

# *Sanctifying the Sentient*

*(Volume I ... Mar 2013 – May 2014)*



*a collection of brief commentaries  
reflecting the innate Worth of ALL sentient life-forms,  
the current ways humankind is desecrating the same,  
... and what we can all do about it*

*via Scaughdt*  
an (i)am publication

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## *An Introduction to what Follows*

I remember like it was yesterday ... It was late May of 103, and I was the lone “ethical vegetarian” (an oxymoron, I now know) seated at the dinner table with some friends -- talking in a somewhat holier-than-thou tone about why I didn’t eat meat and why they shouldn’t be eating meat either. Suddenly, the young man immediately to my left somewhat innocuously turned to me and said, “You know that cheese is made using the stomachs of baby cows, right?” ... A prolonged silence followed, and I could do nothing for the next few moments but sit there with my mouth agape. Even though I was fluent in German (the language being spoken) at the time, I remember being almost certain that I had simply misunderstood him – that he surely hadn’t just said that my beloved cheese was made using dismembered calves, and so I asked him to repeat himself. He did so, explaining that the product in question is called “rennet”, and then he dialed up the relevant proof on his smart phone for me to read for myself. Sure enough, it was at that moment confirmed that the vast majority of cheeses are indeed produced using stomachs “harvested” from slaughtered calves ... And it was at that moment that my world turned upside down.

Later that evening, I went home and began to research the making of cheese – which led me naturally to learn about the cruelties inherent in the entire dairy industry as well. Indeed, it didn’t take long for me to discover that there actually is no separate “dairy industry” at all; to learn that milk cows are not only confined in often unsanitary conditions, but that they are repeatedly forcibly-impregnated (raped, actually), have their babies kidnapped from them shortly after each birth (half of whom are then soon murdered for veal & cheese), and then are brutally slaughtered to make cheap beef after only a few short years of being abused & over-milked. Essentially, I learned that the “dairy industry” is simply an appendage of the meat industry – that every glass of milk & every cup of yogurt & every slice of cheese effectively contains the blood of a murdered calf and the wails of a mourning – and later a murdered – mother.

And that was enough for me – all cow dairy products immediately became off-limits. I mean, how could I earnestly live as an open advocate for Love & Justice & Compassion while supporting such abject cruelty & injustice & callousness?

I couldn’t, and so I stopped doing so ...

Admittedly, I tried to rationalize satisfying my physical addiction to the casein in animal dairy by shifting to goat milk & goat cheese for a few weeks, and yet I soon found out that goats were similarly abused; that it didn’t really matter how uncomfortable or inconvenient it was for me if my diet was the direct cause of such brutality & suffering.



And so I went vegan that June, and began sharing with others the facts that had for so long been hidden from me. As such, here is the first volume of my collection of those articles & entries; those posts & those paragraphs. May the facts & truths within them awaken your true, Caring Self the same way they awakened mine ... Peace.

*Scaughdt*  
(April 2015)

*“Being vegan means you’re rejecting decades of mass marketing’s mass deception; that you’re embracing truth, science, and compassion instead ...*

*Being vegan means you care more about personal impact than personal budgeting; more about long-term vision than short-term advantage ...*

*Being vegan means you understand that you too are an animal; that only a very small percentage of your DNA differs from that of all your other sentient brothers & sisters ...*

*Being vegan means you understand that you are a part of nature and not at all separate from it or lord over it ...*

*Being vegan means you see the beauty in the world around you and in the plants and other animals with whom we share it; that you feel that this beauty should be nurtured and protected rather than exploited ...*

*Being vegan means you know that you are the animals’ advocate; that you are their voice; that you are their champion ...*

*Being vegan means you’re already a part of the enlightenment process; that your efforts are playing an important role in allowing fellow humans to wake up and reclaim their birthright by becoming the renewed caretakers of our planet.” ~ inspired by unknown*

# To Live, let live

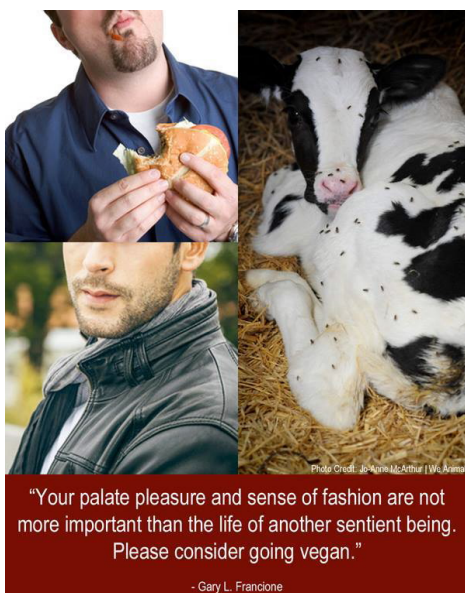
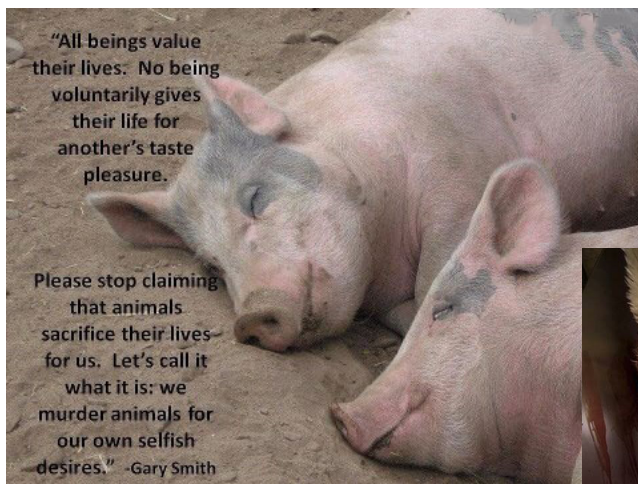
(03/19/2013)

*“As long as we believe we have the right to take the life of other living beings for our own health or comfort, there will be no limit to our cruelty ... As long as there are slaughterhouses, there will be battlefields.” ~ inspired by Leo Tolstoy*

Even the most humanely handled meat is still the taste of murder for mere convenience; the destruction of another being for the mere pleasure of our palates. Our own species will never thrive in Peace until we wake up and begin to respect the lives of all species “other”.

Pleas consider this Truth with humility ...  
And then please enliven it with courage.

*Thank you.*



## *Stopping the madness* (04/23/2013)

*“The animals of the world exist for their own reasons. They were not made for humans any more than black people were made for whites, or women created for men.” ~ Alice Walker*

Roughly 620 million people have died in all the wars & all the genocides recorded in human history. This happens to be roughly the same number of animals that humans murder for food & fur & fun **EVERY FIVE DAYS!** ... The year is 2013, my Friends -- not 1913, and frankly, such an extreme exhibition of barbarism and ignorance is simply no longer acceptable. Simply stated, we humans can no longer use the youth of our species as an excuse for our continued savagery. We have been around long enough to know better.

It is now a well-established **fact** that eating animal flesh &/or consuming animal secretions is *NOT* necessary to maintain human health (in fact, it has been proven that doing so makes you dramatically less healthy) ...

It is now a well-established **fact** that we do *NOT* need to imprison innocent animals in order to educate our children (i.e. zoos teach cruelty & oppression) ...

It is now a well-established **fact** that we do *NOT* need to wear animal fur to be warm or processed animal skin to be comfortable ...

Most importantly of all, it is now a well-established **fact** that animals are conscious, intelligent and even Kind; that they care gently for their young, that they mourn their dead, and that they want to live full lives just as much as we humans do.

To sum it all up then, we simply have no more excuses ... We know better, and it is time for us to start acting accordingly. As such, please wake up & begin doing your part to help put an end to this cruel madness ...

*Thank you.*





## *“Pigs in a Blanket”*

(04/24/2013)

I have been informed that today is national “Pigs in a Blanket Day” in the U.S. & Canada, a day that attempts to somehow honor & celebrate bits of pork meat wrapped & baked in small rolls of bread dough. Fair enough ... I realize that I can’t stop any of you from eating pig flesh. Each one of us must decide for ourselves whether we are going to be agents of Life (e.g. in all the moments we are serving our communities, forgiving our trespassers, giving to the poor, etc) or whether we are going to be agents of death (e.g. during all the meals in which we choose to consume animals). And please rest assured that — while I *will* send immense Compassion both to you as well as to all the animals that you directly or indirectly kill, I personally will NOT condemn any of **you** for eating meat of any kind.

That having been said, it can be of great assistance in Waking UP to regularly remember just what it is we are eating. Meat looks so harmless when we buy it in our stores — all cold and lifeless and wrapped in shiny plastic, and it looks so harmless when it adorns our plates – all salted & seasoned and often covered in sauce. As such, it’s quite easy to forget that every slab of chicken, pork, fish or beef was once a warm, feeling, living hen, pig, fish or cow — each one of them a sentient being that was cruelly abused & ruthlessly slaughtered, merely because we happen to think their flesh tastes good when skinned & cooked & seasoned.

Indeed, it’s so easy to look away from this fact — so easy to forget that there are life & death consequences for the choices we make in every meal we eat. Maybe these pictures will be a useful re-minder ... That, at least, is my intention.

So, with that I wish you “bon appetit”, my friends — with ***much*** more emphasis on the “BON” (i.e. your innate Goodness) than on the “apetit” (i.e. your primal desires).

### *“Pigs in a Blanket”*

*Before ...*



*During ...*



*After ...*





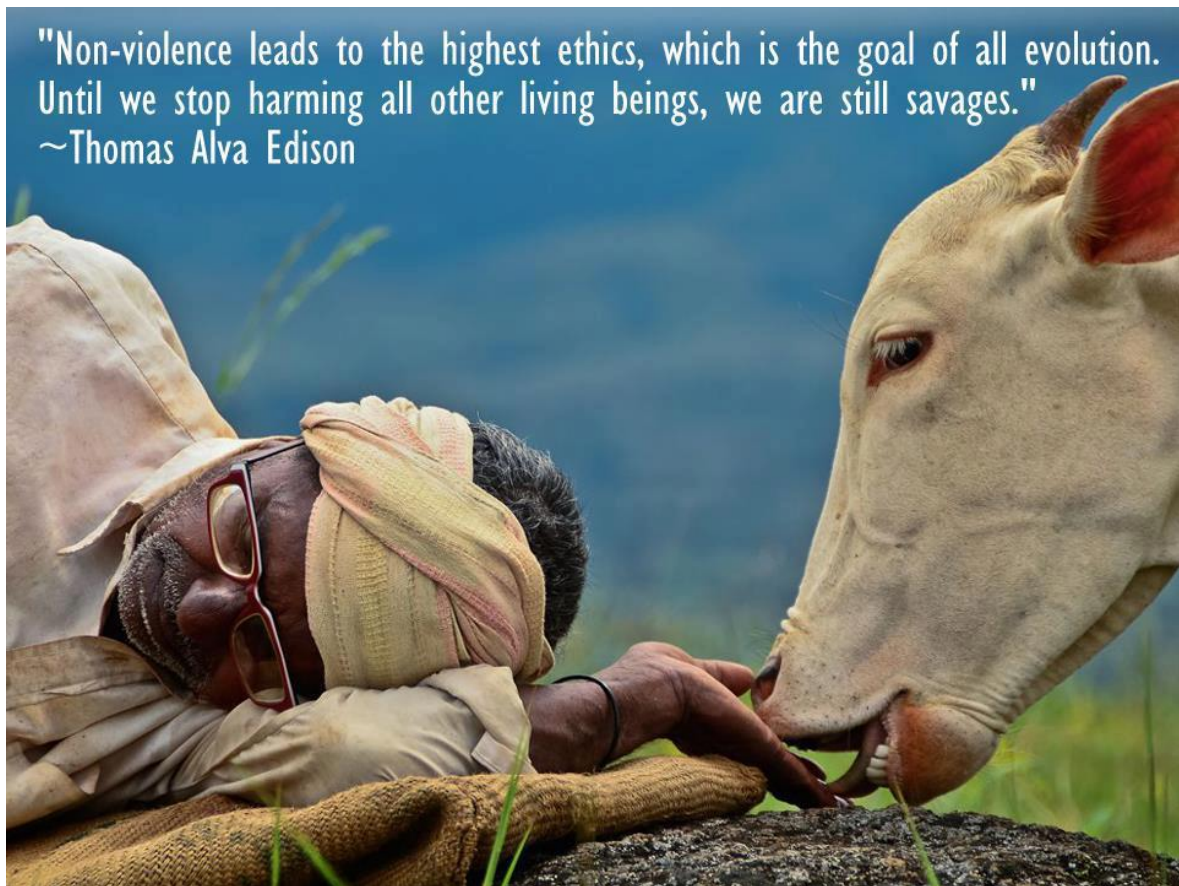
*Becoming truly Smart*  
(04/26/2013)

*Thomas Edison* was very smart — being a man who long ago recognized the Truth that we humans are still acting like arrogant savages towards many of the other species that share our beautiful planet ...

*William James* was even smarter — being a man who also recognized long ago that we can *ALL* focus the power of that savagery into acts of Respect & Kindness for those same beings; recognizing them as friends instead of food.

*“We are all ready to be savage in some cause. The difference between a good man and a bad one is the choice of that cause.” ~ William James*

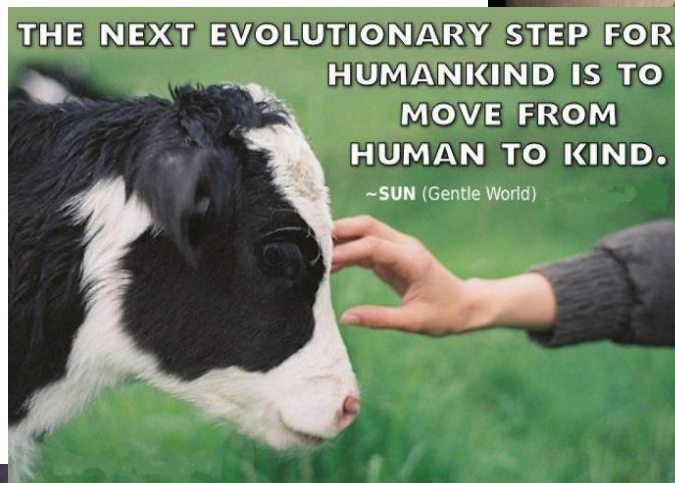
Amen ... Let it be so.



*awakening our Awakening*  
(06/17/2013)

*“Very little of the great cruelty shown by humankind can really be attributed to instinct. Most of it comes from casual thoughtlessness or inherited habit. The roots of cruelty, therefore, are not so much strong as they are widespread. But the time must come, and is indeed on its way, when inhumanity protected by custom will succumb to humanity championed by consideration. Today, let us work together that this awakening might soon arrive.”*

(inspired by Albert Schweitzer)



## *The hypocrisy of “only human”* (04/27/2013)

How fascinating we humans are ... Consider:

- \*We kill wildlife by the millions in order to protect our domesticated animals.
- \*We then kill those domesticated animals by the billions to eat them.
- \*We then die ourselves by the millions, because eating domesticated animals leads dozens of fatal health conditions (like heart disease, kidney disease and cancer).
- \*We then torture & kill millions more animals to find cures for those very illnesses — most of which could have been avoided by refusing to kill in the first place ... And all the while, millions of our fellow human beings are starving to death because food they could have been eating is being used to fatten the same animals that we are so callously slaughtering. (inspired by David Coats)

Indeed, we humans are mired in a society steeped in rage & frustration. And indeed, there are many “good reasons” for us all to be more than a little pissed off. Corrupt politicians occupying our government, condemnatory preachers commanding our pulpits and greedy CEO’s running our businesses & banks are all more than merely threatening to destroy our neighborhoods — they are actively & willfully doing so ... AND YET they & their misdeeds are *not* the true sources of our anger. No, our rage not only comes from within, it is also born there ...

You see, it is not so difficult to understand where hatred comes from when we remember that our anger only seeps to the surface when the external injustices we witness expose our own personal hypocrisies — and oh how astoundingly hypocritical many of us still remain. To better understand just what I mean, feel free to consider the following questions ...

- \*How can so many of us howl against the cowardly methods of domestic terrorists while still hunting defenseless beasts “for sport”?
- \*How can so many of us rant against imprisoning the innocent while still gawking joyfully at the freedom-less inmates of the local zoo or circus?
- \*How can so many of us profess to be “animal lovers” and yet still eat animals every day?
- \*How can so many of us rail against abortion and yet still gleefully murder, roast & ingest animal lives that are just as viable?
- \*How can so many of us rage against war abroad while still supporting genocide at home?

On our humane beef farm, we humanely slit our cows’ throats and humanely let them bleed out.





It is these personal inconsistencies (and others like them) that have us frothing at the Soul — that have us condemning the violent criminal to death, that have us sneering callously at the “homeless bum”, that have us denouncing the double-speak of the corrupt politician, and that have us calling for the downfall, if not the damnation, of the gluttonous corporate executive.

Peace is in-deed The Way, my Friends, AND ... real Peace will never find us until we replace our conveniently self-centered hypocrisies with a life founded in a moral Kindness that is as consistent as it is courageous.

Our rage is born solely in the mirror, my Friends ... and that is the only place where our rage will meet its Master.

Please consider gently ...  
... and please enact with Courage.



