

EPISODE 1 • HEARTS & MINDS

FEBRUARY 2021

AQUIE TEVOL UTION



VEGANISM • SPIRITUALITY • MIND • WELLBEING •
PHILOSOPHY • LIFESTYLE • TRUTH

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A 'how to' series on how to change your life.

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EDITORS LETTER

We aim to create and evolve a magazine that takes you on a journey that will inspire you to be the person you want to be, to be a companion with you on your life journey and pull together a community of like minded people that will lift you when you need it most. Join us

This is a lifestyle magazine Showing off Veganism, Spirituality and a Wholistic Inclusive lifestyle. Sharing as much Peace, joy and delicious recipes that are created for the good of everything on Planet Earth.

Our recipes are going to be for everyday life, nothing too complex or wildly out there, special focus will be on simple food, inexpensive and everyday ingredients but keeping it delicious always.

Vegans tend to agree that living a Plant based lifestyle is kinder to animals and the planet as a whole, but what effect does it have on our spirit or soul? We are going to explore this in every edition.

Join us, explore the human condition and help make the world and all of our the spirits that are experiencing this world a better place. We are also going to make some delicious food, letting people know that we can eat healthily, diversely and all within a Plant Based diet.

Mindfulness teachings, Psychological insights, exploring everything spirituality has to offer and some good old fashioned wisdom is where we are aiming to take you, join us on our journey of discovery and create a connected community of like minded happy people along the way.

Now is our time to evolve into humans that are part of the planet we live on and not destroying the only home we have, we need to gently let others know that there is a kinder and better way to live together.

Subscribe for updates, news and offers and if you want to get involved and contribute with an article please let us know.





“Our awareness about ourselves and the world around us is so limited that we are ready to destroy ourselves. For the survival of humanity, an evolution of consciousness is essential.”
Debasish Mridha

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5 STEPS TO A HEALTHIER LIFE

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A 'how to' series on how to change your life. These series are designed as a progressive tool kit that empowers you to learn and grow at the pace you're comfortable with.



5

Step 1

Change your diet:

We are a product of what we consume, simple as that! We cannot create the proteins that create all of the cells that make up you in any other way apart from consuming them, so be more mindful of what you eat, how much you need to eat and create the body that you need for the life that you have, want or require.

If you are finding that you are putting on weight, eat a little less at each sitting, do it gradually.

Take a look at the food you eat, try to prepare fresh as much as possible, eat more fresh fruit, vegetables and grains. If you look at your diet and find that you eat lots of meat, plan some days where you give your body time to process the meat through your body, meat needs 20 times more acid to break down than

vegetable or plant based food.

Excess acid in the stomach directly contributes to IBS and meat takes days to process, so give yourself and your stomach a rest and you will find that your body works more efficiently when you treat it better.

Health is life happening well.

Step 2

Change your mind:

If I gave you a hand exercise to do daily for 1 month, by the end of the month you would have a stronger, fitter healthier hand. The cells that make up your hand would have replicated in such a way that every time they died off and recreate, the new cells would be more oxygenated and with the memory of what it needs to be (fitness) So the same applies to your heart chakra, I could ask you to think of someone of something compassionately every day for a month, at the end of the month you would be a more compassionate person capable



of more love and you would be able to find compassion easier.

Take these lessons to your mind, practice being more mindful at every possible moment, most people will take an exercise class for an hour to make their body look a little better but if asked to do a 10 minute daily exercise on their mind they tend to struggle for a few minutes and give up after a couple of days. Firstly make the decision to spend 20 minutes on your mind every day, if you say you don't have time then there is something not right with your priorities.

There is no fitness without a fit for purpose mind. So after making the decision to create a healthy mind, set a time daily where you can be quiet and relax. Think of the person you want to be, more relaxed, more at peace, more focused etc. When you have the view of the next version of you start on relaxing your mind daily, do simple things like slow down, get rid of thoughts that have no place in your life and prioritize your life in order of what

is important to you. Realistically you need to do all you can to create a good environment around you whilst making peace with yourself.

BEING MORE MINDFUL IS THE FIRST STEP TO CHANGING YOUR RELATIONSHIP WITH FOOD, CREATING A POSITIVE HABIT IS A MUST DO.

Step 3

Change your energy:

We operate daily on an amount of energy, our fitness is the limit of a bodily amount of energy that our muscles hold, this is what we have trained into ourselves by way of living the life we have and managing ourselves throughout the day on this energy. Our food supplies the energy, our cells are oxygenated to create the fitness, if you want more fitness or energy you need to condition yourself via exercise or effort. The mechanism is we move and use the muscle cells we have and kill them

5 STEPS TO A HEALTHIER LIFE

off by using them, if we are exercising or doing something strenuous then kill them off at their limit, we code for new cells and the body knows to bring them back with more energy next time, this is basically fitness.

Our Spiritual energy is different, there are people that we see in life that have a low level of energy and others that are totally on the other side of the spectrum and have so much energy at their disposal.

We can increase our energies by spiritual practices and healing (all of which we will explore in more details with later issues) we need to adapt our lives in balance with all the other parts so we stay in balance, The four pillars of us are Energy, Spirit, Mind & Body. Try not get ahead of yourself when making changes to your life otherwise one of these will overpower the others and that causes an imbalance in us and then we end up feeling out of kilter within and out. Keep your energies high and the rest in balance and you will be on the positive side of life spectrum.

Step 4

Be Kind:

Given the choice to be Right or Kind, choose to be kind. We all have the capacity to be whatever type of person we want to be, the people and environment around us can determine our actions and feelings in this world but we can also choose for ourselves. It

gets tough when things are crushing in on us but it takes real courage to walk along with kindness towards people in this world when all around you seems to be harsh and unforgiving.

We can always be kinder, kinder to others, kinder to ourselves and kinder to the environment we live in and being that way will change the way we are in this world, life can mirror us when we focus our energies outward, the universe will feed back on the view with which we are looking at it and give us exactly what we need. So be kind and the world will be kinder to you. I start at the base level and work my way up in existence. I only eat plant based food, no cruelty to animals only a kindness. Kindness to anyone costs nothing and pays great dividends.

Do it for a month and see how your life changes, let us know the amazing results you start to see

Step 5

Meditate:

You can become meditation, you do no do meditation. You can become meditative or go into a meditative state, it becomes a quality. This quality has to blossom within you. You have has to blossom within you. You have to cultivate your mind and body for meditation to grow within you. Anything we try to do we cannot keep up, so we have to prepare the mind and body to become meditative, create an atmosphere The

goal of meditation is to go beyond the mind and experience our essential nature—which is described as peace, happiness, and bliss. But as anyone who has tried to meditate knows, the mind itself is the biggest obstacle standing between ourselves and this awareness. So practice and practice well.

Every little change that you consciously make creates a new way of life, have a view of what you want to be and go for it, go for it when all around you is telling you to stop. Just keep going until you see what you want in this life.

Trust in the universe around you

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SO

UP

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CHANGING *of the* SEASONS

It's that time of year when you just want comfort, simplicity and flavour. Here are some soups that fit the criteria for super easy and bursting with goodness.

Chop · Cook · Consume

Humans can taste between five and several dozen independently experienced sensations on the tongue, it depends on how you describe 'Taste'. The seven most common flavours in food that are directly detected by the tongue are: sweet, bitter, sour, salty, meaty (umami), cool, and hot. Cool and hot tastes do not refer to actual temperatures but rather to foods that chemically trigger a sensation that is similar to cool or hot sensations. Sweet flavours come from things like candy and fruits. Bitter flavours come from many vegetables and unsweetened chocolate. Sour flavours are contained in anything with acid, such as citrus fruits or vinegar. Salty flavours obviously come from anything with salt, such as chips or nuts. Meaty flavours come from anything with glutamate's such as soy sauce, cheese, and meat. Cool flavours come from certain chemicals such as in mint and menthol. Hot flavours come from other chemicals such as in chili peppers and black peppers. Beyond these seven basic tastes, there are several other flavours that researchers have found receptors for, including calcium, dryness, fattiness, heartiness, and numbness. The nose plays an integral part in the experience of taste, and the nose can detect thousands of different smells. Use your senses.

