



Plant-Powered Earth Holders March 2019 update

Nourishing compassion for our bodies, the earth, and all beings.

Dear Friends,

Please enjoy an update from our newest Plant-Powered Earth Holder Marion Achoulias from Canada. Marion is also one of our most active members, having translated (or arranged for translation) of our materials into French and German.

Here is her offering for all of us. Thank you Marion!

Five short videos that have inspired me on the plant-powered journey

I hope you'll enjoy them as much as I do.

1. [Why Vegan?: Q&A with Thich Nhat Hanh](#) (5min 40sec)

Our beloved teacher answers questions during the German retreat. The editing of the clip is not perfect but the message is nevertheless very clear and beautiful.

<https://www.youtube.com/watch?v=0gwOzzGibsg>

2.. Inter-species Friendships (1min 30sec)

This sweet clip shows the beautiful moments of different animals enjoying life and each other's company; pigs, dogs, geese, goats... All of them are safe and sound living at sanctuaries- what a beautiful sight.

<https://www.kinderworld.org/videos/animal-videos/animal-friendships-different-species/>

3. What animals are thinking and feeling and why it should matter (16min30sec)

I really enjoyed this witty and compelling introduction to animal sentience. This is from the summary:

“Carl Safina takes us inside the lives and minds of animals around the world, witnessing their profound capacity for perception, thought and emotion, showing why the word "it" is often inappropriate as we discover "who" they really are. And yet, we are wiping out the very animals we should celebrate; we are the flood coming for Noah's Ark. Carl leaves us with a difficult question: Do we have what it takes to let life on earth survive? “

https://www.youtube.com/watch?v=-wkdH_wluhw&t=15s

4. Thinking differently about worldpeace (15min)

Will Tuttle, author of *The World Peace Diet*, speaks about the interconnection between human and animal wellbeing/suffering as well as some of the cultural barriers to the practice of compassion in the West. This hopeful and inspiring talk concludes with a meditation on the piano.

<https://www.youtube.com/watch?v=EPgTRYEDfzc&list=PLUa76kZnUuCvD8wGkyzAgP4MOAoBfK2V4>

PLANT-BASED RECIPE

5. Sweet Potato Hummus (6min.)

This is a light-hearted cooking channel with mother and daughter as the hosts, Jane and Ann. Initially, the audience was mainly people wanting to prevent heart-disease by eating plant-based but now thousands of folks just generally interested in easy and delicious recipes enjoy the clips. I'm one of them. Also highly recommended: their Wacky Crispy Hash Browns, Corn muffins, cauliflower steaks etc...

<https://www.youtube.com/watch?v=iPZKXaOLHpo>