

*A Goddess Heart Book*



# Vim Vigor Vitality Vegan!



*Plus Enagic Kangen Water® Specialties!*

*Audrye S. Arbe*



## Testimonials

“Based on past experience with Audrye’s other work, *The Mother’s Manual*, and its great value, I believe that *Vim Vigor Vitality Vegan!* will be a real hit with anyone ready to become empowered to create optimum health for themselves and their families.

“Thank goodness we have Audrye, who has such a loving spirit and is dedicated to helping others. What a gift!”

**Brenda Cobb**  
**Founder, Living Foods Institute, Atlanta, GA**  
**LivingFoodsInstitute.com**  
**800-844-9876**  
**brenda@livingfoodsinstitute.com**

\* \* \* \* \*

“My opinion on Audrye’s law food recipes is SUPERB. If I could hire her as my personal chef, I would!”

“These are the most unique dressings, chocolate (raw cacao nibs) mousses, salads, etc., and she takes such loving time to put all this together.

“She honestly stands for what she believes in about health and wellness – no animal products and the use of all organic or as much organic as possible.

“I love, love, LOVE her food, so whenever I can get a taste, I am VERY happy.

“I’m planning to get a Kangen® machine.

“Audrye is also a wonderful artist. I love her work and have one of her paintings on my wall at home.”

**Cindy Santaite**  
**Massage Therapist**  
**954.562.3450**  
**Plantation, FL 33322**

\* \* \* \* \*

“I have eaten raw vegan food for years. In New York, I produced and hosted a vegan TV show for over 10 years, teaching people about this life-saving food.

“When I visit Florida, often feeling exhausted and worn out, I stay at Audrye’s place. She feeds me her amazing healthful and absolutely delicious raw vegan food, which I appreciate so much.

“I have brought people to her home just to eat her food – and to meet her.

“Audrye is a Master Vegan Chef. Her food brings me and other people energy, enjoyment and satisfaction. After a few days at her place, eating her food, drinking her Kangen® water, I feel years younger, with a clearer head, brighter outlook, and a stronger body.

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# *Introduction*

With so much information floating around about health and nutrition, what's a person to do? How to choose? What's good for you? For me?

Simple common sense, with which we are born, tells us that the more natural and authentic something is, usually the better it is for us. If food has been tampered with, including in the actual seed itself, this signals danger.

For eons, we people have eaten food as it was grown. If we ate animal products, we took it directly from the animal. Now, with fast this, faux that, genetically engineered those, and terminator seed these, the food source has been highly contaminated and made toxic.

What is the result? People getting dis-ease, obese, mentally slow.

How to shift?


Become aware of what we are. What are we? We are beings of energy-soul-spirit in a physical wrapping with emotional and mental components. This simple way of understanding ourselves also lets us know that the food we eat benefits us if the food also is of a high energetic quality.

Raw organic vegan "living" foods are the highest vibration food on this planet. When and if we ever learn to truly directly metabolize sunlight, like plants, then we can gain our nutrition from our local star, the Sun. Until then, we bless ourselves with eating light-filled food.

I used to be a food addict, before such a thing was recognized or diagnosed. Do you know what this is like? As unique as we all are, we can absolutely learn from one another.

This treasure of a book with yummy Recipes can truly save your life, plus offer you the possibility of living beyond 100 years in super excellent health on every level: spiritually, emotionally, mentally, physically, energetically, financially.

Does this interest you? Yes? Then read on, and enjoy the ride.



# Chapter One

## *What Do You Want?*

Who am I and why should you care? Why do you benefit from reading anything I've written? Your internal dialog, that little voice that almost never shuts up, is probably going yatata yatata yatata right now, asking these and other questions.

So, let's answer them. Who I am is a person like you. I am a woman, mom, and grammie, who's been through plenty of ups and downs. Have you been through enough ups and downs to build an escalator to the moon and back? Raise your hand if yes! Me, too.

## What Do YOU Want?

Have you wondered if you would ever be healthy, really healthy? In order to become healthy, would you be willing to be free of food, alcohol, substance, and behavior addictions? Yes? Me, too!

So, you may be asking, what's the big deal? If all of us have been there, you may be wondering, "Why should I care about you?"

Why you could care is because despite all the ups, downs, sideways, ins, out, overs, unders, and in-betweens, I am now a happy, energized, healthy person living my passion. I have incredible health in my seventh decade and can show you how you can have this too! Now!

If you would love to be happy, energized, healthy, bright-eyed, and, yes, even bushy tailed, in your life now while living your passion, stand up!!!! Cheer for yourself! Now!!! Yes! Yes! Yes!

