



# AWAKENING THE GOOD IN HUMANITY

*Ending Violence Forever*

Michael Lanfield

With Foreword by Aurora Ananda



## Praise

### *Awakening the Good in Humanity*

Michael Lanfield's brilliant book, *Awakening the Good in Humanity*, is a passionate message that gives us hope and faith that we can create the world of kindness that has always lived in our hearts. He makes it clear that, in spite of the violence that we see everywhere around us against animals, nature and people, our true nature is good, merciful, kind, and loving toward all life. Now is the time to read this book and to awaken to our divine nature and to the beautiful truth, as Michael writes, that "...nonhuman animals are not here for me, but rather with me." With that radical realization, Michael explains how we can end violence forever. Your heart and the world will be blessed by this book.

— **Judy McCoy Carman, M.A.** author of *Peace to All Beings* and *Homo Ahimsa* and co-founder of Circle of Compassion [peacetoallbeings.com](http://peacetoallbeings.com)

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This should be required reading in every school — and certainly for every politician. The message is clear, concise, and convincing, illustrated with moving images and backed by the author's sweet sincerity and his understanding of issues that are at once complex and yet utterly simple: Be kind. Live wisely. Love amply. These are the secrets to both planetary salvation and personal happiness. I'm grateful to have read *Awakening the Good in Humanity*. May it play a vital role in this awakening.

— **Victoria Moran**, author of *Main Street Vegan* and co-founder of The Compassion Consortium, [mainstreetvegan.net](http://mainstreetvegan.net)

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Michael Lanfield offers simple, timely wisdom toward something all beings desire: a more peaceful, caring planet. Read it and feel the light.

— **Jonathan Balcombe**, author of *Super Fly* and *What a Fish Knows*  
[jonathan-balcombe.com](http://jonathan-balcombe.com)

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*Awakening the Good in Humanity* shines light into the essence of the dilemmas we are facing today, and offers a compelling solution that we can all put into practice every day of our lives. Highly recommended!

— **Dr. Will Tuttle, PhD**, author of *The World Peace Diet* and *Your Inner Islands* [worldpeacediet.com](http://worldpeacediet.com)

I have read many of Michael's books and this ranks as one of his best. I particularly enjoyed the discussion and equation of veganism with love. It provides hope that the good in humanity will be awakened in time to save our species and our planet. By recognizing our interdependence, we will come to value the animals for the sentient beings that they truly are rather than considering them merely as 'livestock'. This would be a great book to give as a gift to anyone interested in the vegan lifestyle since it is an inspiring, quick and heart-warming read.

— **Dr. Kim Benson, DNM, founder of the Inner Healing Academy**  
[innerhealingacademy.com](http://innerhealingacademy.com)

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Michael Lanfield leads with pure love, the most powerful energy in the world. To understand life in the fullest sense one has to follow truth and love. Michael leads us to that divine destiny in his newest book *Awakening the Good in Humanity*. In it, he shows us the way to Eden where one's heart is pure gold when we see and follow the path the world needs to take one living thing at a time. With a beautiful forward by his partner, Aurora Ananda, they will show you how to break free from the cultural hold society has placed in our hearts and minds.

— **Brian Fairall, Sun-Energy Health** [instagram.com/sunenergyhealth](https://www.instagram.com/sunenergyhealth)  
[facebook.com/Sun-Energy-Health-2197974397100416](https://www.facebook.com/Sun-Energy-Health-2197974397100416)

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*Awakening the Good in Humanity*

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## *Dedication*

*To the animals who taught me to love.  
And nature that taught me to be patient.*



## Foreword

### *The Bird Who Liberated Me*

Written by Aurora Ananda



It was August 2012, a scorching afternoon as usual in my hometown Cartagena de Indias, Colombia. I was proud of being a very busy person as an owner of two restaurants, one in my hometown and another in the capital of Bogotá. After a big lunch with chicken, rice, beans, and a Coke, and feeling tired with my typical painful headache, I sat down that afternoon, feeling empty and lost in my life. I was wondering,

*“Why was I feeling this way if I was making great money?”*

I was working for myself, and recently just got a new apartment and car. I was admired by my family and friends, the people who knew about my poverty-stricken family who struggled financially all their lives, and that I finally made it to the top. I was doing something that I loved and enjoyed, cooking for others with my passionate heart. But yet, I still felt something was lacking in my life.

While I was eating, I came to a solution. Break my mundane routine and travel for a while.

After reading travel guide books and searching online, I decided to open my home to host travellers for free, to learn from them. My first guest arrived, Diego, a humble and exciting backpacker travelling around South America on his bicycle. I immediately invited him to eat for free at my restaurant, offering proudly all the options we had like shrimps in coconut sauce, chicken in passion fruit sauce, and grilled meat. But he kindly refused the meat: pork, chicken and seafood, and even dairy and eggs. I didn't understand why. But in the softest and humblest voice, he said, *Animals suffer*.

