



## THE GHOSTS IN OUR MACHINE

a cross platform documentary — live & unfolding

### FRIENDS OF THE GHOSTS NEWSLETTER - Issue #19 December 2012

Hi Friends,

Happy Holidays from all of us at THE GHOSTS IN OUR MACHINE!

We have been featured in an article in Psychology Today, [Animal Pain Hurts: The Ghosts In Our Machine](#). Thank you Marc Bekoff and Dr. Lori Marino.

#### FEATURED FORMER GHOST



"Clarabelle in the sunset at Farm Sanctuary, USA." photo courtesy of [Jo-Anne McArthur](#)

Check out Jo-Anne McArthur's new [photo album](#) and [blog](#) on our website called "[Celebrating Empathy](#)."

"[Jeremy Rifkin](#) writes in his book "[The Empathic Civilization](#)" that history is of course told through war. What remains largely absent from the history books, however, are the innumerable acts of kindness that have been part of our evolution and our empathetic progress. He writes that humans are predisposed to be guided by affection, companionship, sociability and empathetic extension, and that if we nurture this evolution, a "constant empathetic feedback can be the social glue that makes possible increasingly complex societies" – empathetic societies which respect, celebrate and include non-human animals...." [Read more...](#)

#### GHOST-FREE JOURNEY 2012 REUNION



On December 11th 2012 former participants of the Ghost-Free Journey reunited on Facebook with the Ghost Free Co-Coaches Donna Oakes and Rosemary Tarentino Foos and fellow Facebook users to discuss their experiences and where they find themselves today. [Check out their conversation](#) and remember to visit our [Facebook page](#) and like us today!

#### PRODUCTION NOTES

As the holiday season approaches and as we enter the home stretch to complete the film, we want to thank the supporters, fans and champions of our project. Without you we would not be where we are at today. THE GHOSTS IN OUR MACHINE has had a profound impact on both of us, and we can only hope that it will have a lasting and deep effect on others as well.

We are grateful for:

- The passion, commitment and artistry of the Ghosts film team. Liz will send out a detailed Directors message about the film in our next newsletter.
- Interactive directors The Goggles, who just completed an innovative interactive story which will launch on our website when the film is released in 2013.
- Bruce Cowley, Commissioning Editor of documentary channel who is a hero for believing in our project early on.
- Our funders and investors: documentary channel; Canada Media Fund; The Bell Broadcast and New Media Fund; Hot Docs Shaw Media Fund; Films Transit International; documentary Giving Voice program; Culture and Animals Foundation; docSHIFT initiative and our indiegogo supporters.
- Our Animal Ambassadors, who have generously supported and inspired us with their insights and endorsements.
- Donna and Rosemary, Co-Coaches of our 5-Day Ghost-Free Journey, as well as the GFJ Participants who bravely embraced personal change; Danielle Legg who tweets on our behalf; our guest bloggers and social media supporters who have written about and shared and championed our project.
- Our online sponsors: Tofurky, LUSH and Vegfund. This kind of support is crucial for our online activities.

Thank-you from the bottom of our hearts!

Wishing you peace and joy in the coming year.

Liz & Nina  
Ghosts Media Producers

Ghosts Media Inc. would like to thank the following partners and supporters:



Produced with the participation of the Bell Broadcast and New Media Fund



Produced with the participation of:



Developed with the support of the docSHIFT initiative



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The Animal Ambassador program is supported by:



FEATURED

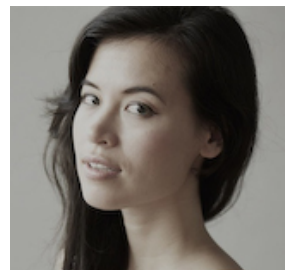
[ANIMAL AMBASSADOR](#)

LEANNE MAI-LY HILGART

Founder/CEO,

[VauteCouture](#)

photo courtesy of Dominic Neitz



I am so excited about the THE GHOSTS IN OUR MACHINE! When I was a kid, I knew that we were doing things to animals that no one was talking about. On a basic level, regardless of how they are treated, animals are just not ours; their lives are worth more than the purpose of becoming food and clothing. But on top of this- the world needs to know what really goes on within animal industries. The cruelty that results in viewing sentient beings as cogs in a machine is absurdly disgusting. With Liz Marshall's film, more people will become aware of what's really going on, and be able to make the choice to live congruently with their own ethical code instead of tradition.

Read more about Leanne and VauteCouture [here...](#)

The Ghost-Free Journey is supported by:



A HIGHLIGHT FROM OUR COACHES

DONNA & ROSEMARY



Our latest [5-Day Ghost-Free Journey](#) took place from November 12th–16th with Simonee Chichester from Toronto. In was an amazing 5 days filled with lively discussions about dairy/egg alternatives, the connections between yoga and the Ghost-Free Journey and dealing with the social issues that surround vegans.

Perhaps the deepest conversations came on [Day 5](#) when we talked about our bonds with our companion animals and how those relationships influenced our decisions to make changes in our lives. Simonee shared the stories of the loves of her life – animals she had rescued and formed intense relationships with. She ended her journey with these words: "As I sign off my GFJ I can truly say things

are different and I feel changed. I'm not sure how this will look tomorrow or in the next year but I do know that I am not going back either. Hope that makes sense."

We hope that you will take the time to read the full posts of the [5-Day Ghost Free Journey](#).

For The Ghosts,  
Coaches Donna and Rosemary

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