ROASTED TOMATO & PESTO

A super easy soup that uses the skins to create a delicious pesto for another time and dish. This tomato soup is so healthy and warming that you may just eat it all yourself. Treat yourself to a crusty ciabatta. mmmmm

INGREDIENTS.

| | |
|---------|--------------------------------------|
| 10 | Large Vine Tomatoes |
| 600 ml | Vegan Vegetable stock of your choice |
| 4 tbsp | Olive Oil |
| 2 | Large onions, red or white |
| 80 gr | Fresh Basil |
| 10 | Garlic cloves |
| 1 tsp | Dried Oregano |
| 1 tsp | Freshly ground sea salt |
| 1/2 tsp | Freshly ground black pepper |

Add a can of coconut milk for a creamy soup.

For the Pesto:

- 2 tbsp Fresh Basil Leaves
- 2 tbsp Olive Oil
- 1/2 tsp Fresh Ground Sea Salt
- 1 tbsp Balsamic Vinegar
- Skins from tomatoes

HOW TO COOK IT STEP BY STEP.

Step 01

Preheat oven to 160C. Line a large baking sheet with parchment paper. Chop tomatoes in half and remove core, add garlic cloves under the tomatoes and place on the baking sheet, drizzle with 3 tablespoons of olive oil. Season with salt and pepper. Roast in the oven for 90-120 minutes.

Whilst roasting the tomatoes, roughly chop the onions and saute them in 1tbsp of olive oil for 10 minutes on medium heat, if the onions are catching, add a small amount of water. Set aside

Step 02

Pour off the juice every 30 mins whilst roasting, halfway through remove the skins and set aside for later, keep the juice from the tomatoes for the soup.

Allow the tomatoes to cool for about 15 minutes and add them to a food processor or blender, throw in the basil and caramelized onions and blend again until smooth.

Step 03

After blending, return the mixture to a saucepan and heat on medium to low heat, add the dried oregano, vegetable stock (1 cup for thick soup) and salt and pepper to taste. Simmer for 10-15 minutes before serving. Chop a few extra basil leaves to garnish and swirl in some coconut milk if desired, salt & pepper to taste.

Take the skins from roasted tomatoes and add the rest of the ingredients to a blender and whisk until smooth, taste and season to liking. Chill in the fridge in a airtight jar for up to 1 week, add to pasta or drizzle on soup or just dip in crusty bread and eat.



Oven-roast, blend
& stove top needed



Easily 4 portions



Mild



150



Easy

CARROT & FENNEL



INGREDIENTS.

| | |
|----------------|--|
| 1kg | Carrots, peeled & chopped |
| 1000 ml | Vegan Vegetable stock of your choice |
| 1 large | Fennel, chopped |
| 1 | Large onion, red or white |
| 2 tsp | Olive oil |
| 3 | Garlic cloves |
| 80g | Freshly chopped coriander |
| 1 tsp & 1/2tsp | Freshly ground sea salt Fresh ground black pepper |
| 200 ml | Coconut milk (optional) |

Add coconut milk for a creamy soup.

HOW TO COOK IT STEP BY STEP.

Step 01

Roughly chop the onions and fennel (keep and use the fragrant leaves of the fennel) and cook in olive oil over medium heat for 5 minutes

Step 02

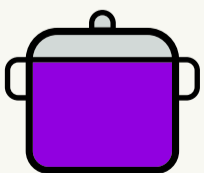
Add the garlic and cook for 4-5 minutes more.

Fry the carrots for another 5 minutes and then add the rest of the ingredients apart from milk and simmer for 30-40 minutes covered

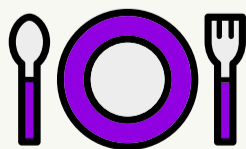
Step 03

Blitz with a hand whisk being careful not to splash. Add salt and fresh black pepper to taste

Swirl on coconut cream, fresh herbs, sunflower seeds and serve with warm crusty sourdough bread.



Fry & Simmer



Easily 4 portions



Mild



60



Easy

the Soul Celebrant.



Weddings
Funerals
Soul ceremonies
Make your day special

My own life
tapestry helps me
to plan a ceremony,
whether writing for a naming
or the last words we say
about a loved one leaving our
lives. I make each ceremony
as unique as the people involved

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PSYCHIC MEDIUM - COULD YOU BE ONE?

I know I have always felt slightly outside of normal society, gut feeling was a normality, being able to feel the mood in a room, sense how people feel and just be super sensitive to any variations in temperature or emotions. But as we get older, society and people in it make it harder for us to practice this, western society is science based and has no place for anything non physical, relying only on outward facing senses and nothing inward, so we learn to quieten our abilities down, making them something that we ignore rather than listen to.

We all have some ability, some more than others but what we really use is awareness, the awareness that we have this sense, awareness that things are happening beyond our 5 senses and just the awareness and wherewithal to know that we are more than what we are told.

There is so much more to life than what we see, smell, taste, touch and hear. Most of the universe is unavailable for humans to see because we view light on a small spectrum so why not believe that we can interact with unseen forces or energies. In quantum terms there is enough energy in a square inch of space to power the earth for a month and we have the ability to interact on levels that we are only just beginning to understand.

Belief and Practice

We become the very thing we believe we are, we can see ourselves as the picture of health or sick and diseased. The power of what we are is in us but the further away and bigger the view is, the more energy and time we need for it to manifest. The issues with believing the view we want is that we may have a lack of energies to keep putting towards a future us that we want to happen and we have to believe wholeheartedly what we want to be, what we are comes easy, we can feel it already, this is the power that we need to apply to what we want to be and that is what we will become.



SIGNS YOU MAY BE PSYCHIC

- You have vivid dreams
- Extra sharp senses
- Empathetic
- Deja vu
- You can predict future events
- You have strong gut feelings

**“PSYCHIC POWER IS THE
ABILITY TO DOWNLOAD
INFORMATION DIRECTLY
FROM THE UNIVERSE.”**

Practice allows us to hone our fledgling skills to a point where we are so connected to our belief that it becomes easy to access the power, knowledge and energy contained within us.

When we are practicing we need a safe and supportive environment, I found mine at a spiritual circle run by an amazing teacher and Psychic Medium Called Tracy Edwards. The group allows people to find their skills at the pace they are comfortable with, allowing people to grow into who they can be in a gentle way. I accelerated my skills quickly, uncovering everything that was hidden away from a lifetime of suppression. So what am I and what could I be?

Psychic

Often referred as clairvoyant, psychic means outside the physical and



THE PSYCHIC WORLD IS A DIMENSIONAL PLANE THAT YOU CAN GAIN ACCESS TO. IT IS A DIMENSION OF FEELING AND CLEAR SEEING.
FREDERICK LENZ

scientific world or spiritual in nature. Psychics have a sensitivity to the supernatural. Being psychic refers to an individual with supernatural sensitivity or clairvoyant abilities. The word "psychic," from the Greek word, "psyche," which means "breath of life," as well as, "breath of soul or spirit." A psychic connects with a person's soul and then translates what they pick-up into everyday language and meaning. Psychics bridge the unconscious to the conscious.

Clairvoyance

Perhaps the most famous ability is clairvoyance or "clear seeing" and it is the ability to see visions with either the inner sight or with the physical eyes. It also covers seeing spirits and auras as well. Those who practice mediumship are often clairvoyant (also clairaudient) so that they can see and speak with those who have passed over. Other clairvoyants may see visions from the past, present as well as seeing actual future events that have not yet happened on our time line. They have the ability to transcend the physical dimension where time exists and get information from the eternal now moment, where all events occur simultaneously.

Clairvoyance is a talent that we are generally born with and as children we can see and interact with our spirit guides. Do you ever notice how toddlers point to nothing or stare fixedly at something we can't see. At some point as we grow, we learn to ignore our clairvoyance because its not encouraged or understood by most adults, and this skill becomes lost to us.