Eventually, Diego left my place to continue his trip, but these two words stuck in



my mind like a song. For the first time in my life, I began to question animals' pain and their suffering and violence I profited from. This terrified me. I wasn't pleased with my businesses any longer.

Over the next few days, I had a vision of cows being hung upside-down, stabbed in their throats and bleeding profusely, a slow and painful death. I wondered why I was envisioning this because I've never been to a slaughterhouse before nor watched an undercover slaughter video. I felt surprised but also ashamed and guilty.

I started to talk about my newfound knowledge and experience with my family and closest friend, but I was silenced, laughed at, and ridiculed. One of my other friends, a medical doctor by profession, told me that a plant-based diet lacks certain nutrients. Eventually, people who adopt this diet become deficient and sick. Laughing, she told me how my hair would fall out. Another very close friend said that he dislikes vegans because they seem like religious preachers, thinking they are superior to other people. Of course, he didn't want me to be one of those annoying people.

The educational system had taught me

that humans are at the top of the food chain, and therefore we can eat anything we please. On the streets, in the markets, shopping malls, everywhere around me, I saw animals as products, the extreme violence to animals that most people considered normal. I even witnessed many horse-driven carriages in the old city; these animals were abused and whipped to carry passengers.

This awareness I had, conflicted with my family, friends, clients, and the community. Not telling anyone, I gradually reduced my meat consumption.

I also gingerly tried veganizing my restaurants but failed because of the culture; people here prefer to eat animal foods. Therefore it was not profitable at all.

I started to focus on becoming true to my travelling goals and being less of a slave to my businesses. So, I sold my restaurant in Bogotá, got rid of my credit cards and car. I began to save more money instead of buying luxurious clothes, shoes, makeup, and stuff for the apartment, becoming a minimalist.

Around July 2013, I finally went on a long trip around South America, Central America, and the United States. When I arrived in New York in May 2015, I met Shai in Manhattan,

who I started to love wholeheartedly. He was a pescatarian. So, we began a very intense relationship and began to live together as pescatarians. I also discovered the wonderful world of yoga, which led me on my spiritual path.

Several months later, the relationship ended. It was an excruciating time for me. I didn't know how to deal with my broken heart. I was entirely lost in my life. *"How could I heal myself,"* I thought?

In March 2016, I decided to go to Asia to find the answers. I was accepted to a yoga school in Thailand, where I deeply absorbed myself in yoga. I also lived there with Buddhist monks in a Vipassana meditation center, where I made several vows of silence.

One night all alone, out of the middle of nowhere, I felt enveloped in a beautiful white light. Feeling joyful, I listened to the inner voice within me. I felt pure love for everyone, including nonhuman animals. I cried because of the violence I had supported for so long with my eating habits and restaurants. Now I started to make the connections and promised myself that I would close my restaurant for good once I arrived home.

I then left Thailand for India and Nepal to

study Ayurveda therapies to immerse myself in yoga and meditation. I became a yoga instructor, certified in ayurvedic detox treatments and therapeutic massages, and tantra for more conscious and sacred sex.

I returned home from Asia in October the same year, as a spiritually transformed person, only without a penny to my name. Finally, I decided to close my restaurant for good. But my employees and family discouraged me from doing so, as they would lose their income. So, I decided to continue working only for the next high season.

But just a few days later, on November 1, to my surprise, the restaurant real estate owners, which I was having trouble with for the last two years, appeared with a court order with several police officers and movers. They wanted to throw my stuff out on the curb. They began to move tables, chairs, ovens, food, and even our customers and employers. *I couldn't believe what I was seeing!*

Just then, one of the men set down a caged canary in front of the second entrance door. I felt completely connected with that yellow bird. Instead of being worried about the situation, my attention focused on the bird. Desperately, the bird kept telling me, *"Free me!"*

*Free me!*" I took advantage when the owners weren't looking, broke the lock, and opened the door, and the bird flew away joyfully, emitting a grateful sound. I was thrilled about doing that. Just as the bird was liberated, I, too, felt free.

Coincidentally, November 1 is World Vegan Day, the day that I became vegan, and I couldn't be happier. Because of that beautiful bird and the universe, I was liberated!

That night, an angel appeared in a lucid dream, telling me that everything would be fine now, that I was on the right path of love, compassion, and harmony. *"Do not worry about money; you are blessed with abundance and love"*, she whispered.

I can't describe how much the universe has blessed me. Since becoming vegan, my unbearable headaches went away. After fifteen years of incurable acne, my face has noticeably cleared from blemishes. My hearing has drastically improved when doctors said I needed to live with hearing aids. My weight and hormones have stabilized to normal levels. I'm less angry and have more energy than ever!

