



HUMAN ECOLOGY
PROJECT
THE PERSONAL IS PLANETARY



One Great Idea... The Future

We all need to do what we can to create a healthy and peaceful world for future generations.

[Find out more](#)

DEAR FRIENDS

Gibraltar, The Rock, was a Huge Success.

It is such a joy to end the year with such positive news. The success of our event at the Gibraltar Literary Festival was simply outstanding. From my vegan menus, our presentations at the Royal Yacht Club and the school, along with my book signing, it was such a joyous experience. I will have a live Zoom session with the pupils in January. They will create one of my vegan menus for their end-of-term assessment.



We made so many new friends and contacts. The people were so open and engaged, and many questions were moderated by one of the local TV station presenters.

Education is the most powerful tool we have to bring about change.



Bill and I say day in and day out that **education is the biggest tool we possess to assist us in moving toward a vegan world.** Non-violent, peaceful presentations and bringing people together is the way forward. So, on that note, enjoy these fabulous presentations from our wonderful friends and colleagues sharing their powerful messages. You can view them on our [YouTube channel](#) or listen to them on our [Spotify channel](#).



Rev Carol Saunders



Dan Graham

Rev. Carol Saunders engages in extraordinary conversations with interesting people on a wide range of spiritual topics. She seeks to inspire her audience through personal stories of love, awakening, divine encounters, healing, and transformation while encouraging inquiry and self-reflection.

Learn from world-renowned expert Dan Graham, who has been involved with the Vegan Organic Network (VON) since its inception in 1996. Dan has helped to create the World Map of Veganic Gardeners; if you grow plants without the use of chemicals, pesticides, or any animal inputs, you can join the map and network with gardeners in your area and around the world.

Watch now

Watch now

ABOUT US

Our Mission

As always, Bill and I are committed to our mission of making good health available to everyone everywhere. Thank you for reading, sharing, and for your support of our work.

In good health

Bill and Marlene X

LISTEN TO

This month`s Podcasts



Rev Carol Saunders

[Listen to this Podcast](#)

Food is more than simply a delivery system. Our bodies are made up of spirit in physical form, cells, and tissues. These require energy to survive, so we eat food to maintain our physical state. However, we are more than just physical beings. We are soul beings, which means we are consciousness in a physical body.

Dan Graham

[Listen to this Podcast](#)

The Japanese have a saying, 'Soil and man, not two.' It is an acknowledgement that all plant life is dependent on living soil. Dead soil means a dead planet. The terrestrial food chain begins with the soil. Dan explains what organic vegan means and shares his life work on the Veganic Organic Global Network.

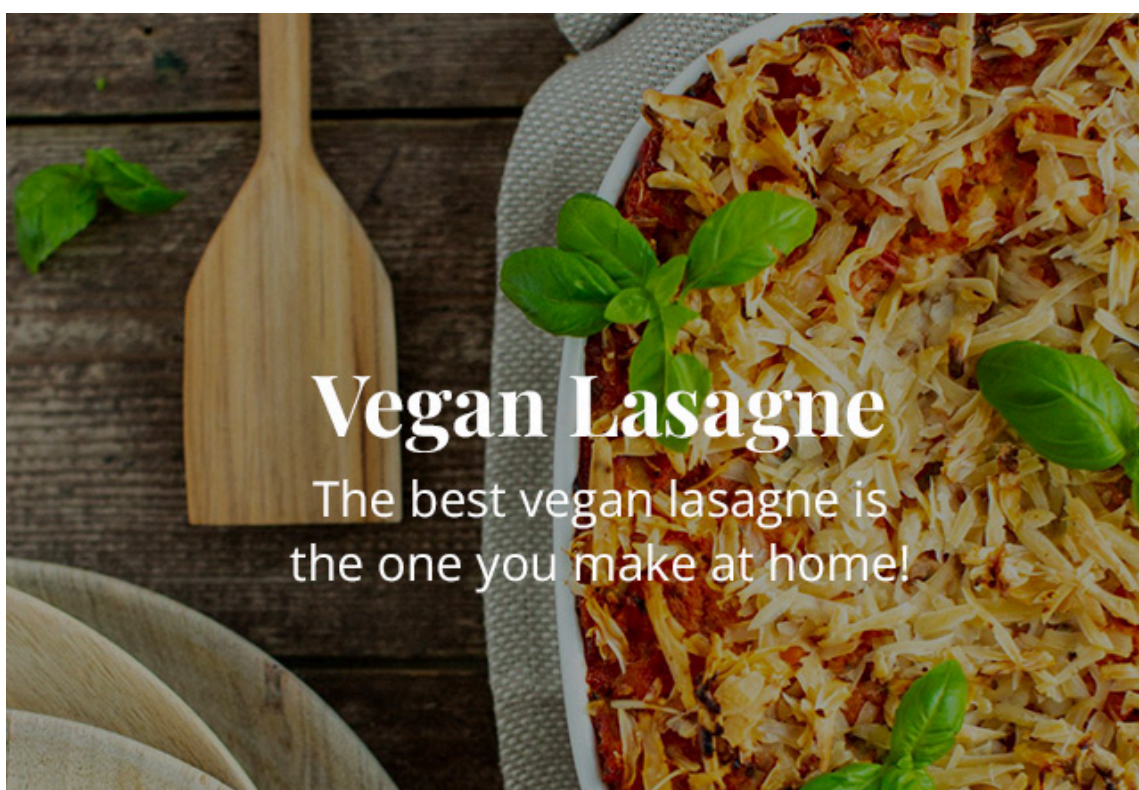
Season's Greetings

Bill and I have been doing all sorts of fundraising events and shooting some videos for our next workbooks for schools and communities. So, as always, we are energised and ready to jump right into 2025 to spread our Human Ecology Project as far and wide as possible.



RECIPE

A Feast from the Ecological Kitchen



[Download the Vegan Lasagne recipe](#)

The best vegan lasagne is the one you make at home! I use brown rice or spelt organic lasagne sheets. This super-healthy vegan lasagne is hearty, filled with vegetables, and so good! The rich tomato sauce layered with a creamy mushroom and spinach filling is seriously savoury and satisfying.

Download recipe!

HELP US HELP THEM

We have been given a matching grant. If we can raise **\$20,000** in the next six months, we will receive **\$40,000** to impact the lives of more students and their parents.

It is a generous offer, but we need your help.

We thank you in anticipation.
In good health

Bill and Marlene X

GET INVOLVED

Be a Changemaker

Our campaign goal and the link to our crowdfunding page are live. It is very easy to donate. Trusting ourselves, our intentions, and the goodwill of others to help us reach our target drives us both daily.

Donate now!

Help us grow by

making a gift today.

Your gift to the Human Ecology Project will support our commitment to building a better world.

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