SUPER
NOVA
LIVING

BE A
SUPER
MAN



Medium

Psychic mediums have the gift of speaking with the dead, which can provide reassurance and emotional comfort to those longing to reconnect with loved ones who have passed on. By connecting with beings and energies in the spiritual world, including angels and spirit guides, a psychic medium can help a person gain inner peace and increased spiritual awareness. Psychic Arthur adds that while mediums are psychic, not all psychics are mediums. A medium serves as a channel between the world of the living and the afterlife. A psychic connects with a person's soul, through the client's aura energy field.

Clairsentience

Clairsentience people intuitively feel and sense through different kinds of physical or emotional stimuli from other people or from the environment around you.

You can get these feelings of clairsentience from spontaneous physical sensations through your stomach; for example – tingling, contractions, and pressures in your body....

You can also receive this information through negative or positive emotions. You feel happiness or sadness in a relationship due to the nature of the sensations you are connected with.

When you act as a clairsentient or if you do it intuitively, you are able to pick up and tune into the energy around you.

Firstly not all psychics are mediums, and not all mediums are psychic. I consider myself as a psychic medium. Here is where it starts to overlap a little bit.

Here is how I started

I first started practicing reading and working with other people in the group, primarily using abilities to perceive information from the other persons aura or energy field. The aura will contain information about your client, it could contain information

about them from the physical self to emotions and the energy they have at that moment, dependant on how you see the whole of their time line is available. Memories, thoughts and events are stored in the energy field and consciousness that surrounds a person, if you connect well and are in sync you get a view or feel for it all.

With practice you can identify issues from physical to mental and spiritual. You could see events from the past and futures playing out in current time and see the conscious interaction and energy fields that connect to them, see the relationships with other people

in their life and who or what is interacting with their energy. With the information a skilled person could predict a future or multiple futures attached to the client. The accuracy of a psychic prediction can vary - but it's mostly based on current behaviors and past life. By showing a person a potential future on the current path you give them the opportunity to determine how things will go in the future. Every new different choice and decision can change behaviors, thoughts, or actions to be different from the past, the future will change because of it.

Psychics use clairaudient (perceptive hearing), clairvoyant (perceptive seeing), clairsentient (perceptive sensing and feeling), and claircognizant (perceptive knowing) information that they PERCEIVE from you, to provide you with a clear and accurate reading. They perceive your Spirit.

If you practice your psychic abilities you will increase your skills, whatever you practice in life makes you better at it.

All of us has at least one of the these abilities, we just need to uncover it and then allow it to be part of our intuitive sense.

How do you want to use your gift, in service to others or just for yourself?

SPIRITUALITY & VEGANISM

EXPLORING THE LINK BETWEEN HAPPY
EATING AND THE POWER IT CAN BRING
TO YOUR SPIRITUAL PRACTICE



As a Vegan, even using the analogy "what came first, the chicken or the egg?" Seems a little wrong, why not use "what came first, the seed or

the plant?" I think we will leave the existential question for another day but go with the theme of the analogy.

I am not sure if being more spiritual led me towards Veganism or becoming Vegan moved me more towards a spiritual practice.

Either way here I am and why bother to analyze it, I am just pleased to be able to muster the amount of energy I now have.

Our bodies and minds use energy all day, we fuel our lives with food, what we eat is essentially what we become. Our energy is not just the amount of calories we consume but what we are made up of and the missing element of our soul energy also.

Let's look into food, we can agree the more natural and plant based the food the less effort and acid we have to produce to break it down, it is counter productive to consume meat and dairy just to use lots of energy to break it down and that is without creating a chemical imbalance by adding lots of acid to our system .

Remember we are what we eat, there is inherent knowledge in us to break

food down, if you eat a banana, the banana becomes you within 2 hours, with meat it takes a lot longer. The food itself has differing levels of life or consciousness whilst it was alive and everything in the Universe interacts in some way, our bodies have to break food down into elemental parts that we can process by creating cells, energy and chemicals.

If you are struggling with this concept, imagine it this way and see how it can work. We encode our body with memory, emotion and habits all the time, we have rhythms, processes and a psyche that is always changing. All animals have the same things also, so when people eat animals they get all of those issues that the animal died and lived with, make no mistakes it effects us in a cellular, mental & spiritual way!

I only got to see all of this when I transitioned to a Vegan lifestyle, my body comprised a different chemical mix and I started managing my mind and body in a different way.

In short our body is a collection of earth and our mind is the thoughts that are in it, they interact, we know this when we imagine a stressful scenario and our body reacts by creating cortisol (stress chemical).

In short I needed to balance out my body, mind, energy and spirit for it all

to work is a supercharged way, I now get to have a spiritual practice that is far more powerful than I could ever have imagined, I know this as

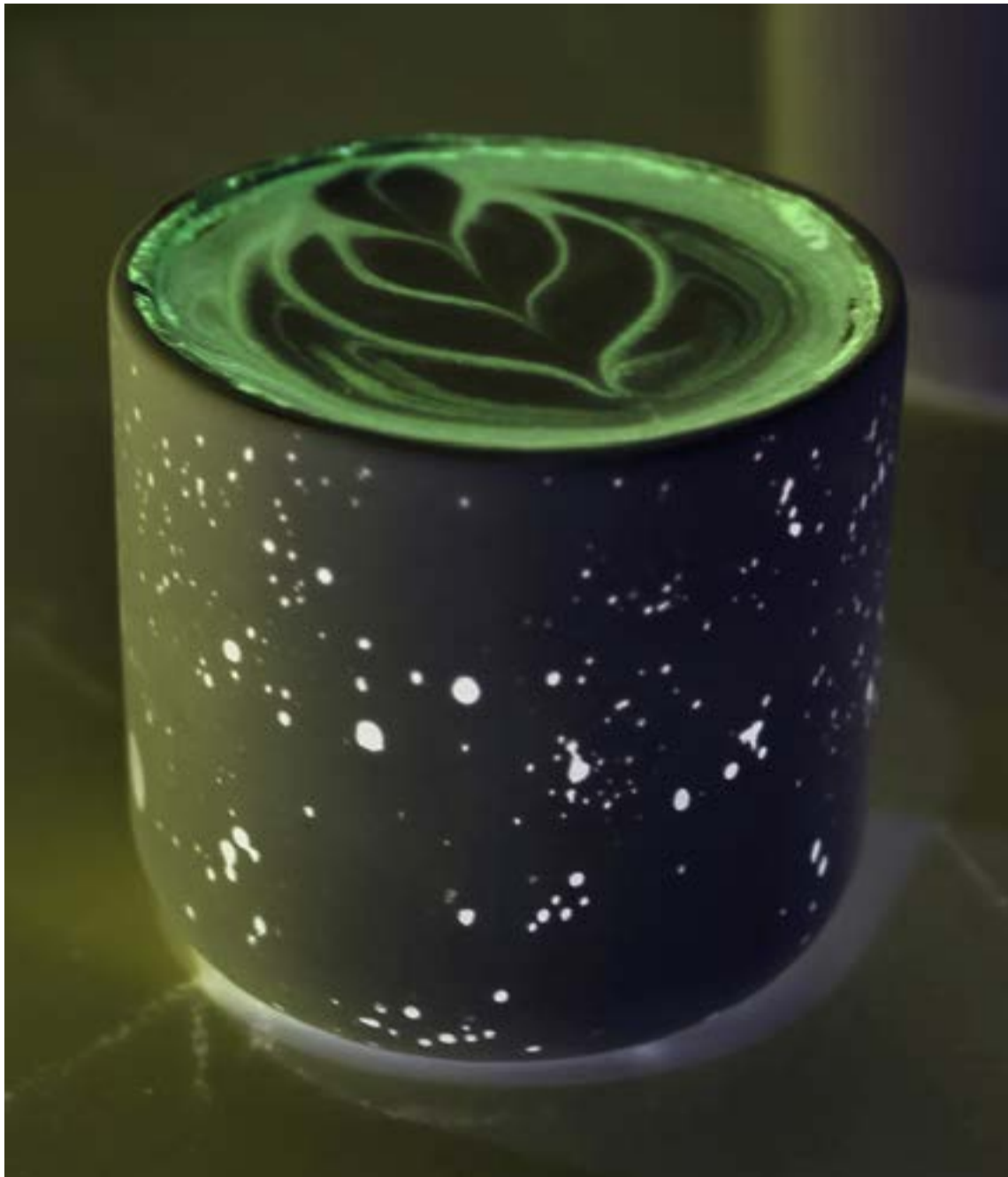
I see further, deeper and faster than ever before, I love, feel and sense in a way that was unavailable prior to having a peaceful body. We identify only with our mind, as a species we complain about thoughts and how can we switch off our minds, we Never ask to switch off our heart or kidneys etc because we never identify with those parts of who we are, we need to get it all in balance for us to be a system that works brilliantly and when things work that well you get the best from it. Think about your life, become mindful of the choices you make, the thoughts you have, the company you keep and the way you create yourself over and over with the ingredients that you build yourself with. How do you want to be made? With love energy, clean healthy life or struggles and misery?