It took courage to respect my values. I



listen and follow my intuition rather than follow the crowd. I feel so much more at peace. I started to be more mindful in my daily life. As a more conscious being, I breathe deeper and see life and nature more breathtaking than ever, even though I understand that there is still a lot of violence around us and wounds that we need to heal.

I now recognize that when we harm others, ultimately, we hurt a part of ourselves. We can't be a victimizer without being a victim as well. *We are all interconnected.*

Since that day, I have been a voice for the voiceless, an animal rights activist, and a chef who prepares food with a passion.

Today I am very thankful to the universe for awakening the good in me and having the opportunity to cross paths with Michael. I've had the incredible privilege and opportunity to read and collaborate on his books.

*Awakening the Good in Humanity* is a must-read for every person who wants to leave society's darkness and violence and start creating a more peaceful world from our daily habits.

Reading Michael Lanfield's book, my heart is hopeful for the future. Touched by his compassionate soul, his message is simple.

Together, let's create that Eden Paradise on Earth we all want. He gives me the courage to take further actions to stay true to my inner spirit. In this crazy, messed-up society that doesn't benefit us, we need to return to love; otherwise, humanity, as we know, will not survive.

*"May all beings be free and happy."*

**Aurora Ananda,**

*Raw Vegan Chef, Ayurvedic Masseuse, and Yoga Instructor*

## Introduction

### *Awakening the Good in Humanity*



Ever since embracing a vegan life, I am ever so much happier and joyful. Every day my life improves. Guided by my intuition and feminine wisdom, nonhuman animals and Mother Earth have inspired me on my path of awareness and awakening.

Over the years, I have learned that we don't have to live in this world of violence any longer. *Awakening the Good in Humanity* takes a small glimpse of understanding all of our society's problems and the solutions to the issues.

Many people have warned humanity of the disastrous consequences of our actions,

yet we chose to ignore them and continue with our destructive habits. Environmental devastation, wars and conflict, degrading human health, poverty and world hunger, and the array of other never-ending problems of our own making that humans are dealt with. If we choose to ignore and not address the source of our dilemmas, we will never live in world peace or happiness.

Many of the ideas presented throughout this book are from my many years of experience and learning, meditation and prayers, and from my other books. I am not a religious person, but I have learned many wise teachings from different religions and spiritual traditions.

It is about time that collectively, we must understand and embrace these ideas wholeheartedly, or we won't survive as a species.

*We cannot wait any longer!* If we don't act now, humanity won't be around for much longer and we'll take countless of other species along with us. There won't be a future for our children or grandchildren if we continue on this same destructive path. We're wiping out most of the lifeforms on this Earth and destroying the only home we have.

Our family does not only include humans but all species. We are all one large family, and we must work in harmony with each other if we are to survive.



Even if one disagrees with the ideas presented or they conflict with your beliefs, do not dismiss the overall message. Read it with an open and unbiased heart and mind.

This is not a book telling people what to do or how to think. But rather, it is *Awakening the Good in Humanity* to soften our hearts to the immense suffering and violence we instigate, and, instead, live lives of kindness, empathy, love, and compassion for all beings we share this Earth with. It is our responsibility for the future of the world and generations to come.



# 1

## *Living in a Herding Culture*



Humans are born into a herding culture. The herding culture started around 10,000 years ago in the country today known as Iraq. It is a system where humans see other beings as property, to be used and owned. We feel we have the right to do whatever we want and that we are superior to them.

We don't believe this to be so. But if we were to step back and look at the entire world with fresh eyes, from a neutral perspective, we would see that the main issue is that we view nonhuman animals as property and food.

And because so, we also view humans in a similar manner.

We herd animals into the stinking sheds of horror, only later to devour their bodies and secretions. We say we know, but our actions are contrary to our understanding. We don't see the bigger picture of our society and how animal agriculture is the core crisis and interrelated to many other human problems.

We are all programmed by our culture, how to think and live—taught by our parents when we are young children, just like their parents taught them how to be in the world. They did so with the knowledge and understanding they had. They didn't question any of the teachings, just like we don't question any of it, because we are not taught to question anything we are told.

Mainstream media and governments program fear, anger, and confusion, and it divides people into different groups and categories, causing violence and suffering throughout society. So we vote for another politician or political group, reforming and improving laws without achieving world peace.

The mainstream news and advertising tell us what to think and buy, and governments

dictate how we must live our lives through their laws. If we go against the status quo and stray away from the masses, we are ridiculed. Most of us remain complicit and comply with government laws because they program fear in us. If we don't obey, there may be some negative consequences, such as fines or imprisonment. But because we don't fully trust or have faith and hope in our higher power, the source, the universe or God, we fear something terrible might happen to our families or us.