I am a Life Consultant. This entails my being a spiritual therapist, energy healer, author, artist, clairvoyant, transformation catalyst, vegan, and Kangen Water® distributor. People transform when they hang out with me, and transform even faster when they work with me.

## Back in Brooklyn

As a quiet, introspective girl born in Brooklyn, I would watch people, perceive their feelings, "feel" them, and see internal pain and resignation on their faces. I would sit on our stoop – at that time that's what we called the outer steps to my apartment building – and swear to myself that I would never, NEVER, N E V E R, let pain and resignation happen to me and beat me down. Of course, life occurred for me as

for you and everyone else, and I had to work on myself.

I wondered what had happened to these people who had started as such cute little babies to turn into such sad, depressed, despairing, almost decrepit people. At home, the oldest child of three, I was constantly told by my mother that I always had to know better. I couldn't hit, yell at, swear or do anything "bad" to my sister or brother, because I was the oldest, and just had to "knew better."

## A Born Mystic Intuitive

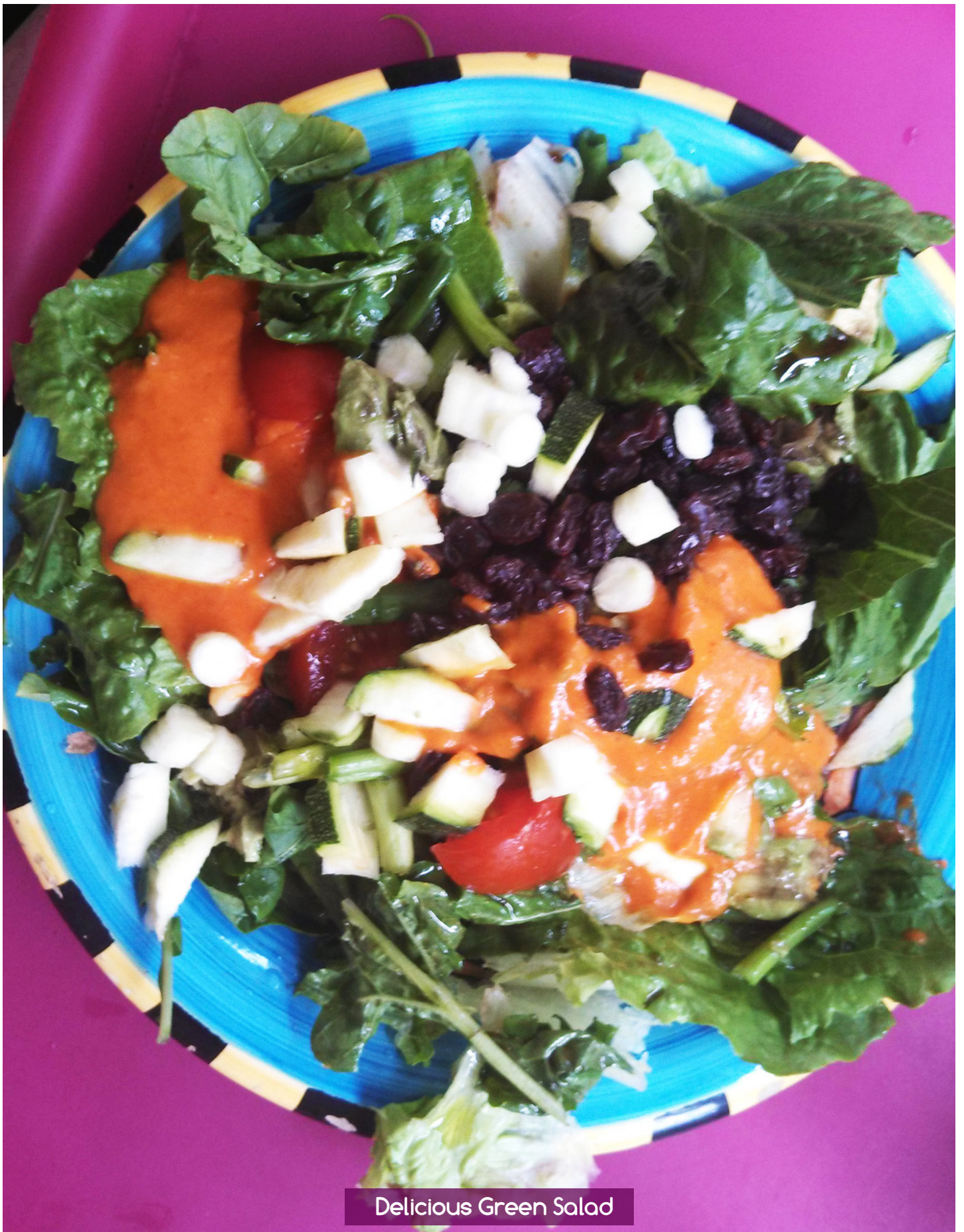
Because I am a born intuitive and clairvoyant, I knew early on that there were issues in my family. I could feel undercurrents of anger, pain, sadness, resentment, and these sorts of things. One day, while we still lived in Brooklyn, when I was younger than eight years, I awakened in the middle of the night due to my parents arguing. My dad was so angry that he hurled a plate to the floor. CRASH! I was terrified! What was happening?