If you want to be amazing, act it, live and breathe it, do something bigger with your life than you are currently doing.

Then carry on, don't stop being a bigger, better version of yourself, then tell others and pass on the power and energy. Lift yourself above it all and then look back and pull someone else up with you.



EAT WHAT MAKES YOU HAPPY



WE

REVIEW

—
SOY

—
ALMOND

—
COCONUT

—
OAT

—
RICE

—
CASHEW

DAIRY FREE MILKS

WHAT ARE THE ALTERNATIVES?

In a standard western diet dairy & Cow's milk is considered a staple in many people's diets. From an early age it is consumed as a drink, poured over cereal or added to tea & coffee.

While it is a popular choice for many, some people can't or choose not to drink milk due to personal preferences, dietary restrictions, allergies or intolerances.

Fortunately, if you're looking to avoid cow's milk, there are plenty of non-dairy alternatives available. This article contains the best substitutes for cow's milk.

Why you might want to substitute

Cows milk for a Vegan Milk
Cow's milk has always been able to boast an impressive nutrient profile. It's rich in high-quality protein and important vitamins and minerals, in leaner times this was good for humans as it was necessary, but today not so much.

For more and more people today, cow's milk is not a suitable option. There are a number of reasons you might be looking for an alternative, including:

Milk allergy: Symptoms include rashes, vomiting, diarrhoea and severe anaphylaxis.

Lactose intolerance: An estimated

80% of the world's population is intolerant to lactose, the sugar found in milk. This condition happens when people have a deficiency in lactase, the enzyme that digests lactose.

Diet. Some people choose to exclude animal products from their diets for ethical or health reasons. For example, vegans exclude all products that come from animals, including cow's milk.

Potential health risks: Some people choose to avoid cow's milk due to concerns over potential contaminants, including antibiotics, pesticides and hormones.

There are many non-dairy options

available and this is good news if you want or need to avoid cow's milk.

SOY MILK

Soy milk is made with either soy beans or soy protein isolate, and often contains thickeners and vegetable oils to improve taste and consistency.

It typically has a mild and creamy flavour. However, the taste can vary between brands. It works best as a substitute for cow's milk in savoury dishes, with coffee or on top of cereal.

Nutritionally, soy milk is a very close non-dairy substitute for cow's milk. It contains a similar amount of protein, but around half the number of calories, fats and carbohydrates.

It is also one of the few plant-based sources of high-quality "complete" protein, which provides all the essential amino acids that the body cannot produce and must be obtained from your diet.

Soy has become a very controversial food, and people are often concerned over its effects in the body, mainly oestrogen receptors and function of hormones, but there is no conclusive evidence to support anything other than good health when used as part of a balanced diet. The other main issue with soy is farming, the 2nd biggest production of soy beans comes from the Amazon region. Bear in mind they also grow large single cash crops like rice, citrus fruits, oil palms, coffee, coca, opium, tea, cacao, rubber, and bananas.

Don't be fooled into thinking that Soy is the enemy of the planet, farming



grow zones have become saturated and most of the soy bean crop goes towards feeding animals for human consumption. Our climates change along with where we can grow crops, the desert will be green again, as it once was...

SUMMARY

Soy milk is made from whole soy beans or soy protein isolate. It has a creamy, mild taste and is the most similar in nutrition to cow's milk than any other alternative. Drinking soy milk in moderation is unlikely to cause harm.

Best used in tea and coffee but some brands separate. Use the organic version where possible

ALMOND MILK

Almond milk is made with either whole almonds or almond butter and

water.

It has a lighter texture than soy milk and a naturally slightly sweet and nutty flavour. It can be added to coffee and tea but due to the watery nature you will need to use more than soy or cows milk. Used in smoothies and substituted for cow's milk in desserts and baked goods is a good option.

Almond milk is made up of mostly water. Many brands contain only 2% almonds and these are often husks or blanched with the skin removed, which massively reduces the nutrition, fibre, protein, vitamin and mineral content. Compared to cow's milk, it contains less than a quarter of the calories and less than half the fat. It is also significantly lower in protein and carbohydrates.

It is one of the lowest-calorie non-dairy milks available and a natural source of vitamin E. Almond milk is not a substitute for whole almonds as it is a stripped out version of the whole. To make the most of the nutrients and health benefits of almonds, choose brands of almond milk that contain a higher content of almonds, around 7-15%.

SUMMARY

Almond milk has a light, sweet, nutty flavour and is low in calories, fat and carbohydrates. On the downside, it is low in protein and contains phytic acid, a substance that limits the absorption of iron, zinc and calcium. Stronger flavour than soy so expect



THE SECRET TO CHANGE IS TO FOCUS ALL OF YOUR ENERGY, NOT ON FIGHTING THE OLD, BUT ON BUILDING THE NEW.

WE
REVIEW
—
SOY
—
ALMOND
—
COCONUT
—
OAT
—
RICE
—
CASHEW
—

your drinks to change flavour, great in smoothies and baking

COCONUT MILK

Coconut milk is made from water and the white flesh of brown coconuts, and has a creamy texture with a sweet but subtle coconut flavour

The coconut milk in cartons is a more diluted version than the tins of coconut milk commonly used in Southeast Asian and Indian cuisines.

Coconut milk contains about a third of the calories of cow's milk, and just like soy milk it has half the fat but significantly less protein and carbohydrates. If you are using milks to boost your calorific or protein intake then coconut milk may not be the best option, but if you are trying to lose weight or reduce carb intake then this would be best

What's more, around 90% of the calories from coconut milk come from saturated fat, including a type of saturated fat known as medium-chain triglycerides (MCTs).

Research suggests that MCTs seem

to reduce appetite and assist with weight loss more than other fats do. However, there is very little research on the effects of coconut milk specifically. As with everything else, consuming a moderate amount of coconut milk as part of a healthy diet shouldn't be an issue.

SUMMARY

Coconut milk has a creamy, milk-like consistency and a sweet, coconut taste. It contains no protein, little to no carbohydrates and is high in medium-chain triglycerides (MCTs), a type of saturated fat.

Delicious in a latte with a cinnamon shot, not so great in tea, nice in smoothies but does carry the coconut flavour through if that is to your taste

OAT MILK

I have made oat milk before and it is

very simple, 2 ingredients consisting of oats and water. Unfortunately manufacturers often add lots of ingredients such as gums, oils and salt to produce a manufactured taste and texture.

Oat milk is naturally sweet and mild in flavour. It is best used in cooking as you would cow's milk, and tastes great with cereal or in smoothies.

Oat milk is similar in calories to cow's milk, and because it is oats it is double the amount of carbohydrates and about half the protein and fat.

Studies suggest that oak milk has a positive effect on lowering cholesterol, although only slightly but it all helps. Lowering cholesterol levels, particularly LDL cholesterol decreases risk of heart disease.

Also in some studies it seemed that



DAIRY FREE MILKS

WHAT ARE THE ALTERNATIVES?

drinking oat milk for a period made people feel fuller for longer.

Oat milk is also cheap and easy to make at home.

SUMMARY

Oat milk has a mild, sweet flavour. It is high in protein and fibre, but also high in calories and carbohydrates. Oat milk can be made cheaply.

RICE MILK

Rice milk is made from milled white or brown rice and water. As with other non-dairy milks, it often contains thickeners to improve texture and taste.