## *The Math of Meat* (04/28/2013)

*“The individual is capable of both great compassion and great indifference. He has it within his means to nourish the former and outgrow the latter.”  
~ Norman Cousins*

The math of meat is pretty simple, really ...

For example, consider the following basic equation:

killing some animals to eat their flesh  
+ loving other animals as friends  
= inevitably treating fellow humans the same way ... namely,  
loving the people we find to be “cute” or “nice” or otherwise  
sympathetic, while shunning or ridiculing or even killing the rest.



In essence, judging certain animal species to be “sacred” and calling the eating of their flesh “disgusting” (e.g. dogs & dolphins in the United States, cows in India) while labeling the flesh of many of those animals’ close cousins as “delicious” is hypocrisy — plain & simple.

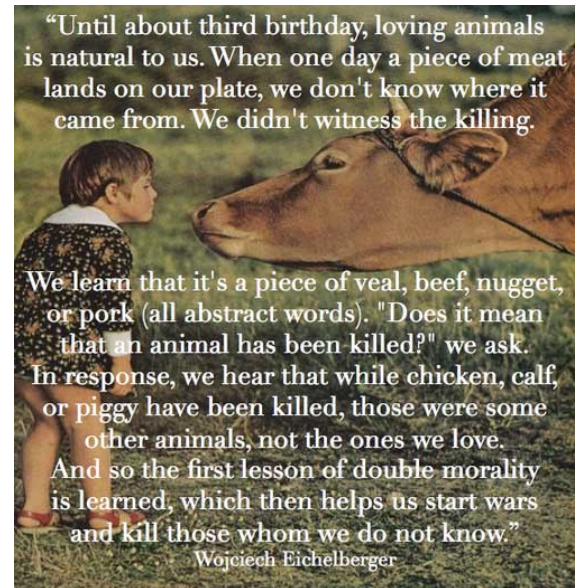
And just as hypocrisy in one area of life will always bleed into other areas, the not-so-random violence we allow in our relationships with animals will always eventually find its way into our relationships with our fellow humans as well ... Essentially, eating meat is a broad road that always leads to shame, guilt, aggression and war.



*“Human beings use large numbers of animals for the food value of their meat proteins. The effects of these proteins can undoubtedly be seen in aggression, violence, hatred and moral insensitivity. We can therefore say that meat has a highly negative effect on human behavior. ”*

*~ Armando D’Elia (naturalist & chemist)*

FORTUNATELY, the vectors of the vegan are easy to understand as well ...



Consider the following equations that are equally straightforward:

“I would not needlessly kill a creature”  
 + “I would not ask someone else to do so for me”  
 = “I will not eat the flesh of those creatures.”  
 (~ inspired by Peace Pilgrim)

recognizing an animal’s innate right to live  
 + treating that fellow sentient being with Respect  
 = enjoying true Respect in return

remembering that animals are members of our greater Family  
 + treating animals Peace-fully & with Kindness  
 = living a life filled with Peace & Joy



In essence, there is no way to LOVE, my Friends,  
 ... for LOVE truly IS The Way.

Please comprehend these simple Truths ...  
 ... and please act accordingly. Thank you.

*“Let no one regard as light the burden of his or her responsibility. To the degree that we remain silent while so much ill-treatment of animals continues — while the moans of thirsty animals crammed into railway trucks remain unheard, while the cries of newborn calves & pups torn from their mothers embrace remain ignored, while such extreme brutality prevails in our slaughterhouses ... we all bear the guilt.”*

*~ inspired by Albert Schweitzer*

*“How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and caring towards both the weak and the strong.” ~ inspired by George Washington Carver*

*Freeing the prisoners*  
*... & celebrating our Liberation*  
(04/29/2013)

*“Apathy is the glove  
into which evil slips its hand.”  
~ Bodie Thoene*

68 years ago today, the prisoners in Nazi Germany’s concentration camp in Dachau were liberated by U.S. armed forces. Though not the first camp to be emancipated, Dachau’s deliverance was possibly the most significant ... It was the first such camp to be opened by Hitler after he rose to power in 1933, and it is no small coincidence that Hitler committed suicide on April 30, 1945 — the very next day following Dachau’s closing. As such, we can all celebrate the fall of this haven of horror as a victory for goodness over evil, as the triumph of justice over persecution, as the ascendancy of freedom over enslavement, and as the conquest of compassion over torment. Indeed, our Souls cry out in anger & despair any time our brothers & sisters are confined against their will in conditions of starvation, overcrowding, disease, denigration and torture, and it is indeed a Good Thing whenever they are freed from such despicable suffering.



And yet I must pause and wonder how it is that my many meat-eating friends can express rage over the injustices perpetrated by the Nazi’s in WWII, and yet simultaneously look away with calm indifference from the equally disgusting injustices being perpetrated every day in their own lands ... Frankly, I find this blatant hypocrisy more than a bit disturbing. It seems to be a matter of an inconsistency most grave -- either you can blithely accept the evils done by humans against other humans (shrug your shoulders and look away from all the world’s tyrants, slave-traders, torturers & terrorists) and go on eating your meat & drinking your milk, *OR* you must raise your voice against **BOTH**.

And yet, once we decide to do so, how do we raise our voice effectively? ... How can we truly make a difference? ... What can we do to fight this repugnant evil that still writhes & festers in our own backyards? Well, you can rest assured that the U.S. army is **not** going to come to the rescue this time ... Indeed, these present-day animal-Dachau's in Europe & the U.S. are almost always very well-hidden from view, making their physical liberation almost impossible.



To make matters worse, these bastions of injustice are also well-defended by your politicians, who would turn all voices of protest into a whisper and all “votes for change” into a feeble hands half-raised. And yet, despite all this, **WE CAN** free these prisoners.



You see, these concentration camps are still open solely because **YOU** are paying them to remain open. Indeed, every time you eat a hamburger from a fast food chain or grill some chicken in your back yard, **YOU** are telling the owners of these disgusting Dachau's to keep on incarcerating — to keep on torturing — to keep on killing.

The Nazi's were wrong to maintain Dachau in any shape or form. And yet today's modern-day meat-eaters are guilty of a brutality just as wicked & just as savage.

This news is hopefully quite disturbing ... After all, we are all Good People at heart. We all know that torturing & murdering other sentient beings merely because they taste good when seasoned and fried is base & primitive & vile ... And on the other hand, this news can be quite liberating as well. You see, if **YOU** are responsible for factory farms remaining open, then **YOU** can close them.



And to do so, all you have to do is stop supporting their brutality ... All you have to do is stop supporting their senseless cruelty ... All you have to do is **STOP EATING WHAT THEY ARE PRODUCING!**

Concentration camps are **wrong** in every sense of the word. Please help close the ones near you — and please do so today ... *Thank you.*

*“You have been given this day to use as you will. You can waste it, or use it for great Good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever; in its place will be something that you have left behind... Let it be something Good.” ~ anonymous*



*true Intelligence chooses to Care*  
(05/11/2013)

*“When I was working with the monkeys, I used to look at them and say: ‘If you were a pig, you would have this figured out by now.’” ~ biologist Tina Widowski*

Anyone who has the courage to even briefly glance at the hypocritical double-standard between the way we treat our pets and the way we treat our “future bacon” simply has to feel deeply unsettled by it, and one of the first statements many make to rationalize such blatant bigotry is that “dogs are smarter than pigs”.



Of course, the reality of the matter simply doesn't support this claim ... Pigs are among the quickest of all animals to learn new routines, know & respond to their names by 2 to 3 weeks of age, have excellent memories, can perform a large array of tricks on command, can play video games using joysticks, and yes — like in the movie “Babe”, pigs can indeed even herd sheep.

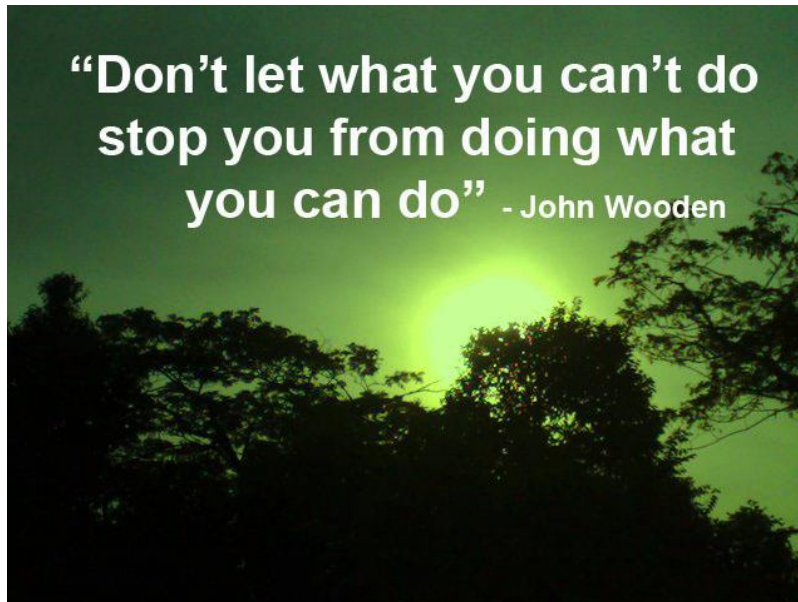
In fact, pigs rank in the top 5 in animal intelligence — consistently behind only the average chimpanzee, the average dolphin and the average elephant, and always ahead the average dog ... Pigs can dream, are exceptionally clean (one of the many reasons that they become visibly depressed when confined in farm pens strewn with their own excrement), and are extremely picky eaters. Pigs also have a long, consistent history of assisting or even saving the lives of their human owners, as well as of ingeniously escaping from slaughterhouses or slaughterhouse-bound trucks.

Most importantly, pigs are kind & loving towards their young, form very close emotional bonds with each other as well as members of other species, and have demonstrated a clear ability to act compassionately towards others.

The point of this little exposé is quite the simple one: even the dumbest pig in the world is smart enough to understand imprisonment, even the dumbest pig in the world is smart enough to yearn to be treated with respect, even the dumbest pig in the world is smart enough to suffer immensely when tortured, even the dumbest pig in the world is smart enough to feel pain and to fear death. No dog-owner (sadistic dog-fight advocates excluded) could ever imagine putting his or her beloved pet through even one tenth of the anguish that 99% of all pigs endure before they become your breakfast bacon. As such, it is impossible to not be a hypocrite if you love your dog but still choose to eat pork.

Yes, it's true that each of us alone can do little to stop the mass torture and needless slaughter of these truly brilliant animals, **and yet** the question before us all is not will you try to do what you cannot hope to accomplish, but rather will you simply do what you can?

And one thing that you can ALL do to help is to **STOP EATING PIGS**, and to stop eating them today ... *Thank you.*



*"The question is not 'Can they reason? nor 'Can they talk?', but rather 'Can they suffer?'" ~ Jeremy Bentham*

*"There's always times I have to shake my head and think I can't believe this is in front of me," he said. "But we have to change ourselves first if we expect there to be change around us." ~ Pete (undercover animal rights investigator)*



*Waking UP to murder*  
(05/12/2013)

*“I for my part do much marvel at what sort of feeling, soul or reason the first man with his mouth touched slaughter, and reached to his lips the flesh of a dead animal, and having set before people courses of ghastly corpses and ghosts, could give those parts the names of meat and victuals that but a little before had lowed, and cried, and moved, and saw ...” ~ Plutarch*

To be honest, I really don't care how good it tastes, and I don't even care if it does lead to “better health” (which, of course, it doesn't). The inescapable reality of the matter is the following:

***Meat is Murder*** ... plain & simple.



We may rationalize its brutality or turn a callous eye from its cruelty,  
... and yet brutal & cruel it remains.

Of course, even if you still eat meat; even if you are still engaged in the meat dairy industry's brutality & its cruelty; even if you — directly or indirectly — still participate in murder, there is another set of Truths that bears witnessing:

\*You are NOT innately brutal ...  
You are Kind.

\*You are NOT innately cruel ...  
You are Caring.

\*& You are NOT innately a murderer ...  
You are a Human(e) Being.

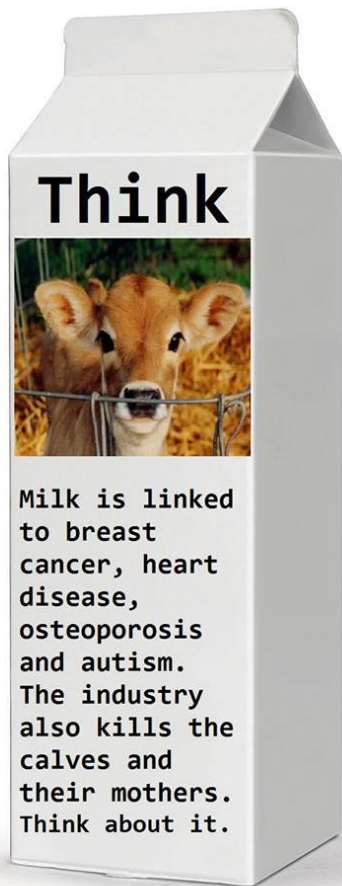
Consider these Truths with gentle humility ...  
... and then enliven them with resolute Courage.

*Thank you.*



**"150 YEARS AGO, THEY WOULD'VE THOUGHT YOU WERE ABSURD IF YOU ADVOCATED FOR THE END OF SLAVERY. 100 YEARS AGO, THEY WOULD'VE LAUGHED AT YOU FOR SUGGESTING THAT WOMEN SHOULD HAVE THE RIGHT TO VOTE. 50 YEARS AGO, THEY WOULD'VE OBJECTED TO THE IDEA OF AFRICAN AMERICANS RECEIVING EQUAL RIGHTS UNDER THE LAW. 25 YEARS AGO, THEY WOULD'VE CALLED YOU A PERVERT IF YOU ADVOCATED FOR GAY RIGHTS. THEY LAUGH AT US NOW FOR SUGGESTING THAT ANIMAL SLAVERY BE ENDED. SOMEDAY THEY WON'T BE LAUGHING."  
-GARY SMITH**





## The Right Thing (07/11/2013)

*“Never, never be afraid to do what’s right, especially if the well-being of a person or animal is at stake. Society’s punishments are small compared to the wounds we inflict on our Soul when we look the other way.”*

*~ Martin Luther King Jr.*

*“Fürchte niemals, niemals, zu tun, was richtig ist, besonders wenn das Wohlergehen einer Person oder eines Tieres auf dem Spiel steht. Die Wunden, die die Gesellschaft verursacht, sind gering, verglichen mit jenen Wunden, die wir unserer Seele zufügen, wenn wir wegschauen.”*

*~ Martin Luther King Jr.*



*Compassion is a verb*  
(07/12/2013)

No one can take away or limit your Right to CARE ... For the sake of the roughly 27 MILLION innocent, caring lives that are needlessly butchered in the United States alone every day, please start exercising that Right ...

**Thank you.**

*“We can no longer plead ignorance, only indifference. Those alive today are the generations that finally came to know better. As such, we all have both the burden and the opportunity of living in the time when the critique of meat broke into the popular consciousness. We are the ones of whom it will be fairly asked, What did you do when you learned the truth about eating animals?”*

*~ inspired by Jonathan Safran*



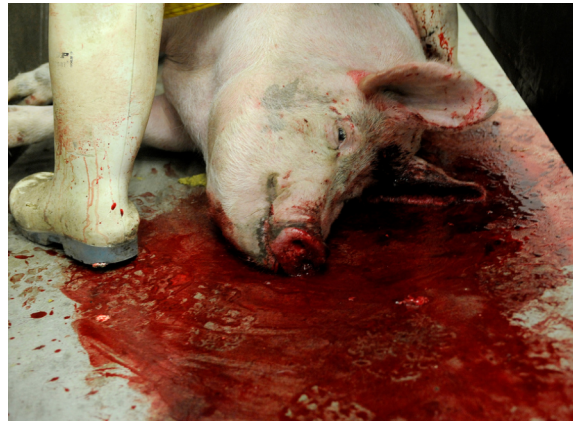


## *Nothing funny about bacon* (08/02/2013)

Important notice: Bacon jokes are **NOT** funny ... At best their lack of Awareness is disturbing; at worst their lack of Compassion is repulsive.

As such, please don't share them, please don't "like" them when you see them on social media feeds, and please don't laugh at them when you hear them in person ...