I must have made a little sound.

My mom came to where I was sleeping. I pretended to be asleep, and may have fooled her. Scared, I clearly chose to avoid becoming involved in their fight.

What I learned very clearly at that time was that people hide a lot of what's really happening. They pretend that things are one way, when things really can be quite another way. I also knew that people "lied" to themselves.





Delicious Green Salad



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# Recipes

## RAW

### APPETIZERS, DIPS, PATES

## Black Bean Lentil Mung Living Hummus

### INGREDIENTS

- ½ cup lentils, soaked in Enagic Kangen® 9.5 pH Alkaline or 11.5 pH Strong Alkaline Water and sprouted
- ½ cup black beans, soaked in Enagic Kangen® 9.5 pH Alkaline or 11.5 pH Strong Alkaline Water and sprouted
- ½ cup mung beans, soaked in Enagic Kangen® 9.5 pH Alkaline or 11.5 pH Strong Alkaline Water and sprouted
- 2½ T Braggs Liquid Aminos (approximately)
- 3+ T almond butter (crunchy or smooth, unsalted)
- 4 - 5 cloves garlic
- ½ cup olive oil (or Uli, hemp, flax or other good oil), add more if needed for consistency
- ¼ - 1 jalapena or habanera pepper fresh, or 2 t dried (or cayenne)
- 1 bonito or sweet potato, cut up

### DIRECTIONS

1. Combine garlic and jalapena pepper in food processor and chop up.
2. Add all four beans and blend, then add everything else except bonito or sweet potato, and continue blending until creamy.
3. If too spicy, add cut-up bonito or sweet potato.
4. If more spiciness is desired, add more jalapena, habanera or cayenne.
5. Refrigerate or eat now.
6. Enjoy!! Great with carrots, lettuce, celery, salads, as well as flax or other crisps, crackers, and chips.



# FRUIT BLEND AND FRUIT SALAD

## INGREDIENTS

Fresh organic fruit salads are a treat indeed, good as main courses, side dishes or dessert.  
You can vary the fruit by season, sweetness, even color.

## Tropical Fruit Salad

**For a lift to your palate, cut a melange of ripe:**

Mango, Papaya, Banana, Peach, Apricot, Coconut, Dates, Raisins, Pineapple  
Arrange prettily on a plate with Fruit Blend. Enjoy this absolutely delicious treat!



## Fruit Blend

**In blender, blend:**

1 orange, cut up  
½ mango  
1 frozen banana, cut up  
1 date

Pour into bowl by itself or atop Tropical Fruit Salad, then top with:

Handful or raisins

1 cut-up date

½ cut-up mango

Delicious!! This is incredibly healthful and heavenly to eat and enjoy.



## Soy Yogurt Fruit Salad Topping

**In blender, blend:**

vanilla soy yogurt (for cooked) or Vanilla Nustard for raw

Maple syrup

Apple juice

Pour over Tropical Fruit Salad or any kind of Fruit Salad



## ENTREES

### Zesty Veggie Burgers

#### INGREDIENTS

1½ - 2 cups mung bean sprouts (all sprouts made in Enagic Kangen® 9.5 or 11.5 pH Water)  
1½ cups lentil sprouts  
1 sprig dill  
1 sprig cilantro  
1 sprig thyme  
1 sprig rosemary  
¼ cup red bell pepper  
1 carrot  
1 stalk broccoli  
6 sun dried tomatoes, soaked in Enagic Kangen® 9.5 pH water  
¼ cup flax seeds, soaked in Enagic Kangen® 9.5 pH water  
¼ cup sesame seeds, soaked in Enagic Kangen® 9.5 pH water several basil leaves  
¼ tsp celery “salt” (from dehydrated celery slices, ground up into “saltlike” grains)  
¼ - ½ t Jamaican Jerk spice, or cayenne, or BBQ spice, something with zest and zip

**OPTIONAL** ¼ cup water

#### DIRECTIONS

1. Blend up everything in the Vita-Mix or Cuisinart food processor
2. Drop on Teflex sheets by two (2) full Tablespoons in the form of burgers or as crackers.  
Dehydrate at 100 degrees until ready, maybe 12- 18 hours. Then turn over and, if needed, dehydrate slightly more.
3. Eat and enjoy!! This can be enjoyed with raw pesto, salsa, or other sauce.