Through mainstream advertising and megacorporations, we are subtly brainwashed and become materialistic consumers. We continue as consumers because we are not truly happy and think that material goods like expensive cars, houses, and electronic gadgets, will fulfill that void.

Many people have low-self esteem and try to seek love from outside of themselves. Until we start to love ourselves unconditionally, we will continue to experience traumas throughout our lives and relationships.



We consume inadequate foods — highly processed, refined, genetically modified, full of oils, salt, processed sugars, chemicals, and hormones, far from their natural state. Many of us drink alcohol, smoke, and take recreational drugs, which further impairs our body's ability to function properly. Eventually, we get ill from all of the burdens of unhealthy eating and lifestyle choices and take pharmaceutical drugs or are operated on in hospitals to correct the problems.

After years of living this way, we defend our poor lifestyle choices by ridiculing anyone who tells us otherwise and blame it on genes or old age. However, we did not come to these teachings on our own, but rather through our cultural upbringings.

Homo sapiens have supposedly evolved

for around 200,000 years, yet in the past 10,000, and especially in the last few hundred years, we have destroyed the world far greater. Around this time, we started regarding nonhuman animals as commodities, especially when it came to female animals and their reproductive organs. This shifted our way of thinking about humans and the natural world around us, as it suppressed our feminine wisdom within, to love and be compassionate. This, in turn, made us violent and aggressive.

When we awaken to the *interconnectedness of all life* and see nonhuman animals as sentient beings rather than instruments, we then realize that animal rights is directly interconnected to human and environmental rights. They are not separate issues. People say that vegans don't care about human rights issues, but they are mistaken. Because they are not vegan and don't have reverence for all animals and all life, they can't make the connection that humans, animals, and the environment, and all of our problems are virtually all interrelated in some way. Environmental and social degradation, species extinction, animal, child and spousal abuse, consumerism and materialism, drug and alcohol addiction, stress, racism,



oppression of women, corporate exploitation, poverty, and injustice can be rooted in the use and mistreatment of nonhuman animals. It is similar to how a spider's web is. Each point on the web is connected to another and another, and so on. Essentially, all the connections within the spider's web are interrelated and interconnected in some way. And whatever affects one point on the web, affects some or all of the rest of the points in some way, as everything is interconnected to one another.

Until we free ourselves from the violence that we support and seek the truth from our wisdom and intuition, then we will never reap peace, love or joy.

We are in this predicament because we see animals to be used, owned, and exploited. In the West, we view animals such as dogs and cats with kindness and love, but then stick forks into other animals that deserve our love just as well. To love and care for only certain animals is incredibly hypocritical and inconsistent with our view of animals and the love for them.

While in the West, we condemn the practice of dog and cat meat, insect-eating, or consuming camel milk or ostrich eggs, we eat



other animals that are just as sentient as our beloved pets.

Many anthropologists and scientists understand that early humans were mainly plant-eaters, consuming most of their calories from fruit. This is known from looking into fossils of our ancestor's bone structure, jaws, and internal organs. We were a gatherer society, more than hunters or scavengers. But it wasn't until we migrated to colder climates that we started to search for animals for food and their skins for clothing, for survival.

After World War II, humans started to house animals in vast numbers in large barns or sheds, and with government subsidies, it became cheaper to produce animal products. Therefore, animal food consumption went drastically up. However, after that period, large corporations were replacing smaller family farms. This was the start of the system what is now referred to as *factory farming*. With the partnership and influence of the mass media and advertising, government, scientific and organized religions, and the pharmaceutical-medical complex, plant-based diets are discouraged. Instead, animal foods are praised and promoted on every level all over the world.

Even if animals are raised organically or outdoors on pastures, they too are seen as nothing but production units and food. Babies are taken from their mothers, and the mother's milk and eggs are stolen from them. Eventually, all animals are slaughtered when their production declines. No matter how the animals are raised, animal agriculture is a system of cruelty and death that need never exist.

Since the beginning of the herding revolution, it was a system of violence. It always has been. Animal agriculture demands the worst in us. Nonhuman animals do not willingly give their lives to us or their milk, honey or eggs. They are not stupid! They know what's coming to them. They struggle to try to escape. Eventually, all animals go to their death long before their natural lifespan. Animal agriculture is traumatizing not only for the workers that do all the dirty work but also for us, the consumers.

It is therefore, wise for us to recognize this, and to stop supporting the abuse, and instead, become healers and guardians.