*Thank you.*



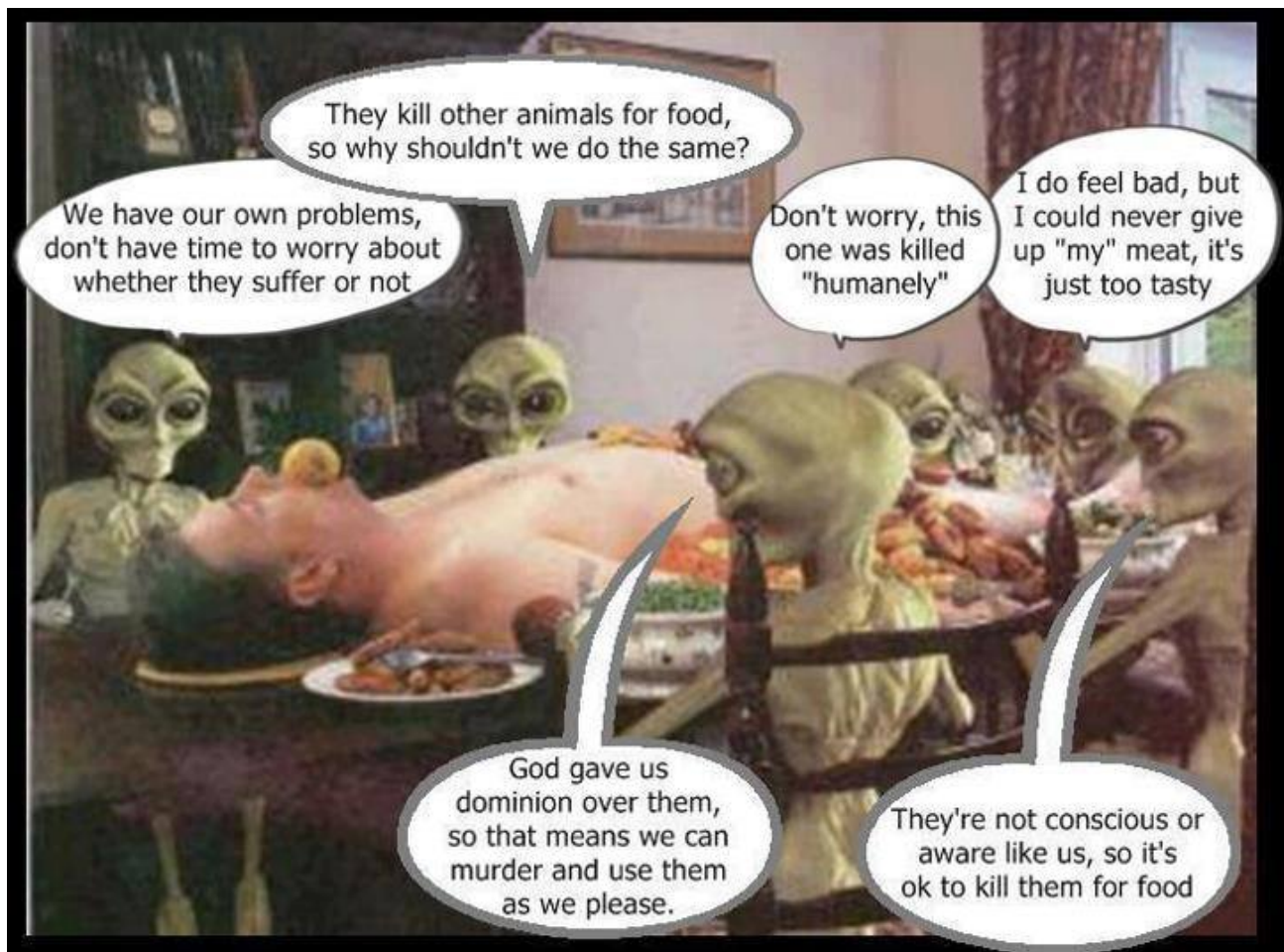


## *Human on the table*

(08/04/2013)

*“If a group of beings from another solar system were to land on Earth — beings who considered themselves as superior to you as you feel yourself to be superior to the birds & beasts of our world — would you concede them the rights over yourself that you assume over those animals?”*

*~ inspired by George Bernard Shaw*



*Refilling the Soul*  
(08/08/2013)

*“From beasts we scorn as soulless,  
In forest, field and den,  
The cry goes up to witness  
The soullessness of men.”  
~ M. Frida Hartley*



**Someone,  
not  
something.**





*Not enough said; not enough done*  
(08/21/2013)

Every atrocity in the entire history of humankind was enabled by a populace of people who passively turned away from a reality that they deemed too painful to face ... And every revolution that brought peace and justice in the history of mankind was made possible by a group of people who chose to bear witness to similar atrocities, and then demanded that others bear witness to them as well.

This very day, there are atrocities taking place in your country.  
This very day, there are atrocities taking place in your neighborhood.  
This very day, there are atrocities taking place in your own home.

Indeed, these travesties are taking place today, and they are going to take place again tomorrow. The only question that remains is — are you going to contribute to their continuation ... or are you going to take a stand to help make them stop.

Please join me in doing what we can to stop the madness ...  
... Please go vegan today.

*Thank you.*  
(~ inspired by Melanie Joy)

**"Suffering is suffering. It is always ugly. It is always unwelcome. It always needs to be stopped. There are no exceptions. A person with the capacity but not the inclination to cease suffering is morally incomplete."** - Mirko Bagaric



*"Despite all the advancements of human 'civilization', our addiction to the needless killing of our animal cousins keeps us firmly enshrouded in the dark ages. It inhibits us from cultivating our deeper capacity for kindness, empathy, and justice; the very qualities we MUST develop if we are to move forward into a safe and prosperous future; a future in which we do not fear one another ... a future of Peace."*  
~ inspired by Angel Flinn



*Is this all we are?*  
(08/22/013)

There's no doubt about it: meat does indeed taste really good. I would know, having consumed my fair share of animal flesh for the first 38 years of my life.

And yet, these days I wonder: Is that all we are? Are we humans nothing more than mere "intelligent animals" — mere upright beasts who can do nothing more than kill other animals to satisfy our primitive lusts for pleasures of palate?

You might think so ... and yet I know otherwise.



*For just one day*  
(08/24/2013)

I'm asking you all for one small favor ... Just for today, would you all go without eating any meat or dairy products? Would you make this small sacrifice — just for this one day? ... Would you do this for me?

And if not for me, would you do this for the Earth — knowing that every single pound of flesh you refuse to consume frees up 2500 gallons of fresh water for other uses, protects over 100 square feet of rainforest, and stops over 20 pounds of greenhouse gasses from being released into our atmosphere?

And if not for the Earth, would you do this for the animals — knowing that every single day you choose to live vegan directly saves the lives and prevents the incarceration & torture of up to a dozen caring, sentient beings?


And if not for the animals, would you do this for your loved ones — knowing that meat & milk are both laced with carcinogens and are directly linked to both obesity & heart disease?

So, what do you think ... Can you go vegan for just one day?  
... And can you please make that day TODAY?

*“Just how destructive does a culinary preference have to be before we decide to eat something else? If contributing to the suffering of billions of animals that live miserable lives and (quite often) die in horrific ways isn't motivating, what would be? If being the number one contributor to the most serious threat facing the planet (global warming) isn't enough, what is? And if you are tempted to put off these questions of conscience ... to say not now, then when?” ~ Jonathan Safran Foer*



It's not a requirement to eat animals, we just choose to do it, so it becomes a moral choice and one that is having a huge impact on the planet, using up resources and destroying the biosphere.  
- James Cameron



Please show animals the same kindness, respect and consideration that you would appreciate.

**ALL BEINGS  
CHERISH  
LIFE**



photograph by  
© Karrel Christopher

We can enjoy healthy, satisfying and prosperous lives  
-- without harming others.  
Please begin your VEGAN journey today.

KC

*See what you are supporting*  
(09/02/2013)

Continue eating meat if you wish -- I will Care about you as a person just as deeply regardless ... It WOULD be nice, however, if you would at least visit a slaughterhouse in person before doing so; if you would at least witness with your own eyes the cruelty your food choices are indirectly causing & and the immense suffering they are directly supporting ...

*Thank you.*

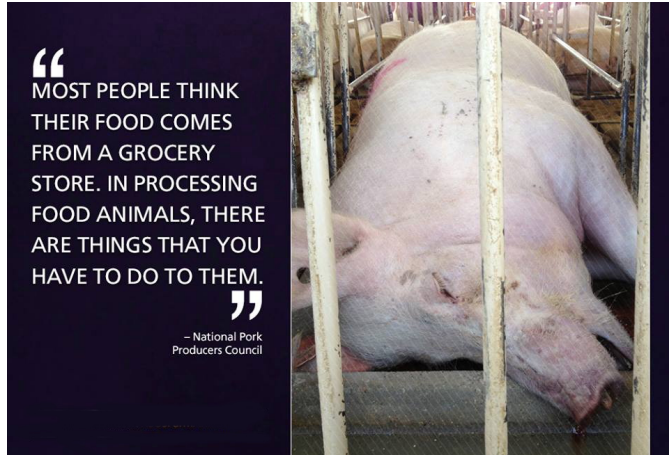




## *A cry for decency* (09/09/2013)

We rightly protest against the tyrannies of our currently cruel governments ... rightly demand that they hear our cry for Peace; rightly demand that they respect our calls for Justice; rightly demand that they honor our desires for Decency.

And yet have we the courage to also look in the mirror -- and hear those same demands being made of us? I wonder

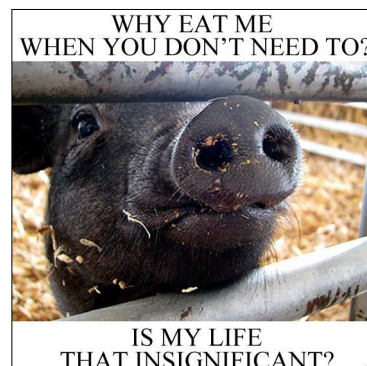


P.S. You might choose to keep eating at pig flesh in the privacy of your home. Fair enough ... Even though I will detest the callousness of that decision and continue to actively protest against all such choices similarly cruel, I will continue Care for YOU as an innately beautiful Human Being — and I will do so just as intensely as I Care for all my vegan Friends.



**AND** ... there IS one request of you pig-eaters that I now make most sincerely – and that request it this: **please** avoid telling jokes about bacon or laughing at others who make similarly feeble attempts at “humor” ... There is absolutely NOTHING funny about bacon ...

... absolutely nothing at all.



*A vote for Compassion*  
(10/05/2013)

Eating bacon completely unhealthy — showing a patent lack of respect for yourself. It is also completely unfunny — evidencing a patent lack of respect for the lives of others.

Of course, there is an easy remedy for such madness:

***Stop eating pigs!***

**IF YOU EAT BACON, PEPPERONI OR SAUSAGE, THEN  
YOU ARE VOTING FOR THE PICTURE ON THE LEFT.**



Pigs live in crates no larger than their bodies their entire lives. 4 years unable to move or turn around. Then hung up alive as some asshole slits their throat. Pigs feel the same sadness, love, fear and joy as your dog. Do you care? Oh, and free range? Grass fed? Family farms? All total bullshit. See [www.humanemyth.org](http://www.humanemyth.org) if you don't believe me.



*Who is more Alive?*  
(11/12/2013)

*“Who is more sentient? Who is more vulnerable? Who better knows what it is to suffer? Who fears more the pain of incarceration and torture? It is not that the answers to these questions are complicated ... It is that there simply are no such answers.” ~ inspired by Bruce Feiler*

And once again, the Truth goes BOOM!  
(So, my Friend, whose terror will be on your plate today?)



*"Once you come to terms with why you dont eat cats, dogs, monkeys and dolphins, you begin to understand why I dont eat cows, pigs, chickens and lambs."*

*~ Edward Sanchez*



*Giving is the getting*  
(11/18/2013)

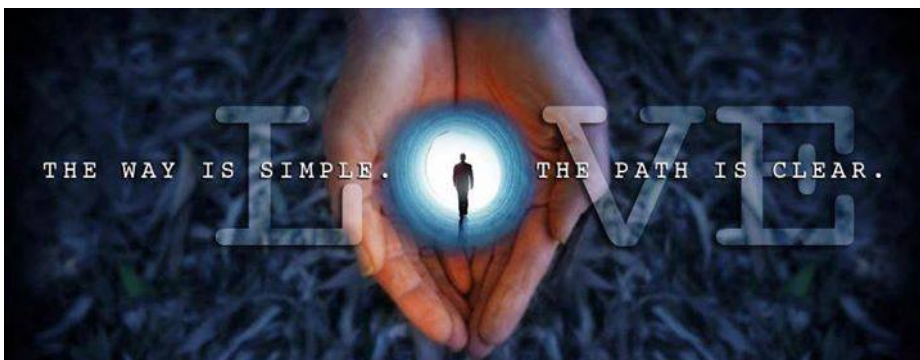
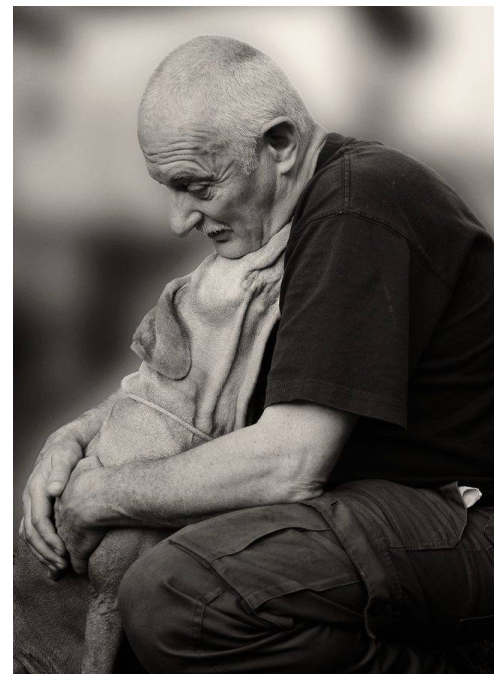
The Meaning of Life is not rocket science,  
and the Meaning to Life is this:

You will only know real Peace & real Joy  
once you awaken to (and boldly enliven) the Truth  
that your Giving is not the means to your “getting”;  
... that Giving itself IS the greatest gift received.

Amen ... Let it be so.



Our unwillingness to see personhood in nonhuman animals does not diminish *their* personhood; it diminishes *our* humanity.



"I don't know how to save the world. I don't have the answers or The Answer. I hold no secret knowledge as to how to fix the mistakes of generations past and present. I only know that without compassion and respect for all of Earth's inhabitants, none of us will survive—nor will we deserve to."  
— Leonard Peltier



## *A true Thanks-Giving* (11/21/2013)

Here is something very important to consider as you prepare for this Thanksgiving: Turkeys are sensitive, devoted, social individuals, and in conditions where they are permitted to thrive, they can be easily seen as the complex, adaptive, and intelligent animals that they truly are.

You have probably been conditioned to believe that turkeys are birds of low intelligence -- with no awareness of their own existence and little ability to suffer while being slaughtered for your Thanksgiving feast ... Needless to say, you have been lied to.

Please wake up to the Truth about animal sentience,  
... and then please act accordingly.

*Thank you.*





*Did you know?*  
(11/25/2013)

For your enlightenment, a few less-well-known facts about turkeys:

\*Turkeys like to eat breakfast and dinner together as a family.

\*Mother turkeys are fiercely protective of their young, and will risk their lives to save their babies.

\*When trust has been established, turkeys love to be stroked, snuggled and petted by humans for long periods of time. When receiving such affection, many turkeys make a sound that can only be described as “purring.”

\*Turkeys like to listen to music (especially classical) and will often sing along.

\*Male turkeys love to feel noticed and admired, and will often follow busy human caretakers from chore to chore, standing off to the side, puffing out their feathers -- patiently waiting for the prospect of attention.

Of course you probably didn't know any of this. After all, it's been kept from you by an industry that wants you to believe the lie that turkeys are “stupid birds” with little capacity for suffering.

But now you know the Truth ... so please act accordingly this Thanksgiving.



As you give thanks for what you have, please do not celebrate by participating in the suffering and death of another. Please do not take what is not yours to take. Please do not participate in the injustice of animal exploitation. Give thanks by appreciating the peace in your heart that you celebrate and extending that peace to all other humans and to nonhumans.  
- Gary L. Francione



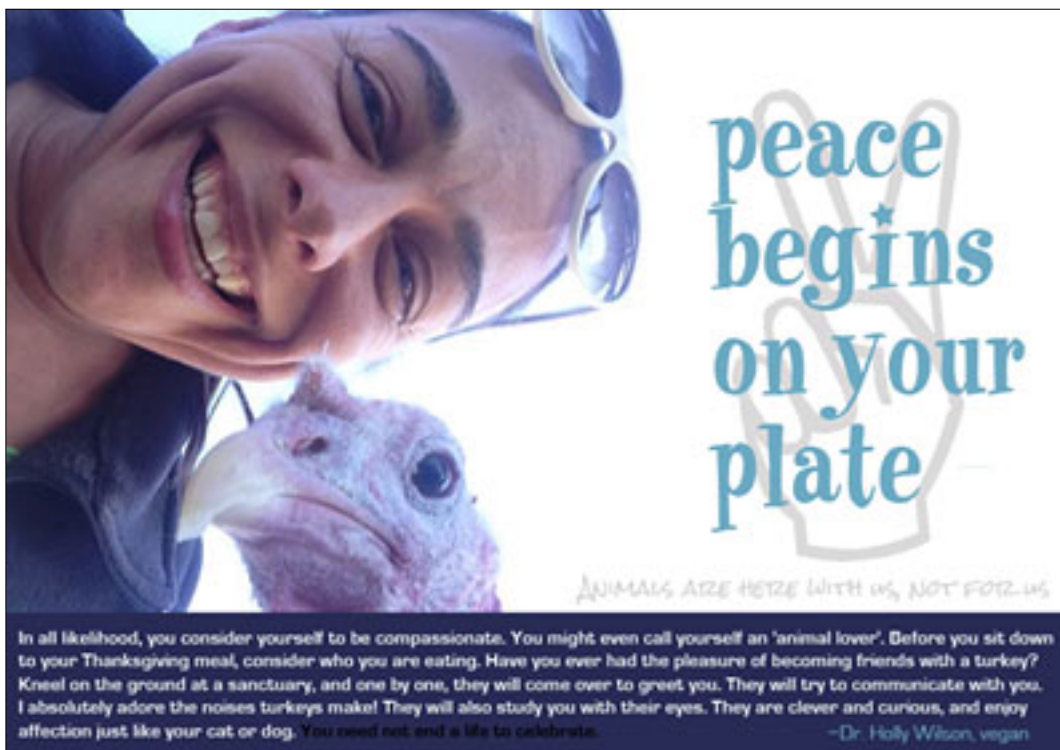
*Peace begins on your plate*  
(11/26/2013)

In natural conditions, baby turkeys stay with their mothers for up to five months, but turkeys on commercial farms never experience the safety or warmth of the nurturing presence they instinctively long for. Instead, they endure confinement, crowding, disease, neglect, abuse, and a short life of intense suffering that ends in a death that can only be described as brutal ... Between 250 and 300 million turkeys are raised for slaughter every year in the U.S. – with more than 46 million being slaughtered for Thanksgiving meals alone.