# BREAKFAST

## Raw Nut Granola

Use as fresh organic ingredients as possible as well as Enagic Kangen<sup>®</sup> Water  
(To learn more, please visit [www.GoddessHeartWater.com](http://www.GoddessHeartWater.com) and [www.KangenDemo.com](http://www.KangenDemo.com))



**NOTE** Use raw organic nuts and seeds. There is a difference in nutritional quality in raw and nonraw as well as organic and “conventional.”

Use the best ingredients you possibly can. Be sure your hands are clean. Wear apron or something to protect your clothing.

Type of nuts and seeds used can vary as can types of fruit. I do not use walnuts because I crumble 1-3 raw organic walnuts on top of the **Raw Nut Granola** when I serve it, along with whatever berries or banana I choose to use.

This, with my **Cacao Mylk** (see Recipe), make a delicious protein-and-antioxident-rich breakfast.

This process can take from 28-48 hours. Well worth it!! Delicious nutritious breakfast for about two months!!

### INGREDIENTS

Almonds, 4 cups	12 - 15 dates
Cashews, 3 cups	3 bananas
Hazelnuts, 2 cups	1½ peaches
Brazil nuts, 2 cups	3 plums
Macadamia nuts, 1 cup	1 Granny Smith apple
Pistachio nuts, 1 cup	½ small papaya
Pine nuts 1 cup	2½ lbs or so raisins
Sunflower seeds, 3 cups	3 nutmegs, ground
Pumpkin seeds, 3 cups	Salt, Real, 4 tsp approx
Hemp seeds, 2 cups	Cinnamon, ¾ cup or so

# Ongoing Possibilities

Life is about evolution, love and transformation. So, too, with food, including raw vegan cuisine, ever evolving.

Whatever path you are on, I invite you. Stay in communication with me.

You are cordially invited to Friend, Like, and Follow me on Facebook, Linked In, Twitter, Instagram, Pinterest, and whatever else is occurring.

If you're a mom, or know someone who is, definitely get the FREE ebook, ***The Mother's Manual Sampler***. For Enlightened Moms, Evolved Kids, get the masterpiece, ***The Mother's Manual, A Spiritual and Practical Guide to Child Rearing and Motherhood***, and Gifts at **TheMothersManual.com**. We have digital, audio, MP3s, CDs, and more.

For anyone who loves excellent health throughout life, including the possibility of being free of diabetes, Alzheimers, acid reflux, obesity, autism, more, get the Enagic SD 501. Go to **GoddessHeartWater.com**, and see an online demo at **KangenDemo.com**. I love this water so much, I am a Distributor. Call me at **1.888.757.3223**, and I'll find a way for you to sample this "miraculous" water free.

A listener? Go to [BlogTalkRadio.com/GoddessHeartNetwork](http://BlogTalkRadio.com/GoddessHeartNetwork), MIRACLE MANIFESTING MONDAYS, live Mondays, 8 pm ET + archives.

TV? Check out [AudryeNow.tv](http://AudryeNow.tv), [YouTube.com/AudryeNow](http://YouTube.com/AudryeNow), [YouTube.com/TheMothersManual](http://YouTube.com/TheMothersManual), Instagram and Pinterest.

Many blessings to you in every way!!!



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Brenda Cobb  
Founder, Living Foods Institute, Atlanta, GA  
[LivingFoodsInstitute.com](http://LivingFoodsInstitute.com)

"Arbe's recipes quickly win everyone's palate approval. Choose randomly from her wide selection and enjoy."

Sharón Lynn Wyeth  
Creator of Neimology® Science, Author, Speaker, Educator

"Anyone is lucky to eat her food or follow her recipes. She has a real knack for inventing and preparing unbelievably tasty energizing food."

Ed Lieb  
TV and Film Producer, Vegan Food Prep Expert



Audrye S. Arbe, Author and Artist

LEARN MORE AT [www.Audrye.org](http://www.Audrye.org)

