

# The Alliance With Gaia

## Passage One: The Retreat



See you beyond the bridge ...

Here is the link to access the introductory video clip, please use the password I have already sent you to view it.

[Introductory Video: The Alliance With Gaia](#)

[www.pegasus-animal-healing.com/awglibrary/](http://www.pegasus-animal-healing.com/awglibrary/)

I would like to share with you a few mystical connections before the course officially began this one (I will share others later on) is from Joseph in California:

“Dear Wendy....I've found that my energy, the energy of things around me, etc. ,changes slightly before I sign up for things for example Stuart Wilde's gig in Las Vegas 2012 and the Daoist Tapping Ceremonies of the Hooded Sage.”

Friday, January 14,

“On the way to work driving through the mountains a beautiful deer was waiting on the side of the road. As soon as I realized it was a living creature (not just shadows, or trees) I slammed on the brakes.

As I came to a complete stop and motioned for her to cross, if she was going to.. (I say her', as she had no antlers), she walked a couple of steps up to my car fender, and looked at me. Not even a few feet away -literally, inches from my right front fender, staring at me through my wind shield.

She had large, gorgeous brown eyes, and large ears (bigger than a white-tail or black tail but smaller than a mule deer (which allegedly aren't even in these mountains, strange) the whole experience had me wondering if somehow I'd happened into a petting zoo. But no, I was on my way to work, and there she was. I told her that I loved her, and asked her to please stay out of the road, as I didn't want her to get hurt. As I slowly drove away, I looked back in my rear view mirror after I'd gone fifty feet, and there was no sign of her.

Bizarre until one sees that I've already signed up for a 'nature course', which I didn't even know existed! LOL!"

For our journey to feel more connected with nature and the animals, we need to find more softness, stillness, reverence- the link with Gaia.

We begin therefore to retreat away from the noise, excesses and distractions of the collective conscious and unconscious into the depths of our true feelings clear of mind and emotion this requires strength and tenacity as Stuart Wilde told us.

We still have to function in life in whatever circumstances we find ourselves and embrace humanity of which we are also a part.

So what is the retreat then? The retreat is to disengage from the mind traps and emotional drama around us and not waste energy in conflict with it, its an internal stance of softness and strength.

We know that meditation, silencing the mind is the way.

Nature calls us if we will but listen, the animals connect with us when we stop trying to impose on them. when we silence the din of our mind and our expectations and when we are still and open.

This course is a blend of the metaphysical and the practical.

The Alliance With Gaia Course will push you past your ego's comfort limits, the course is learning about ourselves and our connections to the natural world, all too often forgotten and dislocated in these times.

Stuart Wilde told us at a seminar in Las Vegas 2007 that we could not form an alliance with Gaia if we ate her children, he was not sanctimonious about this.

## How Much Does Your Food Really Cost?

The main thing is to have a regard from where your food has come from its origins and how it has arrived on your plate. The “*how*” is most revealing and in a way considering the social pressure, it takes a bit of courage to find out truthfully the answer to this.

It's not healthy to dwell on negativity and the pain of the animals. However, being aware finding compassion in our hearts for other creatures- sentient beings helps us to evolve.

We can retreat from food which has a high cost to nature and the animals in terms of suffering.

We do not necessarily have to become vegans, I see no problem with healthy chickens free to roam and also free to shelter and given decent food having their eggs gathered in small holdings.

The concern for the hens is becoming more main stream and many super markets stock free range organic eggs. We don't need to eat 3 egg omelettes do we?

We can reduce our human “foot print” and not judge others allow them their evolution. We don't want to become “special” with our diets nor do we need to point the finger at others.

We focus on our own lives and our connection with nature and the animals that is our direction.

## Video links

### Guidelines

Sometimes you will be given video links Please view only the intended video or replay it if you wish. If you watch anything else at the time.. you will be distracted from the essence of the exercise keep your path clear as possible.

*Please follow the links in sequence.*

#### 1). (Link A) Stuart' Wilde's video “The Tears Of Gaia”

This I believe is the seminal video explaining the plight of the animals and our responsibility.

[Click here to watch video](#)

[https://www.youtube.com/watch?v=JP\\_M\\_TazqhA](https://www.youtube.com/watch?v=JP_M_TazqhA)

#### 2) (Link B) A Main stream and clear intellectual approach in favour of vegetarianism “Beyond Carnism and toward Rational, Authentic Food Choices” by Melanie Joy

[Click here to watch video](#)

<https://www.youtube.com/watch?v=o0VrZPBskpg>

#### 3.) (Link C) An uncompromising shaming animal rights vegan stance.

Contains detailed and graphic video footage inside slaughterhouses.

Gary Yourofsky - “ A Life Changing Speech New York 2014”

[Click here to watch video](#)

<https://www.youtube.com/watch?v=mpy6lFIFnJQ>

## 5. Questions

1. What can we on a personal level do to reduce our human “footprint” with respect to our food?

2. Are there any small changes you can make for a month to reduce your human footprint?

Does it even matter if so to whom?

3. Do you have any meat free dishes that you enjoy and are nutritious.? *Give x1 example*

4. (Link D) What messages if any do you feel that the film “New Life” gives?

[Click here to watch video \(scroll to the end\)](#)

<http://www.pegasus-animal-healing.com/north-ronaldsays/>  
Scroll to the bottom of the Blog page to reach the film.

5. (Link E) “The Wolves”-Video By Krecika. What can you learn about the behaviour of wolves by watching the video?

Why have wolves been so persecuted?

[Click here to watch video](#)

[https://www.youtube.com/watch?v=20SWz2Gf\\_BY](https://www.youtube.com/watch?v=20SWz2Gf_BY)

What if anything have you learned from Passage One?