And yet, there is some Good News to be shared: **YOU** have the power to help stop this despicable cruelty.

You see, the law of supply & demand is alive & well in the United States (indeed, all over the world), which means that for every turkey you refuse to buy this holiday season, one less turkey will be raised for slaughter the next. Large corporations and small farmers are only engaging in these primitive & unethical practices because we are paying them to do so. So if we stop doing so, they will as well.

Please consider this with humility ...  
... and **PLEASE** act on this with Courage.



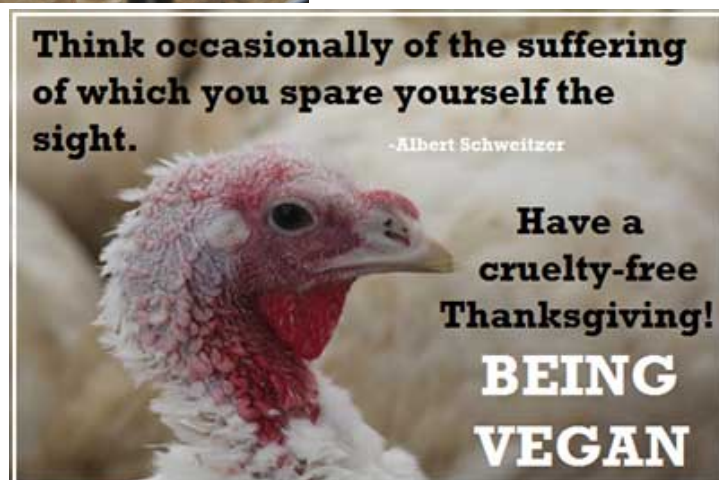
## *Giving Purpose* (11/27/2013)

I am a turkey ... You may think I'm simply a stupid and worthless bird; some "thing" simply here to kill and season and roast and eat. And yet that is **NOT** who I am ... I have a Purpose on this Earth just like you. I have fears and feelings and a will to Live.

Just because you may not understand my life, doesn't make it any less meaningful, and just because you may not comprehend my being, doesn't make me any less worthy of life ... This is not controversial or "radical" information – This is simply the Truth.

Please consider this with humility ...  
... and then please act accordingly with Courage.

*Thank you.*





## *A truly Happy Thanksgiving* (11/28/2013)

Well, Thanksgiving has arrived and your preparations have already been made ... and many of you have almost certainly chosen to eat turkeys today, or at the very least sit at a table where others are doing so ... And to that I say: Fair enough, for I will continue to LOVE each of you and continue to cherish you no matter what choices you make.

That having been said, please remember that **it is never too late** to make a statement for Peace & Justice this holiday season; that it is never too late to make a statement against animal cruelty; that you can even make this statement today ...

As such, please consider the following possibilities for your Thanksgiving:

\*You can sit at the dinner table and politely refuse to eat meat.  
(You might even feel fittingly called to wear black for the occasion)

\*You can pass out vegan leaflets before or during or after the meal.

\*You can joyfully revel in the company of your friends & family before & after your Thanksgiving meal, *and* boycott sitting at the table itself, choosing instead to eat a cruelty-free feast in another room.

(Remember to invite others to join you if you do so!)

\*Or you can sit at the family table and offer up an open prayer for the turkeys that did most certainly **not** willingly or joyfully sacrifice their lives for today's festivities, but were in actuality brutally murdered for them.

Essentially, if you like me are a sincere Animal Lover, then it is time to start acting accordingly. Avoid believing the whisperings of your ego telling you that "you are only one among many" or that "can't make a difference", or that you should avoid "offending others" or "embarrassing yourself" ... You might indeed be "only one", my dear Friend, and yet ***you are a Power-full One***. You might indeed feel a bit embarrassed while openly standing against such a grave injustice ... and yet that discomfort is truly a small price to pay compared to the greatest of prices our animal cousins are paying.

In closing, then, you might indeed feel alone & ineffective today, and yet every action you take to help end animal cruelty will indeed make a difference; every small deed you do to bring attention to the painful plight of farmed animals will bring society one step closer to waking up and changing its cruel ways.

So ***BE STRONG*** today, my Friends ... Be a true Animal Lover!

God knows the world needs more of them.



Don't give thanks by celebrating death. Have a vegan Thanksgiving.



## *Why go Vegan* (11/21/2013)

The reasons to try a vegan diet during November (World Vegan Month, incidentally) range from the ethically compelling to the selfishly amusing. If you're concerned about your health, concerned about the ecological state of our one & only Earth, or concerned about the immense suffering that all slaughtered animals endure every day, then please consider the following food for thought:

**Fact #01)** Animal products contain cholesterol, which leads to heart disease -- America's leading killer, whereas a vegan diet is cholesterol-free.

**Fact #02)** Men who eat 2.5 eggs or more a week have an 81 percent greater chance of developing lethal prostate cancer than those who eat no eggs.

**Fact #03)** People who regularly eat processed or red meat are up to 50 percent more likely to develop colon cancer, the second most common cancer worldwide, than individuals who do not.

**Fact #04)** Vegans have 34 percent fewer incidences of female-specific cancers, like breast, cervical and ovarian cancer.

**Fact #05)** Cow's milk does not "do the body good." In fact, it actually leeches calcium from our bones, making them *more* brittle.

**Fact #06)** Kale contains more calcium per calorie than milk, and provides a form of calcium that is far better absorbed by the human body.

**Fact #07)** A vegan diet (which is high in fiber, low in fat, cholesterol-free, and rich in vitamins & minerals) is the best way to provide healthy sustenance for children.

**Fact #08)** A vegan diet has been shown to help treat Type 2 diabetes.

**Fact #09)** The protein requirement for humans can easily be met with legumes, nuts, seeds, grains and leafy vegetables. Indeed, many top athletes -- among them tennis champion Serena Williams, the world's strongest man Patrik Baboumian, MMA fighter Mac Danzig, triathlete Brendan Brazier, and NFL running back Arian Foster -- are all vegan; and are all clearly getting all the protein they need.

**Fact #10)** A study led by Dean Ornish, M.D. showed that telomeres, DNA-protein complexes that are markers of health and longevity in humans, were elongated among men who adopted a low-fat, plant-based diet.

**Fact #11)** Omega-3 fatty acids are plentiful in hemp seeds, flax seeds & seaweeds.

**Fact #12)** Adding fortified foods like breakfast cereals, non-dairy milk, and nutritional yeast make it easy to get the recommended daily intake of Vitamin B12.

**Fact #13)** Vegans have lower incidences of anxiety & depression than meat eaters.



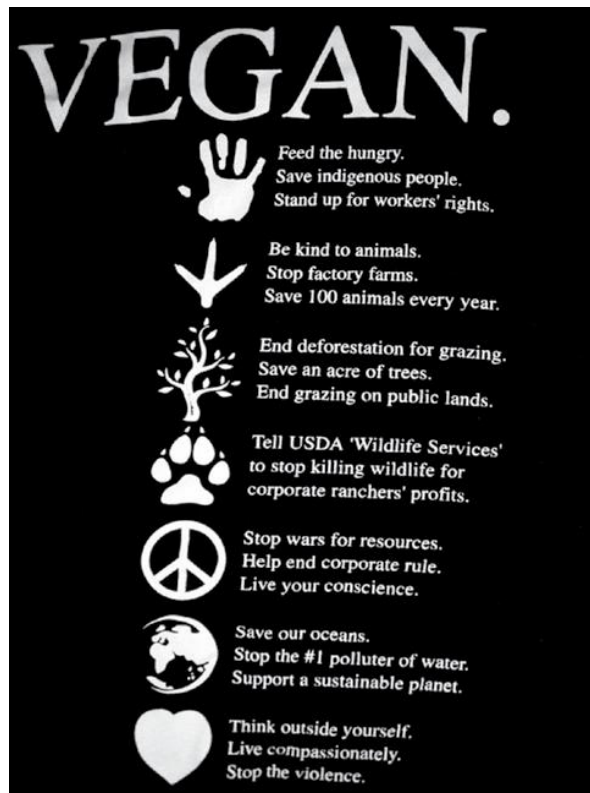
**Fact #14)** There is a strong correlation between Alzheimer’s disease and the consumption of meat and dairy products.

**Fact #15)** Antibiotics used on farmed animals are creating life threatening “superbugs.” Indeed, roughly 80 percent of the antibiotics used in the United States go towards keeping farmed animals barely alive in crowded, filthy conditions. Bacteria are evolving to resist these antibiotics, leading to new antibiotic-resistant infections. The Centers for Disease Control (CDC) estimates that 2 million people get sick and at least 23,000 die as a result every year.

The USDA, Big Ag, powerful lobbies like The Dairy Council and their friends in Congress have lied to the American people for decades, and they are still lying to the American people today. As it turns out, milk does *not* “do a body good,” and beef should definitely *not* be “what’s for dinner.” The consumption of animal products is making us sick, it is making us fat, it is causing cataclysmic environmental problems, and it is subjecting 150 billion caring, sentient beings every year to imprisonment, terror, suffering and death.

Please ... for them, for yourself, and for the only planet we have, I urge you to at least try veganism during World Vegan Month. Help is just a few keystrokes away -- just google “vegan resources,” “veganism,” or “vegan recipes” to get started — Your body, and your taste buds, will thank you ... as will I.

(much of this article was inspired by Kathy Stevens in the Huffington Post)



## *Bacon is no joke* (11/22/2013)

**NEWSFLASH:** In case you didn't know it already, bacon jokes are *not* funny. Indeed, regardless of who is uttering them, all they do is broadcast either a lack of awareness that is disturbing or a lack of compassion that is repulsive ...

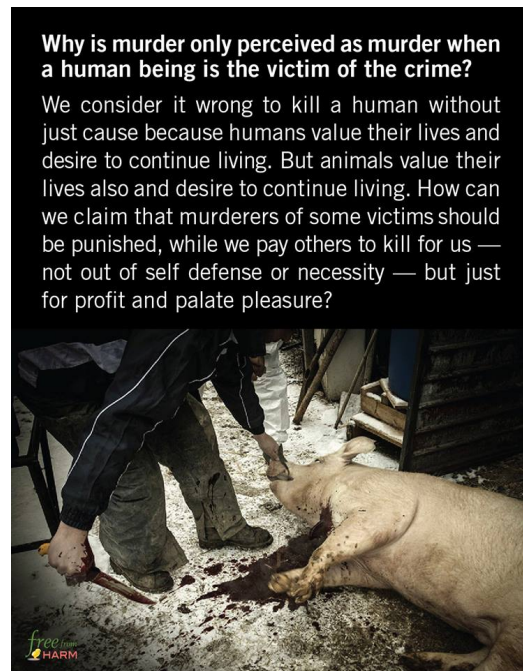
Ignorance *would* be an excuse for laughing at such callous cruelty, but for the mass of information online showing quite clearly how pigs are confined, mutilated, disrespected, tortured and murdered every minute of every day ... often to meet *your* demand for bacon. This is not amusing to those pigs ... and this is not amusing to anyone else who sincerely cares for our sentient animal cousins.

Now, I realize full well that many of you are going to continue to eat bacon. I realize that it is much easier to simply go to the store and buy meat without thinking about the enormous suffering that went into making it. And I realize that your government fully supports such violence; that there are currently no laws protecting pigs from human greed; that it is still perfectly legal & even socially acceptable to consume pigs' carcasses and thereby actively support their needless slaughter.

As such, neither I nor your government will be forcing you to stop this madness, which means that each of you must decide for yourselves where you stand on the issue of animal cruelty, and what you are going to do — or not do — to stop it.

Of course, my Love for you is unconditional, and as such I will keep caring for you as brothers & sisters even if you choose to keep eating pigs. Just please stop making jokes about it — and please stop laughing at others doing the same. No matter what your ego might whisper to the contrary, you are *not* that ignorant ... and no matter what your ego might have you believe, you are *not* that uncaring.

*Thank you.*



**Why is murder only perceived as murder when a human being is the victim of the crime?**

We consider it wrong to kill a human without just cause because humans value their lives and desire to continue living. But animals value their lives also and desire to continue living. How can we claim that murderers of some victims should be punished, while we pay others to kill for us — not out of self defense or necessity — but just for profit and palate pleasure?

# The Golden Rule

(12/07/2013)

In case you didn't already know -- *the Golden Rule* not only transcends the boundaries of your personal religion, *the Golden Rule* also transcends the boundaries of your personal convenience.

Please act (& please eat) accordingly today ...

Thank you.

Choose thou for thy neighbor that which thou choosest for thyself.  
~Bahá'í Faith

Love thy neighbor as thyself.  
~ Judaism

As ye would that men should do to you, do ye also to them likewise.  
~ Christianity

None of you truly believes until he wishes for his brother what he wishes for himself. ~ Islam

Make thine own self the measure of the others, and so abstain from causing hurt to them. ~ Buddhism

Do not to others what ye do not wish done to yourself; and wish for others too what ye desire and long for, for yourself.  
~Hinduism

## THE GOLDEN RULE

[www.loveforallbeings.com](http://www.loveforallbeings.com)

"If they have a heart, they are our brethren."



MVL  
Vegan for All Living Beings!

# hyp·o·crite

(hip'ə krait)

Function: noun

Meaning:

1. a person who puts on a false appearance of virtue or religion
2. a person who acts in contradiction to his or her stated beliefs or feelings

**If you don't walk the walk  
It's probably best not to talk the talk**



## *The Time is Now* (12/12/2013)

It's not enough anymore to merely be "informed" and it's not enough anymore to only be concerned. Our species is hurtling towards extinction, my Friends — an extinction that is as spiritual as it is material, ... and only **ACTION** will save us now.

Rest assured, even if you live in a country that is "1st World" & "free", you too are literally surrounded by the oppressed every day of your life — millions of innocent beings being imprisoned & abused & murdered right under your nose. And it is no longer enough to merely know that this is happening, and it is no longer enough that you emotionally care ... **IT IS TIME FOR YOU TO ACT!**

It is time to set aside your own superficial pleasures & your own "time-honored" traditions & your own cozy routines in order to finally **DO SOMETHING** — for your Self; for your loved ones; for your planet ... for the oppressed.

"But what can I do?" you plead. "I am only one person and can't make any real difference" ... **WRONG!** -- You are **not** "only one" and you are **not** "only human". Rather, you are one, beautiful, powerful, caring Human Being; a person whose choices make **HUGE** differences in the lives of dozens of other beings every day. Indeed, what you choose to support with your words & your money & your actions is what will truly continue to exist ...

And it is important to remember that avoiding this Truth will not make it go away; that looking away from the injustices & cruelties of your society will not stop them from happening. For your inaction is actually a loud vote **for** the status quo; and as such your refusal to choose is the most dangerous and the most deadly choice of all. Indeed, choosing to not speak out against injustice & cruelty is the same as actively supporting them ... and choosing to buy & consume products made from acts of violence is the same as slashing those knives yourself.

And yet there is Good News, my Friends, and this Good News is this:

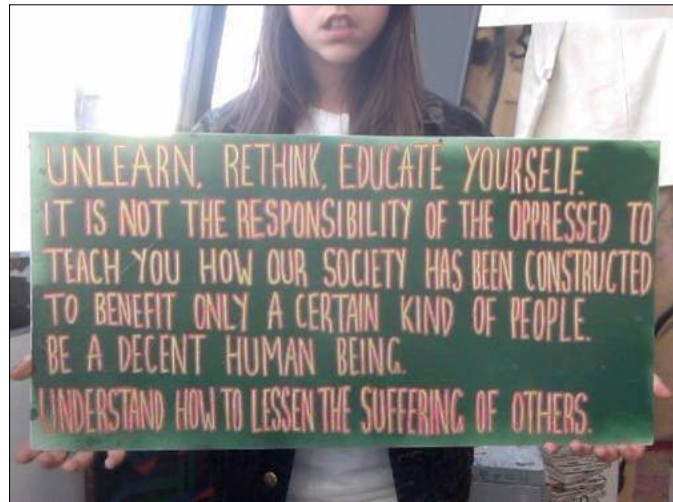
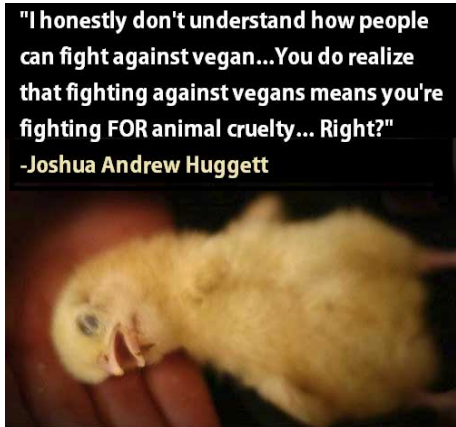
You are **NOT** a cruel person ... You do **NOT** innately support slavery or torture or murder ... You do **NOT** champion those evils in public -- & you are indeed strong enough to stop supporting them behind closed doors as well.