# 2

## *Pain and Suffering*



It has been known for some time that animals suffer and feel pain as acutely as we do. We understand from their physical emotions and facial expression that they feel some discomfort when in pain. Though there is still some debate if fish and other aquatic animals feel pain, from observations, we notice that they flap violently about and gasp for air from the opening and closing of their mouths. Of course, animals don't need a driver's license, to build cathedrals or get university degrees. Still, aren't they entitled to

a life without human interference, domination or pain and suffering?

If we believe nonhuman animals should live without pain and suffering, we cannot view them as food or disposable units. No matter what label or method of slaughter is attributed to the food: humane, free-range, free-roaming, organic, Halal or Kosher, they are just labels. They mean absolutely nothing to the animals we use and eventually kill.

Our voracious appetite for the vast quantities of animal flesh, dairy, eggs, and honey cannot be procured without harming animals. Even if there was a way to raise and slaughter animals without causing pain, we still see them as things to be used. This, in itself, cannot be good.

Animals cannot speak our human language; therefore, we need to be their voice. We can end our support of the killing and violence now, or we will be faced with the consequences of our actions later.

Viewing nonhuman animals as property is violence. There is no need to use them at all. We have to cease the domestication of animals and using them in totality. No animals bred for food, pets, clothing, used in entertainment or for vivisection, and no more killing of

wildlife for sport or food! This might seem like a radical and extreme *all or nothing* position, but it cannot be any other way. There is no such thing as *humane slaughter*. Humane slaughter is an oxymoron. Humane means “*Characterised by kindness, mercy and sympathy*”. Slaughtering another creature can never be kind nor merciful. We cannot eat their bodies or what comes from them in moderation.

Nothing will save us from our demise if we don't change our behaviours to align with love. We need to live in harmony, not in discord. We need to live with love, not violence.

And because nonhuman animals can suffer and experience sensations similar to us, using and killing them can, therefore, never be morally justified.

When they suffer, we suffer as equals. *We are not separate!* As we take them to their deaths, ultimately, we are going to our own demise. There can never be anything funny or cute about abusing and killing another living being. There can never be anything happy about an evil industry that profits from the web of violence. And it is because of consumers who support this industry, buying

the meat, dairy, eggs, and honey, that it continues on, hidden from us.

People shout, “But plants feel pain too! Just think about someone kicking a tree or cutting their grass. Will people go to prison for such acts? Some people think that plants actually scream and that their screams are silent, and vegans are murderers. Even though I believe that to a certain degree, plants have consciousness as well, equating the suffering and death of a banana or avocado to an animal is not the same thing.

Instinctively, we all know deep down in our hearts, that harming animals is different from eating plants. And that the justifications from “plant rights activists” is nonsensical and illogical.

The only reason people are equating these two acts as the same, is because they want to continue eating animal products. Humans have been heavily conditioned to eat these foods and never really question why we do so. The illogical protein story, human superiority or that we have always eaten this way, are ridiculous and don’t make any sense. We are not killers or thieves, and therefore, the only solution is to stop all the insanity and instead, have compassion for all life.



# 3

## *We Are All Interconnected*



We are interconnected to every living being. We are energetically connected and anatomically alike other animals. It may seem that we are different because of physical appearance; all living beings can experience discomfort and pain as we do.

We notice this when we step on a dog's or cat's tail; they cry out in pain. When we take away the purpose of another being by eating or using them for our gain, we lose our purpose. When we commit acts of cruelty to them, we do the same to ourselves, in wars, suffering from ill health or in other ways. The

suffering is immense, yet we are blind to recognize how much cruelty we instigate with our buying choices. We then eat these foods and feed them to our children and families.



Every life is precious. Every time an animal suffers and dies because we decide to support the industry, a part of us dies inside. But because we are so disconnected from the herding culture and its ramifications on our individual and collective consciousness, we cannot make the connection and awaken to the immense suffering we're supporting.

Instead of destroying life, we need to elevate our individual and collective consciousness and end the violence, suffering, and the use of animals, forever.

It is not merely the treatment of animals that is the issue, but their use that is the

problem. People can continue conforming and justifying their actions, but the truth cannot be denied. We will never live in a world of peace and love if we still use, abuse, and kill animals for food, clothing, entertainment, testing, or anything else.

*How can we support a system of violence and expect to live in peace and harmony?*

We've been lying to ourselves for too long. We cannot be considered decent human beings when we support the egregious mass slaughter and abuse of animals and the traumatized and desensitized people that have to do the violent, horrific work in animal farms and slaughterhouses.

I am very optimistic and believe that people are inherently good-hearted, who know right from wrong. We are all wounded and hurt, and we need to heal and awaken the good within us. We can change to a better way of living, with all species who share this beautiful Earth with us. Let's work to make this happen and end the violence forever. Today we can do just that!

We are all energetically interconnected to one another. Whatever we do to another being,

directly or indirectly, we harm the whole web of life. *It cannot be any other way!* When we cause harm to any part of the web of life, all of us are affected, and it lowers the collective vibration on Earth.

