those minutes I felt a lot of happiness and love! I stored it in my body.

### **Animal Circle Dance**

We all stood up and formed a circle holding hands. Dr. Newton asked everyone to take turns and dance like an animal. We did an animal circle dance! It was a lot of fun.

### **And Finally Butterfly Cake!**

Then we all cut a vegan butterfly cake for Dr. Newton’s birthday. 24.11.2011!!! The party lasted 10 minutes. Then we all went home!!!





# About Angels of Earth

**T**he Earth, our breathing planet serves as home, offers food, and designs nature, making life possible, wonderful and meaningful. All the beings that live here though are unique in their own ways. They co-exist with nature and adhere to its principle, for they are offered a living. May it be a little earth worm that improves the soil composition or a huge whale that reduces the level of greenhouse gases in the ocean, the planet is respected for its generosity; and a meaningful part is played by each of the beings to maintain its wonderful design forever. But, the one species that stands apart is the humans. If there is a being that exploits, pollutes, disrespects, and interrupts the whole play by shattering the wonderful design, it is we the humans. The green of the earth is vanishing, while the blue is intoxicated, nothing but for our need that evolved to greed and a lot more worse to come. It is from the micro beings to the huge mammals, all being harmed for endless reasons: food, sport, cosmetics, clothing and what not. It is high time to heal the planet, and care for its beings for its breath might stop soon. If there is something that can be done, it can only be done by us; and it is, to love the fellow beings. It might be an animal or a plant; for all are the angels of the earth. Love, care, and compassion, is the only pill needed and it is timely. To heal a planet would forever be a dream, lest the human hands join together for this noble cause. Come what may, let us unite, and share, spread, and preach, love, care and compassion towards the angels of the earth. Welcome all!

‘ANGELS OF EARTH’ is a non-profit organization that is completely dedicated to the welfare of plants, animals, minerals, and all other fellow beings of our planet earth. It would support and promote love and compassion towards all beings; literally or through activities and events. It would raise a voice against violence whenever required, and spread peace and love wherever required.

#### Aims and Objectives of ‘Angels of Earth’:

- To spread awareness about importance of animals, plants, minerals and other beings for the planet earth.
- To create awareness about ability of animals and other beings scientifically, spiritually and in all other perspectives.
- To spread awareness about non-violence towards fellow beings. May it be for food, cosmetics, sport, clothing, medicine etc.
- To spread awareness about love, compassion and care towards animals, plants, and all our fellow beings.
- To create awareness about pollution of any kind that harms the fellow beings and promoting environment friendly alternatives.
- To create awareness about how much animals are being mistreated for entertainment purposes.
- To promote vegetarianism and veganism.

#### Activities of ‘Angels of Earth’:

- Opening and promoting animal care centers for both their physical and emotional healing.
- Joining hands with similar organizations for an effective spreading of awareness about animal welfare.
- Conducting conferences regarding animal care to bring various animal lovers and activists to come up with new alternatives and plans.
- Publishing books and magazines to spread awareness in various languages.
- Conducting awareness camps about animal care for kids, corporate, and others.
- Conducting rallies to create awareness about non-violence towards animals.
- Bringing together volunteers and coordinators who are aligned to this cause in different regions.
- Promoting vegetarian/Vegan restaurants.
- Spreading awareness about animal care through websites, blogs, E-mails, and Educational DVDs.
- Creating awareness by installing stalls in the public, providing pamphlets, t-shirts, stickers and accessories with slogans and powerful quotations.

‘Angels of Earth’ open heartedly welcomes people to support it by any means; volunteering, coordinating, or funding. Any kind of support from you would for sure strengthen us to work for a noble cause.

Contact us at:

Website: [www.angelseofearth.org](http://www.angelseofearth.org)

Email: [lakshmibuddha@yahoo.com](mailto:lakshmibuddha@yahoo.com)

I am the voice of the voiceless;  
Through me the dumb shall speak,  
Till the deaf world's ear be made to hear.  
The wrongs of the wordless weak

And I am my brother's keeper,  
And I will fight his fight  
And speak the word for beast and bird,  
Till the world shall set things right

-Ella Wheeler Wilcox





# Life University

Awakening Wisdom Within

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