Indeed, it is an emPowering **FACT** that every day you choose to go vegan directly saves the lives of dozens of animals, directly contributes to the eventual healing of the planet, and directly promotes the health & prolongs the lives of all those you love (including yourself).

In-deed, you are a powerful person, my Friend — capable of doing Great Good with the limited time you have been given; capable of effectuating Great Justice with the limited time you have left.

Please act accordingly ...  
... and please do so today.

*Thank you.*

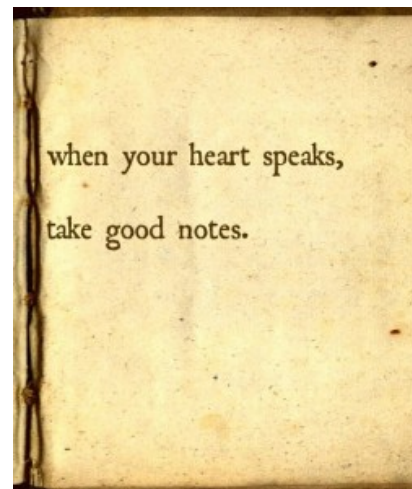


"A holy man once gave two men a chicken and told them to go and kill the chickens where no one could see. The first man went behind a fence and killed the chicken. The second man walked around for two days and came back carrying the live chicken. When the holy man asked him what had happened he said "Everywhere I go the chicken sees."

- A parable from Ram Dass

NVM

IN CASE YOU HAVE NOT  
BEEN ADEQUATELY  
INFORMED,  
PLEASE CONSIDER THIS  
OFFICIAL NOTIFICATION  
THAT YOU ARE AWESOME.



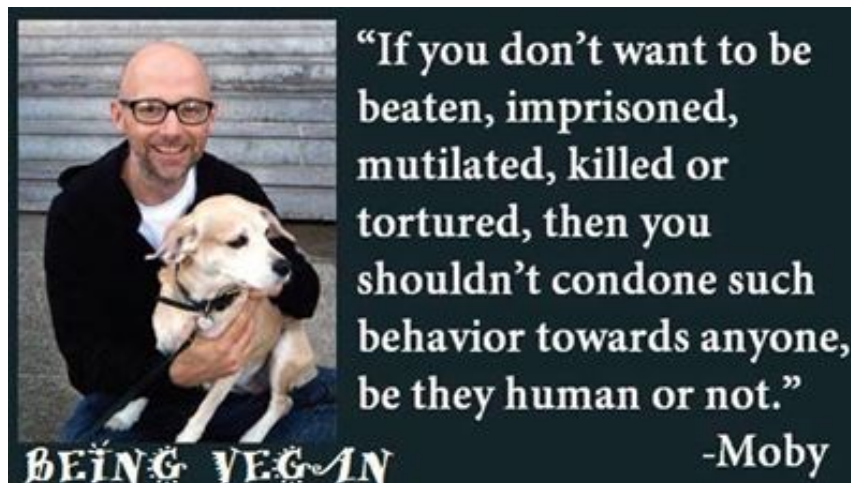
## *The Gift of Life* (12/16/2013)

By the end of this year, Americans will have spent roughly 5 BILLION dollars (that's \$5,000,000,000) on holiday gifts for their pets, while simultaneously paying other people to brutally slaughter nearly 10 BILLION (that's 10,000,00,000) animals that are just as loving & intelligent as their own cats & dogs.

This Christmas, please choose to give the gift of life ... Every animal-free meal you eat this holiday season prevents at least one future murder. Please consider this Truth calmly ...

... and then please act accordingly.

*Thank you.*






*The Greater we Become ...*  
(01/11/2014)

As we learn more & more about our Earth & each other, we understand better our interdependence with our world and every being in it ... And as we do so, we begin to see that the best way to express this innate & perfect interdependence is to live for Giving; in a culture based in Compassion -- with every being free & every being equal in the sight of all; all working together for the good of ALL.

And, while such a wholesome & selfless mentality does inspire us to strive a bit harder every day to see that Justice is done and that Kindness prevails, it is exactly this Great Work that makes us most free, and it is exactly this Great Work that makes us most alive.

Indeed, when all is said & done, no hierarchy is worth acknowledging but this one: that the more we Respect other species and the more we Respect the planet we all call Home, the greater our own lives become.

(inspired by Kim Stanley Robinson)



**BEING VEGAN**

**"We must fight against the spirit of unconscious cruelty with which we treat the animals. Animals suffer as much as we do. True humanity does not allow us to impose such sufferings on them. It is our duty to make the whole world recognize it. Until we extend our circle of compassion to all living things, humanity will not find peace."**  
—Albert Schweitzer



*A true Love Poem*  
(12/25/2013)

“Point of View”

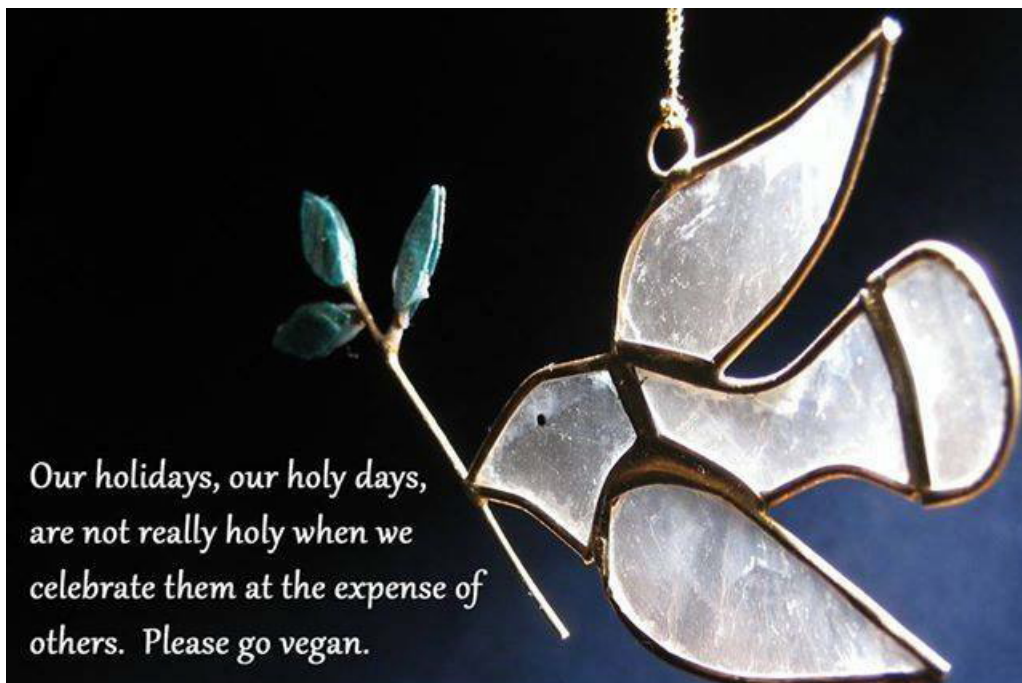
*Thanksgiving dinner's sad and thankless  
Christmas dinner's dark and blue  
When you stop and try to see it  
From the turkey's point of view.*

*Sunday dinner isn't sunny  
Easter feasts are just bad luck  
When you see it from the viewpoint  
Of a chicken or a duck.*

*Oh how I once loved tuna salad  
Pork and lobsters, lamb chops too  
'Til I stopped and looked at dinner  
From the dinner's point of view.  
(by Shel Silverstein)*

Wishing you all a holiday season that is thoroughly joyous ...  
... & completely cruelty-free.

Amen ... Let it be so.



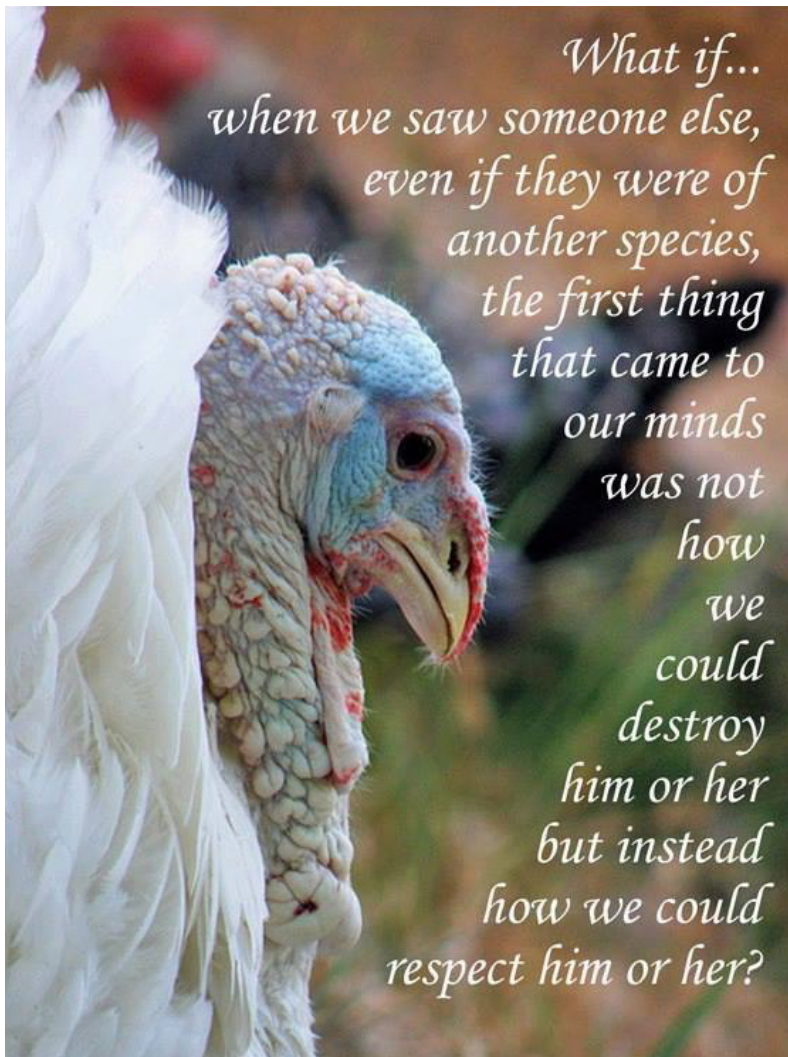
Our holidays, our holy days,  
are not really holy when we  
celebrate them at the expense of  
others. Please go vegan.



P.S. If going completely vegan is “too hard” for you & yours this Christmas, how about doing so for just a meal or two/ Every holiday family meal you eat that is meat & dairy free prevents the future incarceration, torture & murder of dozens of innocent, caring, sentient lives.

Please consider this with humility ...  
... and then please enliven it with Courage.

*Thank you.*





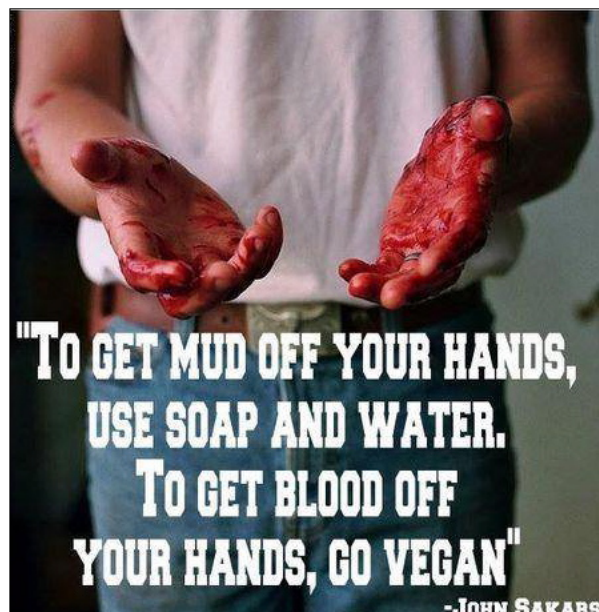
## *Washing our Bloody Hands* (01/15/2014)

Recently, while discussing the inherent cruelty of the meat-eating & milk-drinking lifestyle (along with the cruelty-free vegan alternative) I once again heard a common argument – and argument that went something like this: "Don't blame me. I didn't kill anyone. They were already dead when I bought them, and they were already dead when I ate them."

Well, as logical as this argument sounds, it is important for me to inform all of you believing similarly that ***nothing could be further from the truth***. For the fact of the matter is: even though you don't do the actual killing, you are indeed completely responsible for those deaths and the immense suffering that preceded them. Indeed, the only reason that billions of farmed animals still die horrible, violent deaths years before their lives would naturally end is because meat-eaters are paying supermarkets – to pay butchers – to pay slaughterhouse s—to pay feedlot owners – to pay cattle & pig farmers to confine them & murder them. The only reason that milk cows cry out in real agony every day is because milk-drinkers are paying supermarkets – to pay dairy farmers to mutilate & enslave them (and ultimately murder them as well).

So do what you will, my Friends. Go on eating meat and drinking milk if you "must" ... God knows I can't stop you (and God knows I will continue to Love you unconditionally even if you do). Just be sure while doing so to have the courage & the integrity to look the Truth in the eye and accept the **FACT** that it is **YOU** who take those baby cows from their mothers; that it is **YOU** who imprison them -- often in tightly cramped and disgustingly filthy conditions; that it is **YOU** who refuse to let them run in the fields and play in the sun; that it is **YOU** who have their testicles cut off & their teeth sheared & their tails docked & their beaks burned to stubs (all without anesthesia); that it is **YOU** who make them live in their own filth; that it is **YOU** who refused to show them any Kindness or mercy during their dark & frightened lives, and that it is **YOU** who have them brutally murdered -- **YOU** who have them knocked only partially unconscious before they are strung up to have their throats slit, their skin scalded, their skin flayed and their bodies dismembered; all in their innocent adolescence ... all so that **YOU** can simply have a snack.

(inspired by Emma Murphy)



## *MLK: a Vegan Valedictorian*

01/20/2014

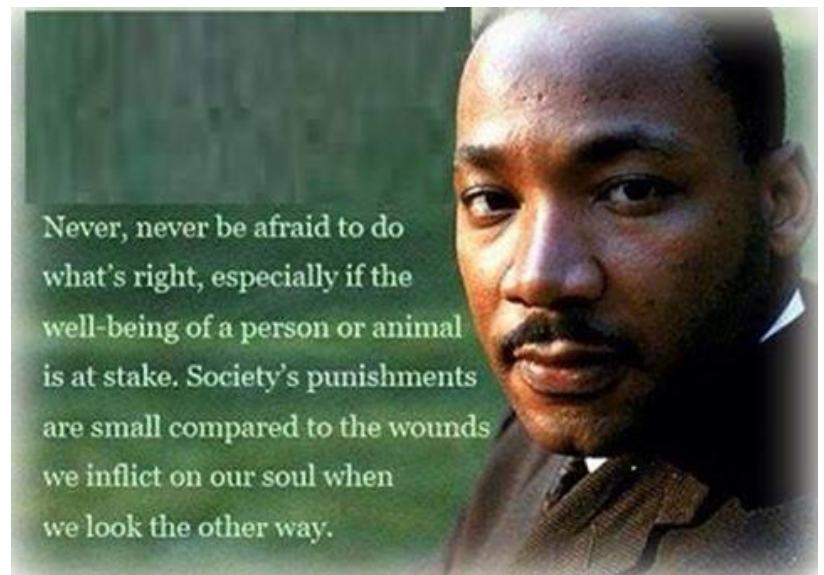
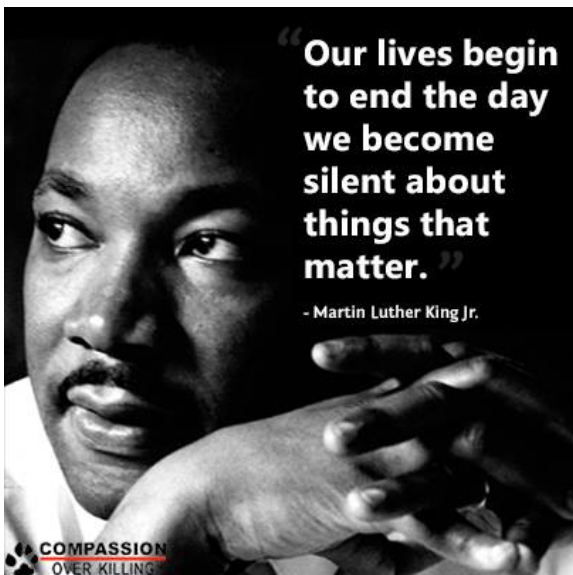
We can't help but wonder: Would the Reverend Martin Luther King, Jr. have become a vegan at some point in his life? It's certainly conceivable that he would have ... After all, his son Dexter Scott King (current president of the Martin Luther King Jr. Center for Non-violent Social Change) has been vegan for more than 20 years, and once said that a plant-based diet is the logical extension of his father's philosophy regarding non-violence ... His wife, Coretta Scott King -- a tireless activist for social justice, was also a vegan for more than ten years before her death in 2006. As such, if his wife and his son saw the link between animal foods and unjust violence, it's not hard to imagine that Dr. King would have perceived this connection at some point as well.