Rice milk causes the least allergic reactions of the non-dairy milks. This makes it a safe option for those with allergies or intolerances to dairy, gluten, soy or nuts.

Rice milk is mild in taste and naturally sweet in flavour. It has a slightly watery consistency and is great to drink on its own as well as in smoothies, in desserts and with oatmeal.

Rice milk contains a similar number of calories to cow's milk, but almost double the carbohydrates. It also contains considerably less protein and fat.

Of all the non-dairy milk alternatives, rice milk contains the most carbohydrates – around three times as many as the others and for this reason, it may not be the best option for people with diabetes, also due to its low protein rice milk may not be the best option for people with higher protein requirements, such as elderly, growing children, athletes and people who are trying to gain weight.

There have been health risks For most people, drinking rice milk should not be a cause for concern. However, if rice happens to make up a significant part of your diet, then it could be beneficial to diversify your diet by eating a variety of grains, including other non-dairy milks.



SUMMARY

Rice milk is the most hypo-allergenic non-dairy milk. It is low in fat and protein yet high in carbohydrates. Rice milk has been known to contain high levels of inorganic arsenic, which may cause some potential health problems in those who consume rice as a main food source.

CASHEW MILK

Cashew milk is made from a mixture of cashew nuts or cashew butter and water, because of this it has a rich creamy texture with a sweet flavour but slightly nutty. It's great for thicker smoothies, for a creamy coffee and as a substitute for cow's milk in desserts.

As with most nut-based milks, the vitamins, fibre, protein, and minerals are lost when the pump is strained away. Cashew milk contains about a third of the calories of cow's milk, half

the fat and very little protein with low carbohydrates.

Again with its low protein content, cashew milk may not be the best option for people in need of more protein.

The low carbohydrate and sugar content also makes it a suitable option for people who need to monitor their carb intakes, such as people with diabetes.

Cashew milk is another milk that is easy to make at home.

SUMMARY

Cashew milk has a rich and creamy taste and is low in calories, carbohydrates and sugar. On the downside, it contains very little protein, and may not be the best option for those with higher protein requirements.



EVOLUTION X REVOLUTION

Evolution: Gradual development of something.

Revolution: A dramatic and wide-reaching change in conditions attitudes, or operation.

We are a top down society in the way we work with Corporations, Media and Governments deciding what we do and how we live. We are the most manipulated society there has ever been and yet we believe we are the most free with the choice to be whatever we choose. Try to find your freedom and you will hit a wall everywhere you look.

We cannot brute force this society into taking on the welfare of animals, people don't even care about their own species, half the world is in poverty and starving whilst the other half is overweight, as always the balance lies with the power brokers and money handlers of this world and it is never in their best interests to change the world to a society of people that care, have compassion and love for people and animals.

Vegans have been shouting about animal welfare for decades, we know it is fundamentally wrong to harm any living being, this should not be up for a discussion, people will always try to argue philosophically about when it is OK to kill another person or animal and generally it is when we are under attack and it is them or us or in a war. We are not at war with the chickens, cows, pigs, ducks, fish, lambs or any other

animal out there and yet billions are grown to be slaughtered for use in

human consumption. Before you ask, if we stopped eating them today, all the animals would not take over the world or over run the planet with sheer numbers, humans control their breeding.

We know all the hurt we cause and yet with cognitive dissonance humans can look at their dogs and feel virtuous that they care deeply for an animal, feel proud that their animal has its own personality and has the capacity to love, feel and be practically human and yet ask them if animals for food have these capabilities and they believe not. The reason is that in the main people are not that stupid to think yes but more likely that they want animals to not feel and just be more like a plant, it grows via feeding and then happily gives its life over to feed the special species, the same special species that cannot think that all animals think, feel, grieve, fear and have personalities.

So we cannot keep chucking our ideals at non Vegans and expect them to care let alone listen, people generally do not care for anything that they would have to put effort to or would cause them discomfort or

Veganism is a thing,

Don't worry it is not going away and it is in fact becoming more mainstream daily. Accept and move on...

It historically takes a few generations to accept change, generally around 50 years for ideas that are worth it to take hold or fully form in societies, but with social media and our digital world we see change quickly.

EVOLUTION



REVOLUTION

extra thought.

Being Vegan in this society is not easy, we are not set up for it because industries like Meat, Dairy & Fish have a huge wealth behind them and can advertise products and ideals. Vegan products are starting to filter through because more people want them. That is good news but do not for one instance think that chain restaurants, supermarkets or corporations are doing it for ethical reasons, they follow market trends and money.

What I propose is that we make tiny little changes that grow into big waves, every river starts with a drop and rivers lead to oceans and oceans have great power due to every drop moving together as a wave, be a

drop that influences others by going in the right direction, if you have non Vegan friends or family that constantly shut you down, invite them for dinner and show them how good Vegan food can be, the minimum you get from this is that they have a meat free meal and may possibly show them the benefits of eating more meat free meals during their week. Influence by showing them its not scary to eat a meal with no meat or dairy, give them ideas and confidence to try it, mostly people are afraid of what they don't understand and this makes them lash out with ignorance.

Why evolution not revolution?

Some of us would love to see complete change and no more animals grown for testing, eating etc but this is not going to happen, I am being very realistic but also very positive that

If we can get everyone we know to eat at least one meal per day without meat then that will spark more and then at some point somewhere it will register that we need less animals grown for slaughter because we are changing.

Find out the how your friends and family see the world, do they want better health?: Easy then, eating a plant based diet is better for you because our body produces at least 10x less acid to break down food, less corrosive chemical in the system and less energy used, that is without the carcinogenic effects of meat, especially red processed meat.

Ethical Reasons:

The less animals you eat, the less suffered and died for you, yes they were not specifically killed for you but you are still complicit in the system that is killing for you.

Environmental:

It is simple, feeding animals costs more resource in land, feed, energy and water than it does to create plants for food. Currently around the world we have the poorest air quality ever, the most poisoned water supply with the scarcest amount and even though we have an abundance of food in the West, it is not the best quality nutritionally due to mass agriculture having to spread fertiliser which destroys the soil. We are heading towards 8 billion humans on this planet and 10 billion by 2050, we are maxed out on agricultural land, we chopped the rainforests down to create more land to feed animals to feed to people and still we cannot keep up with production, we would be smart to look after this world a little better as it is the only one we have, the amazing thing about humans is that we are resourceful and creative, challenge people to be a little different and get them to shift slightly, this is more powerful than hammering facts about animals suffering, we know they do. I care deeply and that is why I am trying a different approach to changing people's perceptions of meat free meals. I give them good food and encourage them to feel good about it in the way that works for them.

Be kind, care and influence with compassion. Let me know how you managed to influence people to be more plant.



HACKING THE BRAIN

A SERIES ON HOW TO CHANGE YOUR MIND

Why is it that lots of times we want things to happen in life and they do and other times we want for it but it doesn't happen? Are there bigger forces at play. How does it work?

Whenever things don't happen the way you want them to there is a temptation to call it destiny, this is more likely to be a coping mechanism to deal with our failure to get what we want, it is not destiny just you trying to solace yourself with your present condition. If you want to make any outside situation the way you want it, there are millions of different ingredients and most we are unaware of, science proves this. The way we are perceiving life right now is through our sense organs (Eyes:sight, Ears:sound, Skin:touch, Mouth:taste, Nose:smell) it is only enough to survive, our basic senses are geared for just this, anything more requires more energy/effort from us. It is not enough to master our destiny if we use our basic senses basically. Modern Physics and Neuroscience clearly tells us that whatever we are sensing through our 5 senses is not

actually the way it really happening, what is light for us can be darkness for other creatures and vice versa. Nothing is the same for everyone and everything. Sense organs are sufficient for survival only.

If you want to create a situation the way you want it, you have to have some mastery over your life energies because ultimately the whole of existence is energy. We can never logically figure out every aspect of life around you so we have to have mastery over our mind, then move to master our energy, spirit and body. If we master us, we still only have mastery over 50%-60% of our environment and life. There will still be 40% that we don't like or want. So even if we become the creator of our own self, if we use our mind and energies to interact with all we are there is still all the other billions of things happening around

us becoming everything else. But 50-60% is amazing, this allows us to become an influence on our life, making stuff happen rather than it happening to us.