# 4

## *Unconditional Love for All*



Since infancy, we've been heavily conditioned by our culture to believe that we're living healthy, normal, and natural lives. Everywhere around us, there is violence. People all over are partaking in this and think nothing of it.

For years and decades, just like robots, we follow orders, rituals, and belief systems and think because it's legal, it must be okay. This is how it has been for millennia, so we continue obeying and following others, mentally and spiritually enslaved by

governments in a system that no longer works.

If we are still supporting the *herding culture*, we contribute to violence and the worst atrocity in the world. Therefore, we must align our values with love and become vegan. Once humans live their natural lives as sovereign individual human beings with a fair share of land, clean water, plant foods, and seeds, and take a stand against the tyrant government and police, *the system* will eventually begin to crumble, and then no longer exist.

It is hard for most people to envision a new kind of world, where we live in harmony with all life, in intentional homestead communities, as we don't live in this kind of world yet. So we think it's impossible to get there.

We still believe that humans are the superior species, top of the food chain, and we can do as we please. However, if we want to get out of the mess we put ourselves in, we need to stop causing violence to any part of the web of life. Once we have become more aware of the violence we are supporting throughout society, we do our best to cause the least harm.

When our intuition guides us, we no





longer see the culture fit to live in. This is especially true when we become vegan and start to widen our circle of compassion, and understand the deception of governments, police, and institutions throughout cities and towns in society. Then as more people awaken to these realizations, it arouses a collective consciousness that is felt throughout the world.

Love is the solution that heals all the violence and will transform our world into paradise. We can each be the light that will heal the darkness and be the voice for those who can't speak our human language. And then, just maybe, will we have the ability to communicate with each other telepathically or speak with other animals.

We need to live with love at every moment and be optimistic seeing the best in humanity, and that, each of us can change for the better. Through our personal stories and experiences, we plant seeds of love in individuals we meet along our path.

Unconditional love is when we love all beings, regardless of their colour, creed, race, gender, sexual orientation or species, and without judging them for the way they talk, think, act or dress.



When we see others as *us versus them*, this is an act of violence. When we see ourselves in another living being just like we were in the past, and have empathy and compassion for them, we slowly start to understand why they support extreme acts of violence.

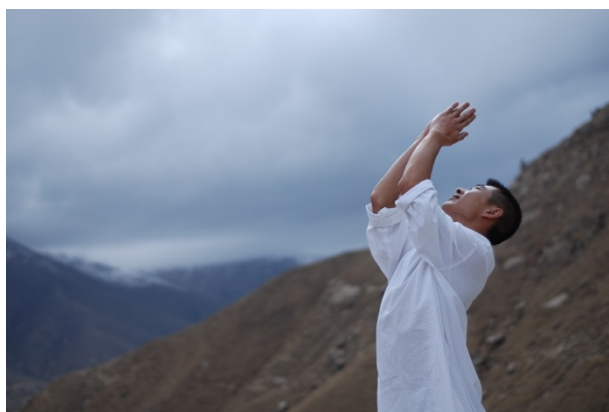
Living with love for all the beings we share this world with is easy. All we have to do is not support violence any longer. But because most people live in a herding culture that they believe is normal, natural, and necessary, they think there is no other way to live. Many people realize that the system we're born into is not perfect and that there are many flaws. We can't picture another way of being, and therefore, continue reforming and improving society's laws through political voting and recycling, because that is all we know at our current level of consciousness.

We feel we are violent by nature because of our current understanding and awareness. We live in a sick and evil society because of our low vibratory individual and collective consciousness that has created such a system. *The system* is a mirror of who we are as individuals.

Until we awaken to love and have

reverence for all life and stray away from society's inhumane laws, and instead, live in vegan homestead communities, we will never live in a world of peace. Violence cannot dwell in a Utopian world. Nor can slaughterhouses, wars, governments and police, apathy, competition, weapons, judgement, criticism or anything that leads away from a paradisaical way of living.

If we want to live in Eden, we need to emulate that way of living. If we want a world of peace and harmony, we need to be love at every waking moment. Every step in the wrong direction leads us further away from heaven.



There is only one solution, and that is *love*. Love heals everything. Even though it may

take time to manifest and live in the Garden of Eden, we can get there in our lifetime if we individually just change our thoughts and actions to align with love.

Love must include everyone and every part of who they are, with no exceptions. We are all one, interconnected energetically to every other life form on Earth. There is no separation, and atomically, we are all the same. Every being, every tree, and every life, has an intricate role to play here. All of us experience an ecstatic and unique life without the need for pain and suffering. To some degree, even plants can and do share many of life's miracles and joys. But as aforementioned, we still don't know if plants have the same capability of feeling or suffering as animals do. Even *if* plants are harmed in the process, overall, especially when it comes to fruits, and when grown veganically with love, they cause the least harm compared to animal foods.