Indeed, writing from the Birmingham jail in 1963, he did make the Truth-full point that "Injustice anywhere is a threat to justice everywhere." ... In addition, Mrs. King wrote on the King Center website that this day is not only a day to remember Martin Luther King Jr. the man, but also a day to commemorate "the timeless values he taught us through his example — the values of courage, truth, justice, compassion, dignity, humility and service."

With this all in mind, the only way for us to truly honor Dr. King -- the only way for any of us to truly "Let Freedom Ring" -- is to have the courage to stand up and demand the freedom of *ALL* those who are currently imprisoned; and this, regardless of their particular species.

Amen ... Let it be so.

(~ inspired by Virginia Messina)



## *Contradicting Contradiction ...* (01/31/2014)

*"Farmers often condescendingly tell me that I should visit more farms so I can learn more about animals and how farms really work ... I tell them I've rescued animals from their small farms and know what they've been through. My response to them is that they should really visit more animal sanctuaries so they can finally see what they've been missing all their lives." ~ Robert Grillo*

An oxymoron is a figure of speech that combines two or more elements that directly contradict one another -- two or more components that simply do not in any way harmonize as Truth -- two or more components that actually, if we look at them closely enough, always reflect the highly delusional & deeply damaging myths that the humans who employ them are still choosing to blindly follow.

And of all the oxymorons still being used in conversations around the world today, "humane slaughter" is the most delusional, the most ridiculous, and indeed the most cruel. For no matter how well animals are treated before they are hung up to have their throats slit, there is absolutely **NOTHING** humane about their murder -- absolutely nothing whatsoever.

Today, please consider this Truth with humility ...  
... and please embody this Truth with courage – today.

*Thank you.*



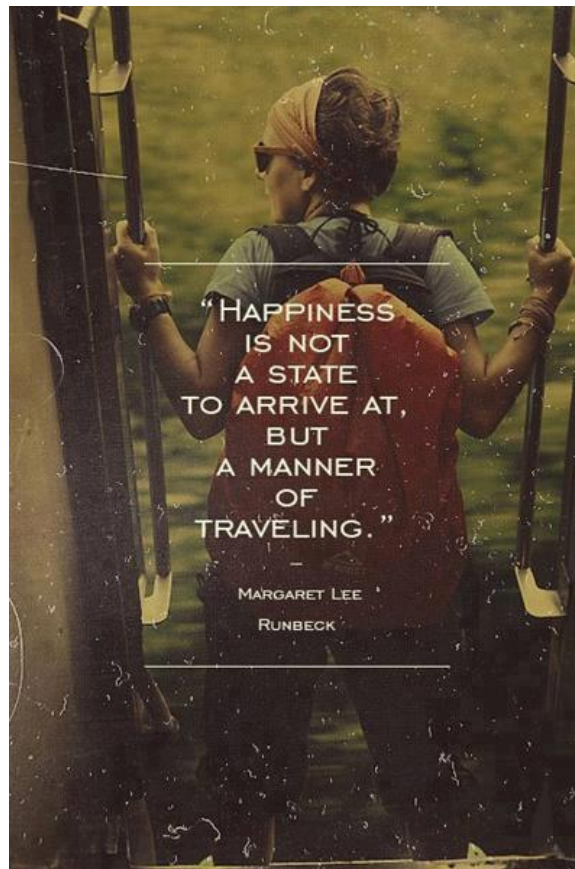


## *Finding true Happiness* (02/01/2014)

True Happiness is not found by attaining wealth or feeling safe or experiencing pleasure ... It isn't known while meditating and it doesn't come from hanging out with companions or watching your favorite TV program.

No, my Friends, your most deep-seated & most profound sense of Happiness -- your life's truest & most radiant Joy -- will come to you only when the selfless Courage of your choices begins to match the pure Caringness of your conscience.

So ... got Happiness?



"I enjoy the health benefits of a vegan life and the knowledge that I am drastically lowering my carbon footprint, of course, it's the ethical principle of not subsidizing cruelty to animals that means the most to me."  
-Dan Piraro

*Summing it all UP*  
(02/05/2014)

It is impossible to be truly Strong while preying on the weak ...  
... and I do so wish for you to feel Strength.

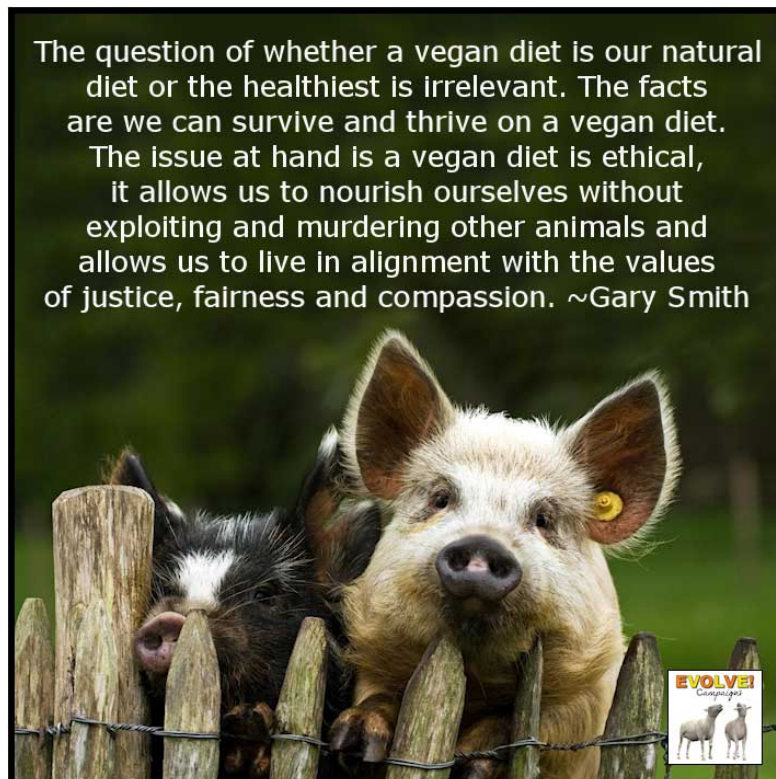
It is impossible to be truly Happy while surviving on sadness ...  
... and I do so wish for you to know Joy.

It is impossible to be truly Peace-full while living in violence ...  
... and I do so wish for you to choose Peace.

Yes, I realize there are dozens of "valid excuses" given & lots of "good reasons" shared to justify your consumption of meat &/or milk products ... And yes, as a service to you all (at least for those of you who are sincerely interested in the **Facts** underneath your excuses & the **Truth** behind your reasons), I will indeed at some point in the future -- one after the other -- be discussing them all. In the meantime, however, it might be nice to have the entire debate summed up by one quote ... and this image does just that quite well.

May we all have the humility to feel Compassion for our victims ...  
... and may we then all have the Courage to go forth & live accordingly.

Amen ... Let it be so.



# Courage – for chickens


(02/06/2014)

What we've learned about the avian brain and social behavior in just the last 10 years contradicts hundreds of years of misinformed, primitive views about chickens & other birds. Much of what was previously thought to be the exclusive domain of human & other primate communication, consciousness and cognitive function is now being regularly documented in chickens and other birds as well.

As such, the Truth of the matter is now clear – and that Truth is this:  
**HOW GOOD CHICKEN TASTES IS NO LONGER AN EXCUSE!**

Even with relatively little hands-on experience raising chickens, I too have readily witnessed most of these characteristics of sentience in chickens ... Chickens are remarkably intelligent, highly social, just as self-aware as you or I, and most certainly suffer just as immensely as we would when they are imprisoned and mutilated and abused and killed.

So please, Please, PLEASE ...  
 Won't you stop eating my Friends?

<p><b>CHICKEN MINDS</b>          What recent science tells us</p> 	<p><b>COMMUNICATION</b></p>
<p><b>BRAIN AND SENSES</b></p> <p>Discovery of lateralized, <i>left-right</i> chicken brain allowing for "multi-tasking"</p> <p>Brain wiring that controls complex memory and problem-solving similar to that of human brain</p> <p>Vision: highly-specialized, two fields of vision, one for close up focus and one for panoramic views</p> <p>Hearing: auditory frequency range of 10–15,000<sup>Hz</sup></p>	<p>Chicken talk involves visual, vocal (30+ calls), olfactory and tactile senses combined to convey numerous intentions, messages, and details</p> <p>Unhatched embryos communicate with each other and with their mother hen</p> <p>Mothers teach chicks all life skills and modify teaching based on chicks' learning progress</p> <p>Like primates, chickens use signals that are functionally referential and representational</p> <p>Communication customized based on audience</p>
<p><b>PROBLEM SOLVING</b></p> <p>Chicks demonstrate complex skills such as self control, basic arithmetic, physics and geometry</p> <p>Creative, flexible decision making, ability to break from routines to solve novel challenges</p>	<p><b>MEMORY</b></p> <p>Anticipation of future events and rewards</p> <p>Long term memory of individuals and events</p> <p>Retention and application of past learning</p>
<p><b>SOCIAL WORLD</b></p> <p>Domestic chickens seek to express same behaviors as those found in wild jungle fowl ancestors</p> <p>Complex hierarchy, with specific status for each individual member, maintains stability in groups</p> <p>Self-assessment: individuals compare themselves against others in group</p> <p>Recognition up to 100 individuals in group by physical features and recognition of distinct social status for each individual</p> <p>Socially dominant individuals tend to be group leaders from whom others learn</p> <p>Sophisticated coordination of group activities such as foraging, nesting and group defense</p>	<p><b>EMOTIONS</b></p> <p>Hens respond with empathy to chicks' distress</p> <p>Form strong inter-species bonds with others</p> <p>Express emotions like grief, fear, enthusiasm, anxiety, frustration, friendship and boredom</p> <p>Pleasure seeking: dust-bathing, sun-bathing, foraging — all elicit great contentment</p> <p>Much of what was previously thought to be the exclusive domain of human/primate communication, brain and cognitive function and social behavior has been discovered in chickens and other birds. This infographic distills the key discoveries that are revolutionizing our understanding of the chicken mind.</p>



## *Two very Different Rides* (02/09/2014)

They share the same Contentment in the moment; they share the same Joy in being alive on the ride ... And yet they are headed for two very different destinations; and they will know two very different experiences of longing & pain when that ride comes to an end.

Please do not eat any bacon today ...  
In fact, please stop eating pigs altogether.

*Thank you.*



*Look into their eyes and tell them, "I know there are lots of healthy & delicious plant-based foods I could eat instead, but I would still rather eat you" ... Look into their eyes and tell them, "I know you don't want to die, but I am going to pay someone else to kill you anyway" ... Look into their eyes and tell them, "I'm sorry you lived a shortened, enslaved, abused and tortured life, but I'm going to support the industry that does all of that to you -- just because I like the way your flesh tastes" ... Look into their eyes and tell them, "I dearly Love my pet, but your life just doesn't matter" ... Go ahead and look them in the eye and try to tell them those things ... Good luck with that." ~ inspired by Jenn V. Keller-Lowe*

*The inevitability of Justice*  
(02/18/2014)

*"To be hopeful in bad times is not just foolishly romantic. It is based on the fact that human history is a history not only of great cruelty, but also of great compassion, great sacrifice, great courage, and great kindness."  
~ Howard Zinn*

**"If the entire world decided to become vegan tomorrow, a whole host of the world's problems would disappear overnight. Climate change would decrease by 25%, deforestation would cease, rainforests would be preserved, our water and air-quality would increase, life-expectancy rates would increase, and our rates of cancer would plummet, so certainly, with that one action of becoming vegan you are quite effectively making the world a better place."**

-Moby



# The New York Times

JANUARY 1, 2020

## *The World is Vegan!*

We are not surprised to report that it is finally official...the world has gone vegan. Now that humankind has come to the realization that eating animals is unethical there is every indication is that our Earth will begin to heal immediately from the insults our collective ignorance has forced upon her. It is a great day for all of us, as we evolve to a non-violent peaceful society. The last known war ended last year amidst much hugging, as the entire population came to the realization that all beings are important, that each individual life matters, and that violence is unnecessary and counteractive to solve our problems. Recent polls have shown that people report feeling 'happier than ever' and animals and unique ecosystems all over the world are in the process of being protected so to secure their beauty for generations to come. The positive energy actually crackles in the air as you walk around town today.



*No longer fools*  
(02/25/2014)

Good God in Heaven! First the Republicans try to con us into thinking that they actually care about the common man, then Obama tries to con us into supporting his little war on Syria (and quietly continues to perpetrate his little drone war even as we speak), and now this ...



Compassionate enslavement?!?! ... Compassionate cruelty?!?! ...  
Compassionate murder?!?! Hey Whole Foods -- we aren't that stupid. We aren't going to buy your latest "compassionate meat" con job ... and until you amend your degrading & deceitful ways, we aren't going to buy any more of your overpriced food either.

There ... That ought to do it.



## *You Are what you Eat* (03/01/2014)

There is a saying that reminds us: "You are what you eat" ... To the degree that this statement is true (and I would submit that it IS in large part accurate), then I will also gently remind us of the following:

\*that whenever you eat eggs, you ingest fear ... and thereby become more frightened;



\*that every time you eat or drink dairy products, you ingest sadness ... and thereby become more depressed;



\*& that every time you eat meat, you ingest aggression ... and thereby become more cowardly, more angry and more violent.



We are indeed what we eat, my Friends, and this saying becomes especially & literally true during those moments we are doing our eating. So let us therefore all have the decency to eat Peace-fully ... and thereby live in Peace.

Amen ... Let it be so.

*"To advocate the rights of animals is far more than to plead for compassion or justice towards the victims of ill-usage; it is not only for the sake of the victims that we plead, but also for the sake of humankind itself. Our true civilization, our race-progress, our humanity (in the best sense of the term) are all concerned in this development; for it is ourselves that we wrong when we trample on the rights of those fellow-beings, human or animal, over whom we chance to hold jurisdiction."*

*~ Henry Salt*

*Releasing the inner Wise One*  
(03/02/2014)

The true Wise One is not the man who searches for the particular message that he wants or the one he expects to hear, nor is the true Saint the woman who follows the will of the coddling & commonplace god of the masses. No, the Wise One within us all -- the silent Saint in waiting, is the Soul that remains calm & empty ... without preconception or fore-knowledge; without a popular dogma or a faith set in stone ... He never knows what words will suddenly awaken him to a new depth of Knowing; she never knows what new opportunities await her ability to Care.

These are the ones who live fully from moment-to-moment; active in their time with others, while always watching for the Word of God. And when that Word decides to make itself known, they are ready to hear it ... they are ready to act ...

... and act they do.

(inspired by Thomas Merton)



A Virtuous Venting  
(03/22/14)

I'm a bit ticked off tonight, and with your permission – and in a brief departure from my usual, more gentle tones – I am going to vent a bit. Granted, venting is not something Peace Pilgrims normally do – and I will do so in a peaceful & respectful fashion, and yet sometimes the issue at hand is so important – sometimes the prevalent violations of Justice & Integrity are so egregious – that a stern word is mandated. This is one of those times, and I have faith that you will bear with me as I explain ...

I just watched a movie -- a pretty decent movie, in fact -- that had the chance to make a subtle-yet-powerful statement for GOOD ... and failed. And it didn't just fail slightly -- it failed miserably.

The film in question (entitled "Peace, Love & Misunderstanding") actually had a few uplifting things to say, and it raised quite a few poignant questions as well about what it means to forgive and to Love and to live a Meaningful Life -- and I appreciate it for those traits ... *AND* the way it portrayed the currently critical issue of animal rights & animal abuse was cowardly at best, if not downright insidious at worst.

In short, the film came out in support of "humane slaughter" by shamelessly promoting the now-debunked best-seller from Michael Pollan entitled "The Omnivore's Dilemma". In essence, after building up a surprisingly enlightened pro-animal sub-theme throughout its first 90 minutes, the movie ultimately caved to convention and aligned itself with Pollan's flagrantly unethical and scientifically erroneous views -- views that support the notion that locally raised and "humanely slaughtered" beef & poultry are not only good for our health, but good for the planet and -- get this -- good for the animals to boot.

Now I will admit that it is not really important for you to hear about the film itself here (you can watch it whenever you wish and form your own opinions), and I will also concede that it is not even important for you to support my own personal opinions about the non-ethics of raising animals for slaughter (I will continue to Love each & every one of you as human -- and potentially humane -- beings no matter what you decide to put on your plates).

*And yet* it is indeed **very** important for you to avoid being be conned on this very important issue; **very** important for you to have the facts at your disposal; **very** important for you to not be confused or deluded by such smarmy vehicles of pro-meat propaganda -- by such "feel good" proponents of cruelty & suffering.



So here are those promised facts ... Turn away from them if you will, and yet facts they will remain regardless ... Consider:

**\*FACT #01** ... Animals are just as sentient as we humans, have exactly the same desires to live & to Love as we do, and have exactly the same capacity for experiencing fear & pain & suffering as we do as well.

**\*FACT #02:** We *HUMANS ARE NOT OMNIVORES!* Just because we *can* eat meat & consume the mammary secretions of other species, does not mean that we *should* do so, or that our bodies are designed to do so. The myriad of well-documented severe health problems (e.g. heart disease, cancer & diabetes, just to name a few) that have been directly linked to the consumption of meat & milk products should make this Truth clear enough.