Whatever situation we are living in, you need to understand to be human means that you can mold the situation the way you want. We are not molded by the situation, we are molding life the way we want but unfortunately most people are molded by life, by the situation in which they exist, this is simply because they are existing in reactions to the situations in which they were placed. You may ask, why was I placed in this situation, was it my bad luck, my destiny, was it my bad luck to be born to such parents or country etc. Everything you know as myself is just an accumulation of life impressions and physical body. What you accumulate can be yours but never be you,so what is you? Is it yet to be introduced to you, it is yet to become an experience, is in an unconscious state, we are only conscious of small parts of all our accumulations. We are not even 100% conscious of what we have





HACKING THE BRAIN

accumulated in life, so people are trying to live their lives through what they have accumulated, trying to live their lives through what they have gathered, not through who you are. Through memories of the past and not who we can be.

Now because of the types of memories we have accumulated, we develop certain tendencies and naturally we move in certain directions. Today science has proved to us beyond any doubt that the whole existence is the same energy, the air and water are same energy, H & O are one thing but when in different mixes becomes H₂O and it becomes completely different. In one we breathe, in another we drown and it takes two different physical forms.

So now water has different tendencies, people believe that the rivers destiny is the ocean, the rivers destiny is not the ocean, it has no destiny because water is H₂O, it has a certain gathering and acquired certain tendencies and it is just always trying to find its own level and because of that it moves in a certain direction. If you damn a river do you think all the water that is the river is screaming to go to the ocean? It is not screaming or destined to go to the ocean, it has no idea what the ocean is and certainly not longing to do so but if you open the damn the water will flow out, it is just the natural tendency of the water to flow and find its level. Similarly you

"TRAINING YOUR BRAIN IS THE MOST WORTHWHILE EXERCISE YOU WILL EVER DO"

have acquired certain tendencies depending on what your life has been and what you have gathered in yourself, what type of impressions life and people have left upon you. It is not that this cannot be changed, the water is always flowing downwards.

If geological undulations occur, then water will flow upwards and defy the laws, similarly whatever your current tendencies are, if you do certain things within yourself we can completely change what we think and who we are, in 24 hours we can completely rewire ourselves, irrespective of your past experiences of life, your genetics, your DNA, irrespective of who your parents were, where you were born, how you grew up, how you were treated by people, irrespective of all that you can completely transform in 24 hours, I am not talking about change, I am saying transformation.

So what's wrong with the way I am you may ask, there is nothing wrong, if you ask what's wrong with being limited, I would say there is nothing

wrong, its just limited and you have boundaries of existence. Many things we believe in just because it has been told to us across our lives, but many things that we think is destiny, out of our control, determined by God or somebody else up there become within our hands just because we have taken control of a few things, of ourself.

What we call technology today is within the laws of nature, everything that can be taken charge of, someday humans will take control of it and go outside the laws of nature. So when I say inner technology is within you, everything that this life is happening according to a certain law, if you understand, if you perceive and if you know what the nature of life within you is, then you can take charge of it completely the way it happens and how it happens, if you take complete control of your life the way it happens, your physical body, your mind, your emotions and your life energies then would you let any unpleasantness happen to you?

Unpleasantness happens to you in the form of anger, fear, guilt, stress, anxiety because your basic faculties like body, mind, energy and emotion are not taking instructions from you, they are doing their own things, you gave no instruction or training to do anything different. Your mind and body are here to serve the life within you, but right now the life within you is enslaved to your mind and

body, this is a complete distortion of life and the way it should function, you are trying to handle life upside down, no wonder so many things feel out of control, even if you felt things were in a semblance of control you would still be anxious.

Why does the mind run on its own, how did it start up?

Ever moment of your life, whether you are awake or asleep, moments of sleep or wakefulness, everything that comes in contact with your senses is recorded within you on many different levels, on the level of your mind, your body, your chemistry, on the level of your very life energies it is recorded. This is the back up system so you don't lose your software, this software is what people are traditionally referring to as karma, karma means a certain accumulated mass of information which has now formed its own tendencies.

In the East it is referred to as Vasana, Smell, ie what kind of rubbish you have in your head is the kind of smell your life has, accordingly things happen to you and you attract this towards yourself, that is the direction in which you go.

So this is accumulated impressions, it is a software that you wrote for yourself unconsciously and can be rewritten. Whatever we can



do unconsciously can be done consciously also, so if you start writing a conscious software for yourself, you would definitely write in blissfulness, happiness and liberation from all your fears, guilt, sadness stress etc, not one of bondage and misery.

You would not cause any kind of misery to yourself consciously, so essentially the problem is just that you are unconscious of many aspects of life within yourself, you are trying to conduct your life without understanding how this human mechanism functions, it is like you got into your car and you don't know what the 3 pedals are for so whenever you feel like it you stamp any of them, imagine what a jerky ride that would be, right now isn't your wellbeing that jerky?

You could be out and someone would tell you that you are the most wonderful person on the planet and you would be floating along on cloud 9, then you go home and it crashes down to earth when they let you know what they really think you are. Your well-being is so fragile, sense of happiness, peacefulness is so very fragile if you have no control over your inner self.

People say if you sit next to a still lake you will become peaceful, but the still lake doesn't know what peace is. Peace is a concoction of too many disturbed minds, so they are making up this business of peace, you don't have to do anything to be peaceful, if you don't mess with yourself and add too much mess and noise to your life you are peaceful. So now if the still lake is giving you peace all I would have to do is drop a rock into the lake and you are finished, how fragile is that? Now you need to make yourself in such a way that if you sit next to a lake and the lake doesn't know peace then the lake becomes peaceful because of your presence because these are all inanimate objects.

The very source of creation is becoming conscious, once you access the inner you, your presence settles everything around you. What is around you doesn't settle you. Right now people are seeking out peace by going to the top of a mountain or a lake. Wherever you go the whole place

around you should be at peace.

We all have the capacity to be at peace, to create within us the capacity to be better towards each and every person, to be kinder, fairer and more compassionate. Imagine what that world would be like. We are always trying to fix the world, our ideas of revolution are always about fixing the world, if we fix it anymore there will be no world left, however much we fix the world, still human beings are not happy because

We have done nothing about fixing the inferiority. There is no universal salvation without individual salvation, there is no universal transformation without individual transformation. It can only happen from within.

When we talk about spiritual processes, we are not talking about going to a church, mosque or temple, we are not talking about looking up, down or around, we are talking about looking inward. All our lives we have been encouraged to look outward for the answers to life and looking inward is a completely different dimension.

Every vision and perception of the outside world happens within us and the problem is our sense organs are all outward facing and never give you access to the internal world and our whole experience of life is internal, this is the reason why people are not in charge of their lives, this is the reason why people think their lives are being run from somewhere else.

Every judgement we hold is in our minds, socially conditioned. In every society they have their own ideas as to what is right and wrong, good and bad but existence treats everything the same way. Whomever is receptive right now gets the bounty of life.

So what is being receptive?

Isaac Newton saw an apple falling down from a tree and that was a great observation, everyone already knew that things always fall down. Anyway he wrote about his observations and the law of gravity

was propounded, the apple fell down that is truth but he did not notice that the whole big tree grew up against gravity. The rain falls but how does a cloud get up there first so there is gravity and there is grace.

You are only available to gravity as long as your experience of life is limited to the physicality of who you are, if your experience of life transcends the limitations of the physical then you become available to grace, suddenly you function like magic and other people think that you are magic but you know you are beginning to access and become available and become receptive to the different dimensions of life. It is wide open for everyone right now.

Self transformation is not just changing yourself, it is about shifting yourself to a completely new dimension of experience and perception.

Most people never explore any of our inner world, we all have the inner world available to us regardless of our outer qualities and acquired skills.

The change is within us.

Live limitless

Spiritual Counseling & Healing

These are tough times we live in and you may feel like you need some help.