Upon entering a pristine old-growth forest, we hear the stillness. We observe the beautiful sounds and sights of animals fluttering about and frolicking with each other and the babbling brook in the distance. We see animals, not in discord, but working in harmony with each other. This is serenity.

This is the working miracles of nature.

But when it comes to humans, we are not living like that. Our days are usually filled with chaos, stress, negativity, and hardships. We don't live like animals do, out in nature.

Even when there is the occasional death in the wilderness, it is because of necessity and instinct for the animal's survival. From my many years of experience and observation in nature, I have noticed more love and cooperation than violence and death.

When humanity has ceased their reckless pursuit of greed and violence, the energy will be felt throughout the natural kingdom, where eventually, even the lion will sit down peacefully next to the antelope. Just like in The Bible, it says,

*"The wolf and the lamb will feed together, and the lion will eat straw like the ox[...] They will neither harm nor destroy on all my holy mountain," says the Lord. — Isaiah 65:25, New International Version.*

When we start including more creatures into our circle of compassion and become vegan, especially if we are doing it primarily for ethical and spiritual reasons, we begin to

experience feelings unlike we did in the past. Sometimes we have bouts of sadness or depression or maybe even anger. Eventually, once we awaken to the *interconnectedness of all life* and become more optimistic about the future and the outlook of humanity, then yes, indeed, we can change and awaken, some intense feelings stir up within us. Many times we cannot explain these phenomenons; the feelings and emotions which we experience. But once we empathize and have compassion for other beings, and do what we can to share their stories and experiences with people, we complete our task as enlightened spiritual beings.

Once we get to higher states of consciousness, especially after years of spiritual growth through cultivating and trusting our intuition, we realize that our purpose is to love. Love is the core value within the universal field of consciousness and within all living creatures. Love connects everything; all the energy inside and around us. Therefore, *we are all interconnected* with one another, and whatever we do to one, we do to everyone.

There is no way to continue supporting a destructive industry without harm to the

whole web of life. Even if we don't immediately feel the negative repercussions of our wrongful actions, it does affect our life.

Once we connect with nature and comprehend the far-reaching negative implications of the herding culture, we begin having an affinity for all life and include more creatures into our circle of compassion. We then appreciate and love every animal, and thus we strive to do what we can to elevate the collective consciousness on Earth and cause the least harm we can.



This tranquil experience means that we also move slowly away from our culture, exercising our birthrights as aforementioned. We create alternative anarchist and nonconforming vegan homesteading communities. This doesn't mean there will not be any struggles or hardships in our lives.

There may be. But when we foresee a positive future and trust in the universal life process, we stay more focused and optimistic.

We can only do so much and contribute in our own little ways. Even though we are in dire straits on Earth, we mustn't give up hope. People are not inherently evil. We are born loving and caring and can reawaken to our good-hearted nature.

## Conclusion

### *Ending the Violence Forever*



This journey is not about personal health or losing weight, nor is it about our ego or self-righteousness. Vegans are not superior to other people. It is about living with *kindness and love* for nonhuman animals and *everyone* else. I believe this is why we all exist. So we can experience the most sensational love and bounty of beauty and happiness that comes with this life. It is the key to experiencing a life so ecstatic, something we can't even begin to imagine, at our current level of consciousness and awareness.

It is the solution to many of the world's problems. The climate will stabilize, there will



be an abundance of food, water, and housing for everyone, and we will finally live without fear, anger or despair. *Veganism will eradicate violence forever!*

In this world, we can no longer justify wearing animal clothing, such as leather, suede, fur, wool, cashmere or silk. We don't support animal domestication or the participation of the pet industry either. That is all part of our violent past, the idea that we have the right to use other living beings for our benefit. Nonhuman animals are no longer considered property but free-roaming in the forests of the world. They don't run away from us, but instead, sometimes enjoy our company. Animals are not here for us, but they live amongst us in harmony within the natural ecosystem. We are the protectors and guardians of the Earth and grow food veganically without animal inputs such as manure, bonemeal, bloodmeal, feathermeal or harmful chemicals, and also forage for wild edibles.

Everyone needs to live free in their natural habitat. Of course, in this messed up crazy world where we breed animals and more come into existence every day, no diet or lifestyle is perfect or doesn't cause harm.

There may also be animals that may not be living in ideal situations or environments, and therefore, we need to do our best for them.

It is not enough that we say *we know* yet continue supporting the egregious exploitation of animals for food and in other ways. It is not sufficient that *we know* and still obey the government and societal laws that keep us in servitude. Once we know, we have to put the wheels into motion and change for the better.