**\*FACT #03:** Science is now showing that the "locavorism" that Pollan and his cronies advocate does **NOT** benefit the environment as they claim; that regional, "small-farm" productions of meat & milk products create greenhouse gas emissions and result in fresh-water contamination that are just as high if not higher than those created by & resulting from obtaining them from large-scale industrial farms.

**\*FACT #04:** *THERE IS NO SUCH THING AS "HUMANE SLAUGHTER"!* Even under the very best of conditions, meat-industry animals are still cruelly butchered against their will while they are still adolescents, and dairy-industry animals are confined & raped & emotionally tortured before meeting the same fate as their meat-industry cousins. As such, Pollan's statement in his book that "eating animals may sometimes be the most ethical thing to do" is flagrantly -- and even insultingly -- *FALSE!*

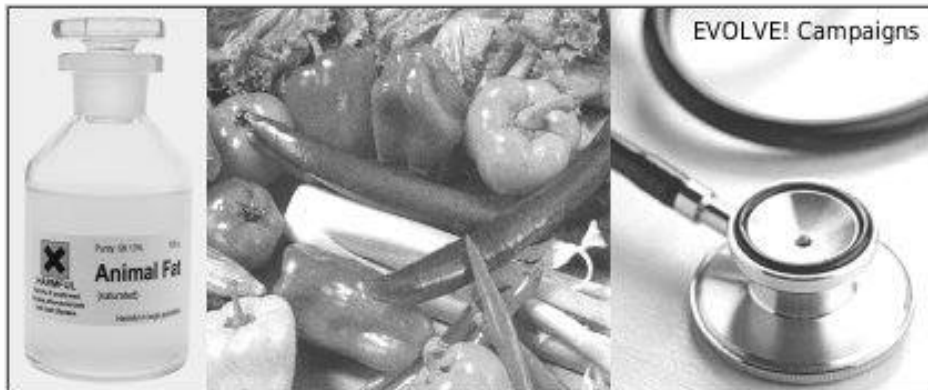
In conclusion, my Friends, do as you wish -- knowing as you do so that I personally will never condemn you as people no matter what you choose to ingest.

That having been said, I *do* implore you from the bottom of my heart to **PLEASE** at least have the courage to take an honest look at what you are eating - along with the very real (and very tragic) consequences that some of your choices are engendering ...

And finally, I humbly implore you to **PLEASE** at least consider the possibility of going a month -- or a week -- or even just a day -- without making food choices that advocate violence and cause the innocent to suffer.

*Thank you.*

## STUDIES SHOW A VEGAN DIET IS LACKING!



**Lacking in cholesterol, saturated  
animal fat, violence and cruelty!**

For you, it's just a meal.



For them, it's life itself.

*Yet another BOOM of Truth*  
(03/29/2014)

*"Facts do not cease to exist merely because they are ignored."  
~ Aldous Huxley*

I do adore it so when Truth is presented simply & cleanly.

Enlightenment really isn't rocket science ...

With this in mind, enJOY the following ...

... & then please go forth and enLIVE its Wisdom.

**"I HAVE ALWAYS BELIEVED IN PROMOTING VEGANISM. I ALWAYS LOOKED AT IT FROM THE ANIMAL'S PERSPECTIVE. IF THAT WERE ME IN THE SLAUGHTERHOUSE, IF I WERE A SLAVE TO ANOTHER SPECIES, I WOULDN'T CARE IF I GOT A BIGGER CAGE OR IF I WERE GASSED TO DEATH INSTEAD OF HAVING MY THROAT SLIT. THE THING I WOULD WANT THE MOST, AND WOULD HOPE FOR FOR MY CHILDREN'S FUTURE, WOULD BE TO NO LONGER BE CONSIDERED AS SOMEONE ELSE'S PROPERTY. AN INDIVIDUAL IN CONTROL OF HER OWN LIFE. FREE." (Emmy James)**







*You ARE how you eat*  
(06/27/2014)

I don't even need to know your answer ... This is simply something very **important** for you all to sincerely & *Care-fully* consider:


# WHICH ARE YOU?



**A** **Someone who actively tries to help animals.**



**B** **Someone who doesn't harm animals, but also ignores animal suffering.**



**C** **Someone who actively pays for animals to be harmed.**

facebook.com/vegansidekick

## *The Cure for all dis-ease* (04/08/2014)

If the pictures on the opposing page don't **all** move you emotionally, then you suffer from an entrenched state of callousness ...

And indeed, if you can somehow see any difference at all between the horrendous crimes represented by the first image in the series (Jewish prisoners in the death camp at Buchenwald) and the just as horrendous crimes represented in the two that follow it (caged dogs heading to a meat market in China, and imprisoned pigs waiting for their trip to the slaughterhouse in the United States), then you suffer from a more than mild case of bigotry as well.

And yet how fortunate we are that you are **NOT** a heartless person by nature ... How fortunate we are that you are **NOT** a bigot from birth; that as a young child you used to care for *ALL* your fellow humans and *ALL* your animal cousins; that you have simply been conditioned by your culture to numb –down your emotional response to tragedies, and accept the lies you were taught about the "lesser worth" of other species.

Best of all: how fortunate we are that there is a readily available cure for all these disturbingly common moral diseases, and that this cure is simply choosing to Care ... simply choosing to cease supporting the institution that inflicts such perverse cruelty & intense suffering on these innocent creatures.

That cure is simply to go vegan,  
... and then to in-Courage others to do the same.

Here's to your Good Health ... Let it be so.

*"Separation is our most insidious delusion. We must learn to relate to each other again. The Truth is quite simple: animals are emotionally evolved beings. Just like us, they think ... and they feel. They love ... and they fear ... and they mourn ... and they suffer. We are all connected. We are all One ... It is high time we started acting like it." ~ unknown*





*War in a time of Peace*  
(04/15/2014)

For most of us humans, we live in a time of relative peace. And yet what we consider to be "peacetime" is for many other species an ongoing time of conflict -- a war as brutal as any ever fought by humans; a war as vile & as violent as any of the battles our relatives at home might have known or our cousins in others lands might still be suffering.

And oddly enough, this horrible war that is being endured by millions upon millions of innocent animals every day, is one that has been declared by the "peacemakers" -- for this war has been declared by **YOU** ...

Yes, **you** who are eating meat or drinking milk in a time of peace; **you** are supporting a war just as unjust & just as savage as any battle that has ever defiled the face of our planet.

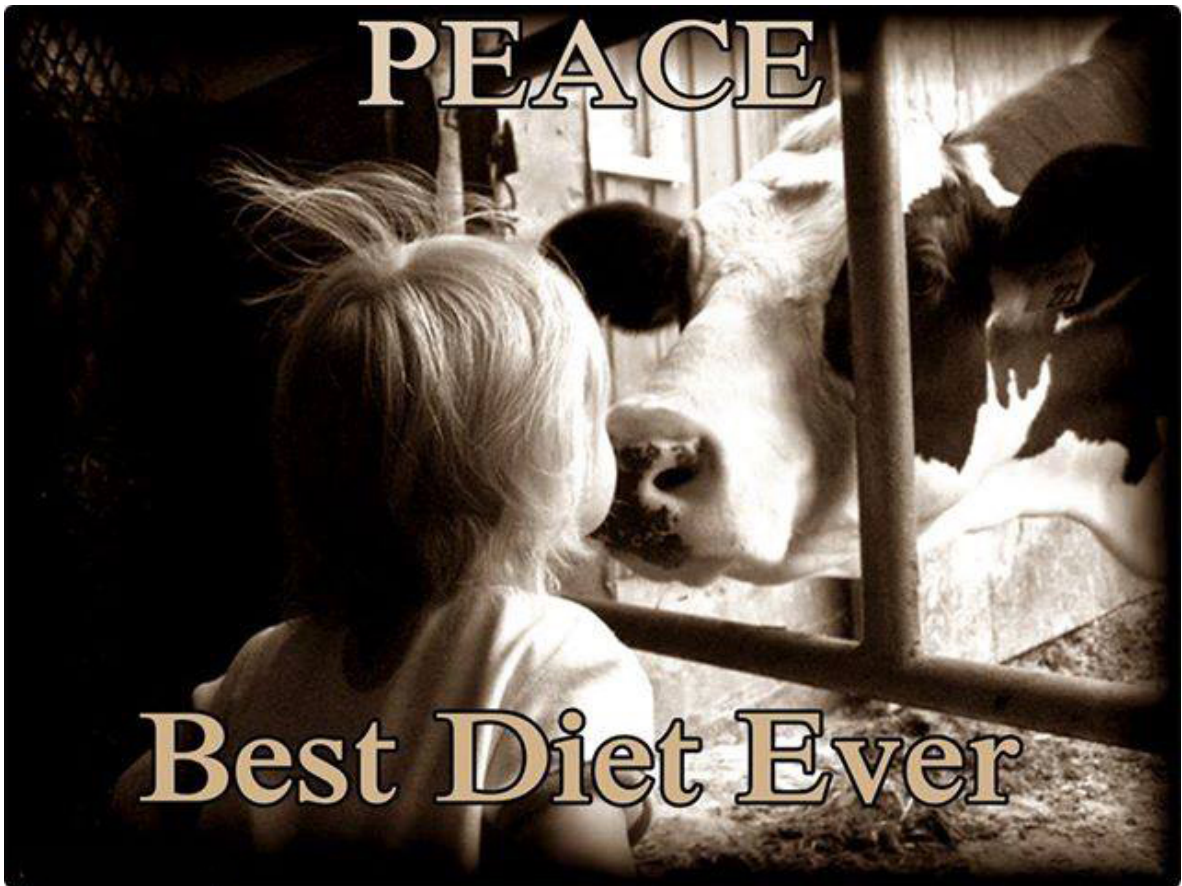
Some have asked me why I side with the animals on this issue -- why I reject the "rights" of humans to eat whatever they want, and staunchly defend the Rights of those they eat instead ... And yet I think the more appropriate question is why are they -- why are **YOU** -- actively supporting "concentration camps" that imprison billions of sentient beings every day who have committed no crime? Why are **YOU** actively supporting the slaughterhouse workers who murder billions of sentient beings every week merely to satisfy a primal pleasure of palate? Why are **YOU** actively supporting the ones who confine & rape & abuse & ultimately murder those innocent many?

Maybe because many of you only know the price of the dead flesh you eat, and have forgotten the priceless worth of the lives cruelly taken thereby.

My dear Friends, refusing to be evil means refusing to support tyranny in any form ... Refusing to be cruel means refusing to support those engaged in cruelty ... And refusing to be a killer means refusing to support those who murder.

As such, please consider going vegan today ...

*Thank you.*



PEACE

Best Diet Ever

I am vegan for one simple reason and that is the cruelty and violence that is inflicted upon animals at the hands of human beings. I don't want to be a part of it and I certainly don't want to fund it, in any shape or form. Veganism is about rejecting violence towards animals and protecting the innocent. It's the way we need to evolve. It's the future.

~James Gorman

EVOLVE! Campaigns





## *Happiness to All Mothers* (05/11/2014)

It is no longer up for debate or discussion: the mothers of all sentient species **Love** their children just as much as human mothers do. They care for their young as intensely, they adore them just as tenderly, and they therefore also feel exactly the same trauma & pain & suffering when their babies are harmed or taken from them.

As such, when you go forth to honor your own mother today, please choose as well to honor the Lives & the Love of *ALL* mothers "other". Please do so actively & please do so humbly ...

Please do so -- even if only for today -- by going vegan.



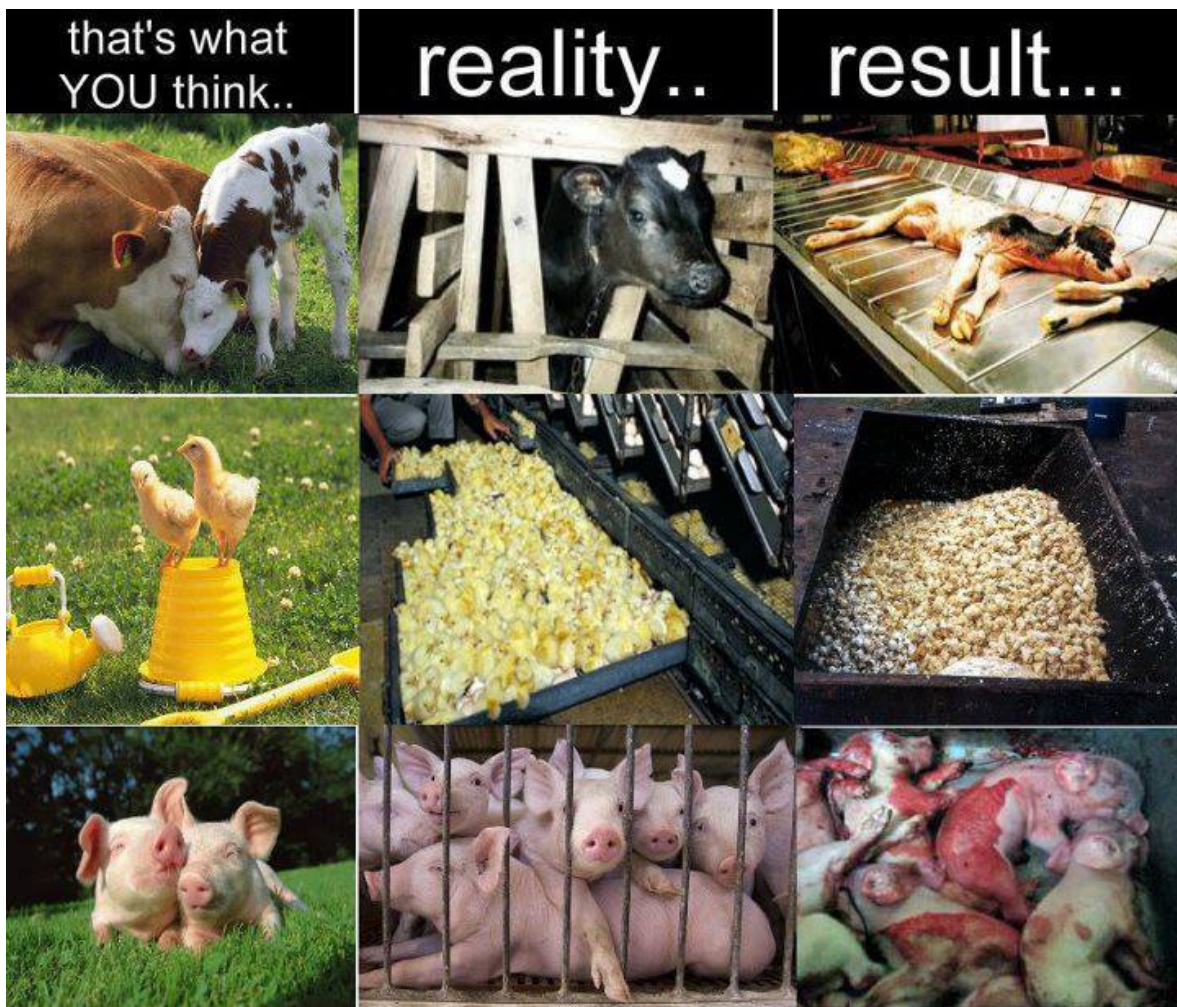


P.S. There is no such thing as a "happy farm" where animals' young are treated as commodities -- where male calves are taken from their mothers and treated like "veal", where male chicks are taken from their mothers and treated like "garbage", and where male piglets are taken from their mothers and treated like "bacon".

These facts are being hidden from your eyes, and yet you are not required to remain ignorant, nor are you required to remain callous by supporting such cruelties. You are an innately Kind & Caring Human(e) Being ... and you are free to act accordingly every time you sit down to enjoy a meal.

Please consider this Truth with humility ...  
... and please enliven it with courage.

*Thank you.*



## *Doing something Important* (06/28/2014)

So, do you feel like doing something **SIGNIFICANT** today; something that could save the world -- and your friends -- and your family members -- and even yourself? Do you feel like joining the greatest social justice movement in human history while it still means something -- *before* it becomes "hip" & "chic" and popular to do so?

Well, now's your chance ... I did it 12.5 months ago, and it remains one of the very best decisions I have ever made. In fact, going vegan is one of the only two choices I have ever made for which I feel a deep-seated sense of what many call "pride" ... And I simply wish you a Healthy dose of the same.

Peace to **ALL** ...

*"Thou shalt not be a victim;  
Thou shalt not be a perpetrator;  
& above all, thou shalt not be a bystander."*

~ Yehuda Bauer  
(Holocaust scholar)



“Veganism is not just a diet. It is not just a ‘lifestyle.’ It is a nonviolent act of defiance. It is a refusal to participate in the oppression of the innocent and the vulnerable. It is a rejection of the insidious idea that harming other sentient beings should be considered a ‘normal’ part of life. It represents a paradigm shift toward a new default position that violence for pleasure, amusement, or convenience can *never* be justified.

Join the revolution of the heart. Go vegan.”



*Said no animal EVER*  
(06/29/2014)



Said ... No ... Animal ... **EVER.**

If we really are superior to animals, wouldn't we have the ability to consider their suffering? And if we truly are not superior to animals, then what gives us the right to act like we are?