Give us a call and see what we can do for you

07434 256120

EASY TOMATO PASTA

If you want a classy meal but with bargain prices look no further than this ultra comforting go to pasta dish that all the family can scoff. If you are a spice lover then crank up the chilli flakes and add some hot sauce

INGREDIENTS.

| | |
|------------|---|
| 500g | Pasta |
| 1 cup | Chopped sun dried tomatoes |
| 3tbsp | Olive oil |
| 1/3 cup | Plain flour |
| 3 1/2 cups | Soy or Almond milk |
| 2tbsp | Tomatoe puree |
| 2tbsp | Dried Basil & Rosemary |
| 1tsp | Garlic powder or 2 chopped fresh cloves |
| 1/2 cup | Nutritional yeast |
| 2tsp | Freshly ground salt |
| To taste | Hot sauce or chilli flakes |

HOW TO COOK IT STEP BY STEP.

Step 01

Bring a large saucepan of water to the boil and add pasta, use Penne or another thick pasta so the sauce can coat a good surface. Cook as per instructions on the packet

Step 02

Just before you drain the pasta add 1/2 a cup of chopped sun dried tomatoes to the boiling water and stir through, drain water and add pasta and tomatoes back into the saucepan

Step 03

Add 1/3 cup of plain or gluten free flour to a medium saucepan and mix with the oil to make a roux or paste. Heat and whisk over medium heat for 4 minutes. Add the rest of the ingredients to the pan and bring to the boil, reduce the heat to low and simmer and then add the other half a cup of chopped sun dried tomatoes and stir in.

Allow the sauce to simmer and thicken and then blitz with a hand whisk or nutribullet type blender. Add the sauce to the pasta and stir through coating the pasta completely. Add some fresh basil to garnish



Saucepans



Easily 4 portions



Mild



25



Medium

Don't freak out!



WHAT TO DO IF YOUR KIDS 'GO' VEGAN



What to do & what not to...

So they have dropped the V bomb on you, what do you do?

Argue against it? - NO

Panic? - NO

Ask why? YES, act interested



Change can be difficult, especially on the daily basis that teenagers seem to do it, but when your little cherub comes home and announces that they want to be Vegan, Pay attention, ask for what reason and it may be that it is for animal welfare or the environment. Whatever you do, even if all of your brain wants to shut them down, DON'T.

As we get older we can take on traits and habits and lots of fears, one such fear that people use is when they don't understand something so they lash out in defence rather than admit their lack of knowledge on the subject, don't forget the masses of programming we receive throughout our lifetimes, as young children we were forced to drink milk at school as a way of getting whole generations hooked on milk, get

them young and hook them for life was a key slogan I am sure... So we get older, we take on programming and we think that is the way the world is, well its wrong.

Every individual sees the world slightly differently so get over it.

Now your culinary view might be meat and 2 veg, here the meat is the star of the show and the veg is boiled and supports the star, well now you get to really flavour some vegetables for the first time.

The youth will inherit this earth and lets face it all the generations before have left it in a poorer way, now we are asking this generation to clear up the messes of all of us, so give them a break when they say they want to save some of the environment rather than destroy it.

Start easy, you may not know what

to cook so don't go getting exotic ingredients and things that you don't know what to do with

If you like lasagna, make a vegetable one, if you like curry, make it a vegetable version. Above all else Vegan is nothing from an animal, no milk, eggs, honey, meat and NO Fish do not grow on plants as people like to announce that they are vegetarian but eat fish???

One of the best things about being aware and looking at the ingredients of products is how you will start to notice all the rubbish that is put into them. So your child will be doing a good thing for all of you. The gift of cleaner living.

As with everything new, we start off with low knowledge, just do a little bit of research and you will know a little more, in a short amount of time you will be more knowledgeable.

VEGETABLE CURRY

This recipe is a great base to make any vegetable curry

INGREDIENTS.

| | |
|--------|----------------------------|
| 1 | Aubergine |
| 1 | Chopped red onion |
| 1 | Medium butternut squash |
| 1 tin | Chopped tomatoes |
| 3tbsp | Olive oil |
| 1 tin | Cooked chickpeas |
| 4tbsp | Tomato paste |
| 4tbsp | Dried corriander & cumin |
| 4tbsp | Fenungreek & Garam masala |
| 4 | Cloves of chopped garlic |
| 2tsp | Ground salt & black pepper |
| 2 cups | Basmati rice |
| 1 | Handful of fresh coriander |
| 1 | Vegan stock cube |
| 300 | ml boiling water |
| 1 | Large sweet potato |

HOW TO COOK IT STEP BY STEP.

Step 01

Chop and fry the onion in oil for 5 minutes, add the garlic for another 3 minutes. Add the squash (keep the seeds) and sweet potato and fry for 10-15 minutes, add a small amount of water or oil if needed, add the aubergine and all of the spices and cook for 10 more minutes.

Step 02

Add the tomatoes, stock cube, paste, chickpeas and water and simmer for 30 minutes and then add the coconut milk. Season and taste as you go.

Whilst bubbling away, cook the rice as you like it

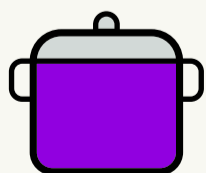
Step 03

Serve with fresh chopped coriander and rice. Fresh crusty bread or naan. Add chilli flakes or hot sauce for heat, salt and black pepper to your taste

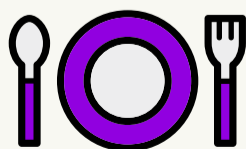
You can use any seasonal vegetables to make a curry

Make this into a feast with your family and add some saag aloo, poppadoms and chutneys for a delicious friday night treat.

For a lazier version, Chop all the veg and throw it all in a roasting tin with the spices, mix and roast for 25 mins, then make the sauce and simmer. Easy



Large pan



Easily 4 portions



Mild



150



Easy

SPIRITUAL HEALTH OF MEN

MEN & SPIRITUALITY

There is a greater problem to talk about when it comes to men in society at the moment but for now where do men turn to when they need help past their physical symptoms?

Over the coming months we are going to explore Men, their Mental & Spiritual health and how they can change these to benefit them in the future.

Firstly it is hard for men to face up to any issues in life, Psychological or Spiritual. Society has not built the structure yet for men to share feelings, for the last year or so mental health has been pushed in the media and with celebrities, there is more than one force at play there. Is it the drugs companies creating the problem and feeding the solution or is it to make society a happier, more peaceful one?

Something bigger to explore here but for now lets focus on what we can do as individuals.

I had years of nagging thoughts nudging

me towards a life of Spirituality and what I knew I needed my whole life. From a young age I was always different, it is difficult to fit in when the world doesn't fit you. I covered up my differences and made myself into a person that wasn't good for me, I lost sight of my soul, of all the things that were normal to me like visions, deeper understanding, connections & feeling into another realm. All these I buried for a long time and my soul and guides needed to push me into the life I needed to follow.

Life is a journey but we only think about the destination. I got so focused on where I needed to be that I paid less attention to where I was going, you tend to miss all the stuff you need in life like people and institutions that can uncover the soul that you need to connect to. I ignored the gentle nudges and eventually it lead to a bigger push to get my attention.

So when you do want to change your life to become more spiritual where do

you turn to and why would you need to? Lets start with the why. We are more than just a physical person, when all is stripped away and the chemical and electrical soup that is our brain is taken into account, humans cannot explain what consciousness is, it has been described as the hard problem and how a brain that is made up of salts, fats and water can make us conscious. People are more than the sum of their parts, more than just chemicals and physical cells that make up a body.

Where does our soul fit in to all this?

There are some that say our soul connects to every cell of our body, imagine that our soul is always sending a signal, always streaming in and the cells that connect to this are like the TV, the screen is the consciousness that projects onto the world and we see this Screen as a conscious that is always flowing through us. How do we know what Our soul is here for, in some cultures and beliefs it is told that

our soul is here to learn a lesson and become whole, In others like Buddhism they say we come back time and time again until we have learned the lessons or made our soul See what it needs in this physical realm to become the complete soul in the spiritual realm. Whatever your beliefs are the soul is there always connecting into this physical body and if that's the case and all we need to do is become a better version of ourselves and learn.