Veganism is the desire to no longer see animals as property, food or for anything else. It means that we don't buy products that contain animal ingredients or were tested on them.

We must scan every package and ingredient list and be adamant and rigid, and do our best not to purchase anything that exploits animals, our precious Earth or other humans.

Usually, the item will say on it, "No animal ingredients" and "Not tested on animals". And some products will even include a certified vegan symbol on them. However, being vegan does not mean we only refrain from consuming animal foods or foods that contain animal ingredients, though that is

the most prominent aspect of it; it is a total ethical and spiritual lifestyle transformation.

When we are on our journey, we need to understand that veganism is an ethical way of living. We don't go vegan, and that is it. There is so much more to it than that. Veganism is just our first step on our journey. If you would like to learn more, my books, *Return to the Gentle Sea: For the Love That Lives in Everyone* and *Creating a Beautiful World*, go into this in-depth.

When I first became vegan in 2009, it was easy because I knew why I was doing it. I had the motivation and urge not to want to cause harm to other beings. I didn't make any excuses or transition slowly in; I just did it from day one. At the very moment, I did not want to consume anything that came from an animal. I saw myself in another creature and knew if I would steal from/or kill them or get someone to do it for me, I would be harming a part of myself. I realized that nonhuman animals were not here *for me*, but rather *with me*.

Plants nourish us, and fruit is perfect for that. When we consume the flesh around a fruit's seed, we disperse the seed back to nature. It is a symbiosis working in harmony

with the Earth. As we start to understand our role as human beings within the universe, nature and intuition guide us to further spiritual growth and awareness. We are here in this life to love and be joyful. There is nothing better than to help each other and to do our part as good stewards on the land.



Today we can make a difference in the world for the greater good for future generations. We might think that one person is insignificant, but we all are important, unique, and beautiful. Every drop of water in the ocean is significant; otherwise, there is no ocean. Every pebble on the beach is vital; otherwise, there is no beach.

Everyone who is reading this book is shaping the future in their own little ways. You are a compassionate and loving soul, someone who genuinely cares, who is not

inherently evil. Just like the rest of us, you too are on a journey of self-discovery and awakening. But the journey does not end here. We must strive to walk away from our culture, reconnecting to our true nature and the incredible abundance and beauty of this world.

Many years ago I looked into the soul of an animal who was on their way to slaughter, and the pig asked me,

*“Why are you doing this to us?”*

I replied, *“I don’t know”*, as I wept in sadness. From that day on, I vowed to do whatever I could to help nonhuman animals. And you have the power to do the same.

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I am grateful that you have taken the time to read *Awakening the Good in Humanity: Ending Violence Forever*. I would appreciate feedback and a review. Also, share this book with others and visit our raw vegan community, Peaceful Village.  
**[weareinterconnected.com](http://weareinterconnected.com) – [peaceful-village.com](http://peaceful-village.com)**

## Resources

### ***Books***

- Any book by Michael Lanfield, especially *Return to the Gentle Sea: For the Love That Lives in Everyone* and *Creating a Beautiful World*.  
weareinterconnected.com
- Any book by Mango Wodzak. fruitnut.net
- *The World Peace Diet* and *Your Inner Islands* by Will Tuttle, PhD. worldpeacediet.com and willtuttle.com
- *Peace to all Beings* and *Homo Ahimsa* by Judy Carman. peacetoallbeings.com
- *Motivational Methods for Vegan Advocacy* by Casey T. Taft, PhD. veganpublishers.com

### ***Videos and Documentaries***

- Peaceable Kingdom: The Journey Home  
peaceablekingdomfilm.org
- Food Choices watch here
- Earthlings nationearth.com
- Bold Native boldnative.com
- Pure Fruit vimeo.com/emilebokaer/purefruit
- Cowspiracy cowspiracy.com
- What the Health whatthehealthfilm.com
- Making the Connection  
<https://youtu.be/TYEOdpH1ulk>
- Animals and the Buddha  
<https://youtu.be/S0MWAAykFuc>
- A Prayer for Compassion  
aprayeforcompassion.com

## *Meet the Authors*



**Michael Lanfield** is an author of several books, including the #1 Amazon category best-selling books, *The Interconnectedness of Life* and *The Journey*, and others including, *Return to the Gentle Sea: For the Love That Lives in Everyone* and *Creating a Beautiful World*. He is also a spiritual coach, YouTuber, and certified World Peace Diet Facilitator.

**Aurora Ananda** is a raw vegan chef, certified ayurvedic masseuse, and certified yoga instructor. She has travelled internationally and studied under the guidance of spiritual teachers in India and Thailand and has completed three Vipassana meditation retreats. A vegan since 2016, Aurora is Michael's soul path partner.