The lessons that we need to why don't we do this, I know from experience that there is a nagging theme whenever you're Needing to learn something new, the issue just keeps popping up in your life until you can learn it. The problem comes when we keep ignoring the issue presenting itself, don't forget asshole is being steered along the way and guided I have a forces to see the things we need to learn in this life and most of the time we too distracted to pay attention, too distracted to see what we need in life. We these issues and problems rather than the solution to our problems. We need to slow down, be more mindful, pay more attention to the life that we have right now instead of thinking in the past and worrying into the future we need to be connected to a self a higher soul and listen, really really listen, pay more attention. Attention is a commodity that we use that we give to somebody, it has real energy when you pay attention to somebody they feel energized by your attention for your focus when you take it away they feel uncomfortable. So your attention is powerful, use this power for attention to listen to your soul, And you soon here feel and see your Soul making and nudging your life into the one that you need to have which supports you learning the life changing lessons that you need.

So back to men and spirituality, lets face it they are scared of anything that seems to be less than masculine, even going to the doctors causes anxieties and stress. Imagine if we start sending men to see a Psychic Medium, Reiki Healer, Nutritionist or Acupuncturist, I would like to see this as a government led initiative instead of just handing out pills, the comedy value alone would make the world a better place.

Now I am not saying that we have to go full hippie and start dancing around a drum pit every morning at sunrise, what

I am saying is take your own life, mind, energy into your own power and start to manage your every thought, action and deed and then when you have some control over yourself, start to listen to the bigger world and universe around you and find out what you can be in it. With this soapbox rant nearly over I would just like to add one more point, respect other peoples choices or views.

If spirituality is not on your path yet and you don't understand it, don't mock it or what people believe in. If it doesn't harm anything on this planet then leave them in peace, you never know it may be you one day being mocked by someone like you. We can all learn new skills if you just ask questions.





HOW WILL HUMANS SURVIVE OVERPOPULATION

WHEN THE RESOURCE
RUNS OUT, IT DOESN'T TEND
TO GO WELL AFTER

H

uman Beings have elevated themselves to the pinnacle of Earth's species, we have no equal or predators that prey on us, we control our environment, we

seed the earth and sky with chemicals that pollute our water supplies. We use all of the Earth's resources to make energy that turns to wealth for a small amount of people.

We grow billions of animals fast and fat to feed an ever expanding population way beyond the natural carrying capacity of the resources of this planet and yet we still push for more of everything.

So how are we doing as a species? We have many ways to measure this, from technological advancement, calories consumed or available per person, average longevity or incomes and then measure this over a timespan that gives enough data. If we look at all of these on a graph, then they all seem to be steady for millennia and then during the 19th and 20th century it climbs steeply from about 1910 onwards, around about the time of the 1st world war and then humanity spent most of last century at war over resources as the population started to explode, it is still carrying on unabated today.

We could look at consumption, how much energy we consume, how much fresh water or land for food, then create a graph for this and it mirrors the population growth, steady for millennia and then an explosive upturn in the 19th and 20th century. History has shown a number of governments and individuals have looked into the growth of populations and have come up with a number of drastic measures ranging from 1 child per family to mass sterilisations, the Georgia guide stones wish to limit the population of the planet to half a billion, it doesn't say how it will get rid of the 6 billion or so over the limit though...

1. Maintain humanity under 500,000,000 in perpetual balance with nature.



2. Guide reproduction wisely — improving fitness and diversity.
3. Unite humanity with a living new language.
4. Rule passion — faith — tradition — and all things with tempered reason.
5. Protect people and nations with fair laws and just courts.
6. Let all nations rule internally resolving external disputes in a world court.
7. Avoid petty laws and useless officials.
8. Balance personal rights with social duties.
9. Prize truth — beauty — love — seeking harmony with the infinite.
10. Be not a cancer on the earth — Leave room for nature.

Biologists have a word for population expansion such as the one humans undertook in the 19th Century, it is called an outbreak, it is when a population or species exceeds the capacity to survive within the natural means of the environment. Natural selection of predator/prey keeps the numbers species limited to manageable bounds, disease, pests and lack of resources prevent species from expanding too much, every so often species escapes the confines and explodes a hundred to a million fold, these outbreaks occur but always

GREAT RESET

- **The Great Reset is an attempt to create a plausible impression that the huge winners in this system are on the verge of voluntarily setting greed aside to get serious about solving the raging crises that are radically destabilizing our world.**
- **In the next issue we will explore what is in store for humanity**

have the same outcome, they end badly in either the organisms living in a sea of their own waste or stripping the environment of resources and spoiling the environment so nothing can use it I know this sounds like human beings and it should, we are an outbreak species. It's OK though because we are smart and know how to fix things when it gets bad, right?

Are we special to any other biological organism? No we are not special, just ego and vanity. Are humans doomed to hit the boundary of what resources

it then why do we waste water at the rate of 30% to leaky pipes every year? Trying to hold onto what we have is not the answer either, who gets the food and resources? The people with the largest gun?

Industrial agriculture has already given us massive soil erosion and ruined soil micro biomes, the coastal dead zones from the poison that is used to spray the crops is expanding daily and destroying the web of life for marine animals. There are species that are no longer in the food chain. In fact all

MASSIVE SOIL EROSION. RUINED SOIL MICROBIOMES. COASTAL DEAD ZONES. DEPLETED FISH STOCKS. GM FOODS.

this planet can produce? The simple answer is yes. It took around 100,000 years for Homo-sapiens to reach a billion. By the year 2050 there will be 10 billion people on this planet and will all want the lifestyle we have in the west, nothing less will do.

What can we do?

We carry on producing more and more using the last of the resources until we hit the wall whilst waiting for scientists and corporations to come up with technology to grow more crops through genetic modification, to save water, save energy and conserve nutrient rich soil from depletion. We have been doing this for decades and we are running out of fish in the oceans, arable land to grow food, fresh water to irrigate crops and supply cities.

Some think the answer is to produce our way out of catastrophe. This is not the answer, you cannot have infinite growth on a finite planet. We can attempt to conserve what we have, look after the soil, stop spraying poison on the fields to grow crops faster with yields that cannot be sustained, there may be natural laws that we cannot get past so we could limit what we grow for a longer amount of years. If you believe that the key to solving the shortage problem of the fresh water is to stop wasting

species of animals are decreasing so fast that we cannot get close halting the decline. Most people believe that as long as they have cows, pigs and chickens then they will be OK for food. Bees and pollinators: The main reasons for global bees-decline are industrial agriculture, parasites/ pathogens and climate change. The loss of biodiversity, destruction of habitat and lack of forage due to monocultures and bee-killing pesticides are particular threats for honeybees and wild pollinators. Without these pollinators biodiversity would decline considerably.

Governments seem to have an agenda to force as many people into large mega cities and bigger towns where food is trucked into hyper markets in a just in time fashion. At any given moment any town or city has barely 3 days of food. This is not the answer, neither is filling up all the green space either and central communal places where we grow for communities. There is not many cities in this world that are clean and not ravaged by pollution.

It doesn't matter which choice you make at this point because as I said earlier, outbreaks always end in a bad way. We have not changed the way we live even though we know the boundary is on the horizon and we are rapidly approaching the limits of our



planet's resource.

We are not shouting about this, in fact governments have taken away many of the avenues to shout about this.

What can be done now?

We need more renewable energies, water capture in cities and towns, stop high output crop production and poisonous pesticides and steer the world towards eating less meat, for a start take away the subsidisation that keeps the prices artificially low compared to the resource it takes to produce. Give the plant scientists every resource we have to grow smaller gardens on every rooftop and wall, tubular plants and gardens and aquaponics could be a start.

We are heading full speed towards a catastrophe but we still may have time to do something about it but this is the last call. Maybe enough people will listen or maybe consuming is all consuming and the people who care are just annoying noise that needs to be tuned out. Either way I will do my bit because I can, it is always easier and far less painful to make your own choices rather than be forced into them.

What would you do to save your world?



AQUIE TEVOL UTION

**IF YOU WOULD LIKE TO WRITE FOR US,
CONTRIBUTE RECIPES, PROMOTE YOUR
CAUSE OR JUST WANT TO BE PART OF
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