When we were a young species (many, many thousands of years ago), we did a number of desperate & ruthless & primitive things -- among them the confining & the hunting & the killing & the eating of our sentient animal cousins. A brutal practice it was -- ill-suited to our plant-based digestive tracts and ill-representative of our more Caring, herd-oriented nature. And yet we can easily forgive our forefathers & foremothers for such barbaric transgressions ... After all, times were desperate then, and survival was anything but assured.

These days, now that we are no longer in our infancy -- now that we have moved into the young adulthood of our ultimate legacy, it is time to put away such "childish things". It is time to act as the Stewards of Peace we were meant to be ... And it is time to act as the Caretakers of Compassion we could one day become.

Amen ... Let it be so.

*"I agree with Dante, that the hottest places in Hell are reserved for those who, in times of moral crisis, calmly maintain their neutrality."*

*~ Martin Luther King Jr.*



## Where do you Start to Care? (06/30/2014)

I was a meat eater until the age of 35, and I consumed massive amounts of dairy products for the ten years that followed. It wasn't like I was a "bad person" for doing so -- I just didn't take the time to really think about what my food purchases were supporting; just didn't take the time to realize that animals have brains & central nervous systems -- that they are sentient & self-aware -- that they have feelings and fears and can suffer just like me ... In essence, I -- like many of you -- was the final frame of this image:

So, I'm wondering ... Which frame of this picture does your diet currently reflect? And much more importantly: if you are not yet eating cruelty-free, are you willing to paint a new picture of yourself today?

*"When a hamburger (or a steak, or any other meat) is eaten, no one appears to be harmed. But that is because **SOMEONE** -- a unique being, has become a **SOMETHING** -- an object, a mere substance, with no distinctiveness, no uniqueness and no individuality. **SOMEONE** has become a mere mass term ... When you add five pounds of hamburger to a plate of hamburger, it is more of the same thing, nothing is changed ...*



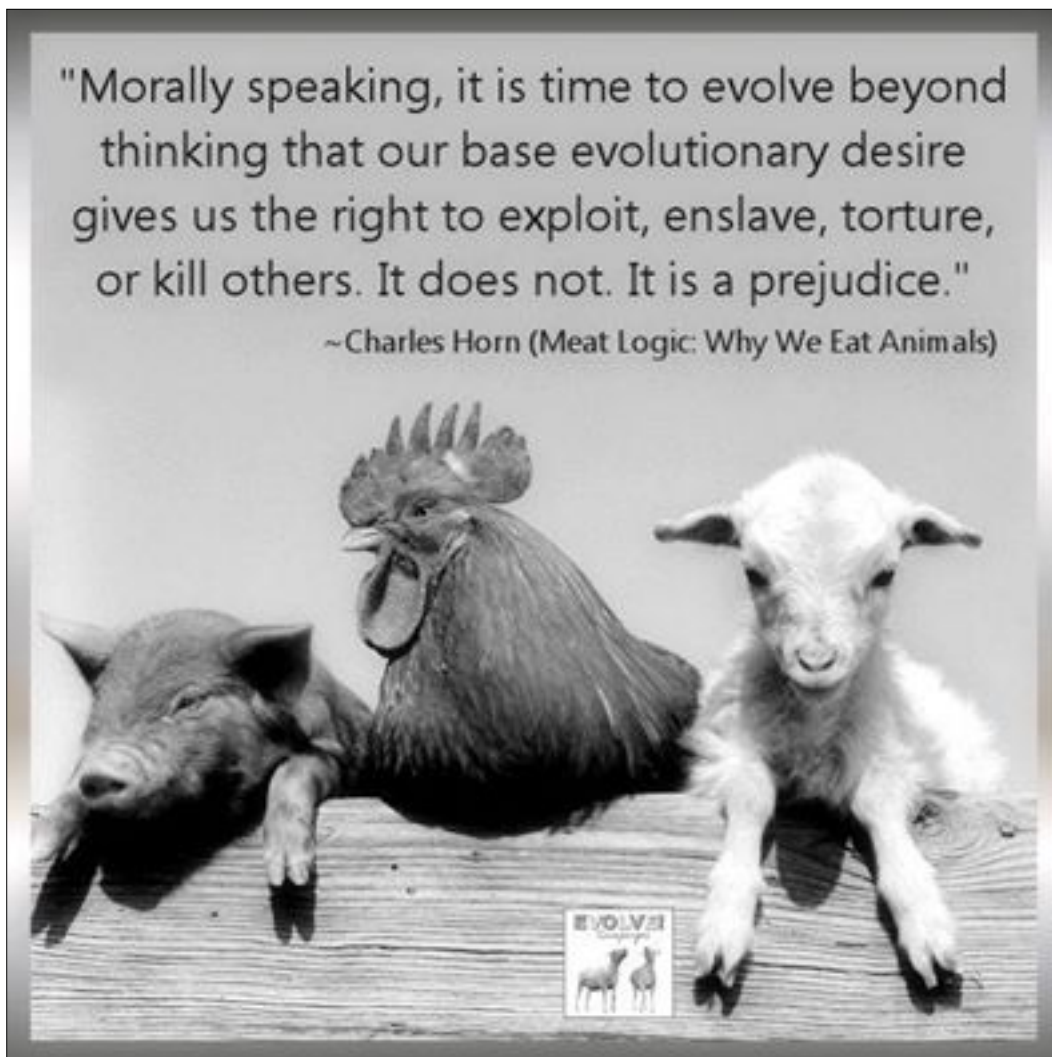
*But if you have a living cow in front of you, and then you kill that cow, and then you butcher that cow, and then you grind up her body, and then you eat her flesh, you have not added a mass term to a mass term and ended up with more of the same thing. No, you have murdered a sentient animal, and you know that you have done so. What is on the plate in front of you at that point is no longer devoid of specificity; it is the dead flesh of what was once a living, feeling, caring being. This is how the Awake Human looks upon meat, and this is why the Awake Human refuses to partake of the same." ~ inspired by Carol J. Adams*

## *Morally speaking* (07/01/2014)

Sometimes the moral conundrums in our lives that once seemed so complicated can suddenly become quite simple ... just like this one.

*"Few will have the greatness to bend history itself, and yet every one of us can work to change a small portion of events. It is from numberless diverse acts of courage and belief that human history is shaped. Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and -- crossing each other from a million different centers of energy and daring -- those ripples build a current which sweeps down the mightiest walls of oppression and resistance." ~ Robert F. Kennedy*

Amen! ... Let it be so.

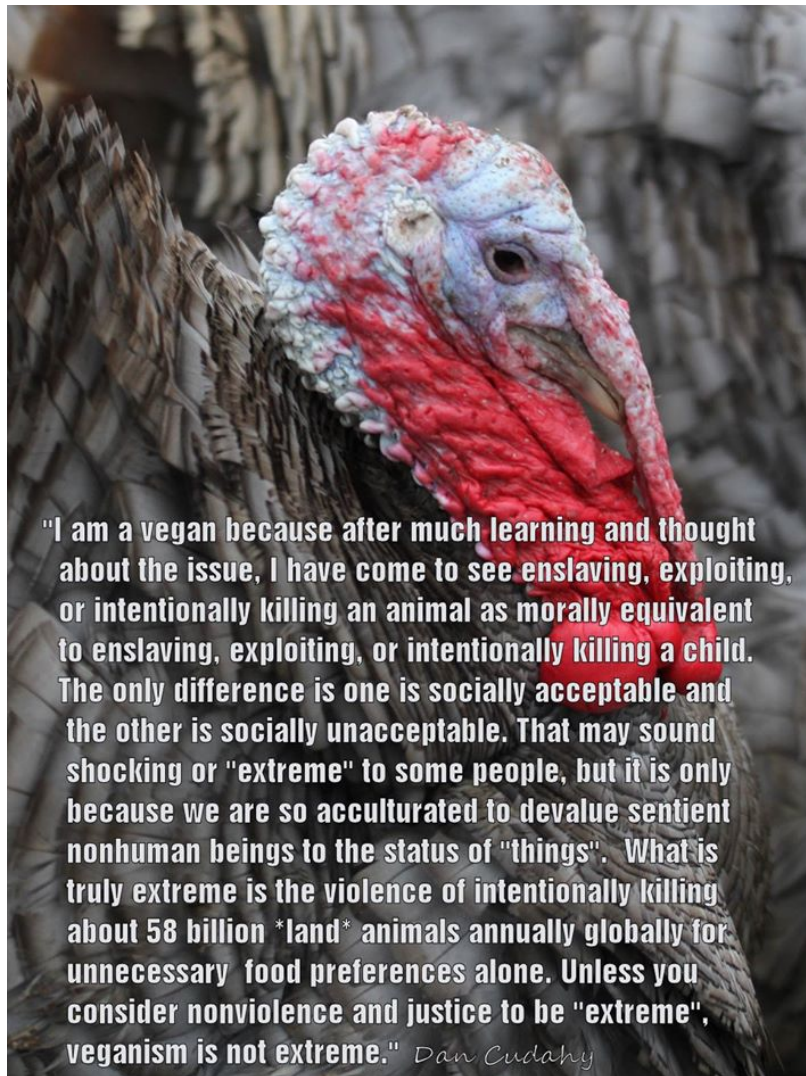


## *Because of Justice* (07/02/2014)

Veganism: the "bizarre" & "extremist" position that it is not acceptable to abuse the innocent, enslave the weak &/or murder the different just because their flesh is "tasty".

*"This struggle may be a moral one, or it may be a physical one, and it may be both moral and physical, but it must be a struggle. Power concedes nothing without a demand. It never did and it never will. Find out just what any people will quietly submit to and you have found out the exact measure of injustice and wrong which will be imposed upon them, and these will continue till they are resisted."*

*~ Frederick Douglass*





*Ethics: consistent -- or nonexistent*  
(07/03/2014)

Regardless of what our ethics are, either they are fully consistent ...  
... or they are nonexistent.

## Non-vegan Ethics Quiz

It's wrong to kill humans because

We have the right to life, and I have respect for other people.



It's wrong to kill dogs because

They are sentient beings like us, with the right to life.



It's acceptable to kill pigs because

bacon



*"It is forbidden to kill; therefore all murderers are punished ... unless they kill in large numbers and to the sound of trumpets." ~ Voltaire*

*"I have from an early age abjured the use of meat, and the time will come when all men, like I, will look upon the murder of animals in the same way they now look upon the murder of men." ~ Leonardo da Vinci*

## *Redefining the Problem* (07/06/2014)

The best way to stop people from callously enslaving & cruelly torturing & painfully murdering innocent animals is to stop paying them to do so ...  
... So **PLEASE** stop paying them to do so.

***Thank you.***

*"Those who deny freedom to others deserve it not for themselves."  
~ Abraham Lincoln*

*"The dogmas of the quiet past are inadequate to the stormy present. The occasion before us is piled high with difficulty, and yet we must rise with that occasion. As our case is new, so we must think anew -- and so we must act anew. We must disenthrall ourselves from the old and shine forth a brighter day."  
~ inspired by Abraham Lincoln*



*Becoming truly popular*  
(07/08/2014)

Slowly but surely the social landscape of our planet is shifting towards Kindness & Compassion & Respect -- and in about twenty years things are going to look VERY different indeed, and yet I will admit that going vegan is still not the most popular choice to make these days ...

... unless, of course, the opinions of our animal cousins count ...

... which they do.

*"To be truly free is not merely to cast off one's own chains, but to live in such a way as to respect and enhance the freedom of others." ~ Nelson Mandela*

*"Your happiness is essentially meaningless unless it is linked with the full liberation of everyone else around you. You matter; and others also matter. Live life so well!" ~ Israelmore Ayivor*

*"Even though we are not given the option to live completely without violence, we ARE given the option to center our meals around either harvest or slaughter, either husbandry or war, either compassion or cruelty. We have chosen slaughter. We have chosen war. We have chosen cruelty. That's the truest version of our current story about eating animals. Isn't it time to tell a new story?"*

*~ inspired by Jonathan Safran Foer*





*What it's all about*  
(07/07/2014)

There is still quite a bit of confusion out there as to what "being a vegan" actually means. So if you would, please allow me to simplify ...

\*Even though veganism IS about respect & integrity & compassion, being vegan is NOT about "being radical" or "being liberal" or "being hippie" ...

\*Even though veganism IS the best way to live a longer, healthier & happier life, being vegan is NOT about diet or health or nutrition ...

\*And even though veganism IS the most responsible way for us humans to honor our planet and its priceless resources, being vegan is NOT about global warming or saving the environment.

No, being vegan is actually none of these things ...

So what *does* "being vegan" truly mean?

\*Being vegan means being anti-slavery, anti-torture & anti-murder ... period.

\*Being vegan means being pro-Freedom, pro-Justice & pro-Life ... period.

\*Being vegan means believing that it is definitely **not** acceptable to hurt, abuse or intentionally harm animals ... period.

Got it? ... Good ... Now **GET IT!**

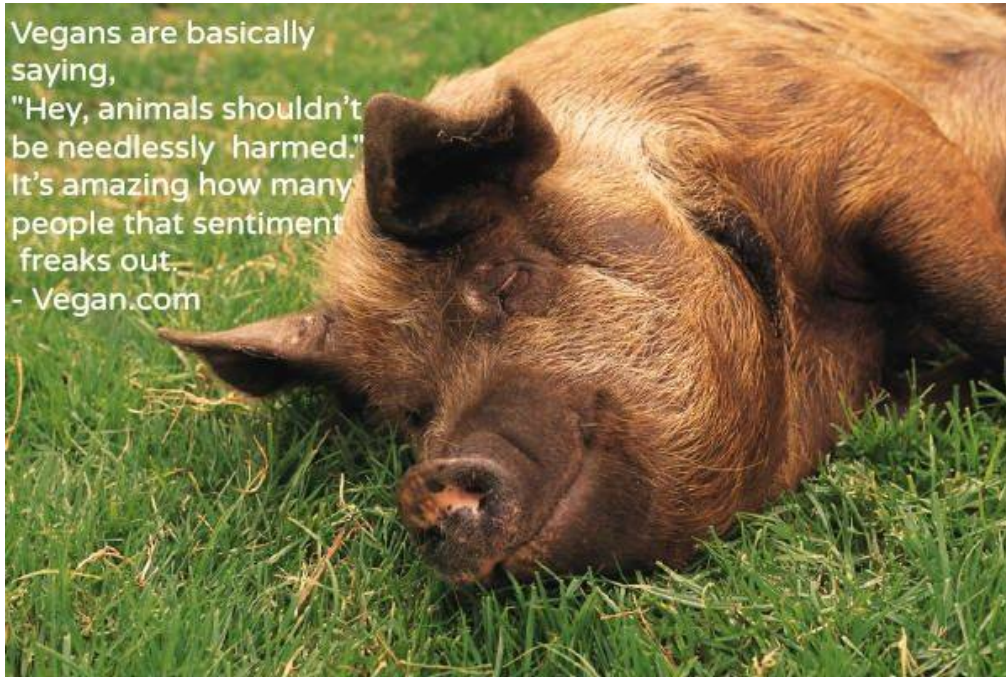
(P.S. I -- along with roughly 200 million other vegans worldwide; not to mention the *BILLIONS* of innocent animals scheduled to be killed this coming year -- thank you from the bottom of my heart.)

*"To be a non-hypocritical animal rights activist is to be vegan ... To be an environmentalist is to be vegan ... To be a true feminist (who could never support the exploitation of the reproductive system of any species) is to be vegan ... To want 'Peace on Earth' that is real & consistent is to be vegan ... To believe in non-violence is to be vegan ... To Love animals truly & sincerely is to be vegan ... To be deeply compassionate is to be vegan ... To be truly opposed to slavery is to be vegan ... To be an awakened Human being is to be vegan." ~ inspired by B. Katz*



**IF YOU BELIEVE IN COMPASSION, NON-VIOLENCE AND JUSTICE.. ARE ANTI-DISCRIMINATION, ANTI-EXPLOITATION, ANTI-CRUELTY AND PRO-PEACE.. THEN VEGANISM IS A LOGICAL EXTENSION OF THOSE VALUES.**

Vegans are basically saying, "Hey, animals shouldn't be needlessly harmed." It's amazing how many people that sentiment freaks out.  
- Vegan.com



## *The Million-Dollar Question* (07/09/2014)

On it's face, the pictured question is ridiculously easy to answer, at least for anyone actively engaged with their conscience (and this is even true if one million dollars *isn't* hanging in the balance) ...

Of course, the truly important question is this one:

**Are you fully living the Answer?**



*"When we know -- but choose to forget -- that the soul, the face, the mind that was once attached to the piece of meat on our plate was like us in every morally relevant way; when we know —but choose to forget— that the bird we crushed for our soup was a fellow mortal; a flawed, frightened, mysterious being like you and I; who loved life and clung to it as desperately as you and I do, then it's hard to claim that there is much left of our humanity." ~ Joanna Lucas*



*A literal No-brainer*  
(07/11/2014)

This is without a doubt a most *excellent idea* -- a true no-brainer if there ever was one. And since it is so incredibly obvious, I am wondering how it is that so many people still refuse to **SEE** its Truth. I mean, everyone I know is an innately Good Person, and every person I have met so far has shown signs of sincerely being an earnest Animal Lover ... So what's the problem? How can most of them Care about our animal cousins and simultaneously still be actively supporting such incredible cruelty & flagrant disrespect?

Maybe it is because the solution to animal abuse is literally a no-brainer ... Maybe it is because the only way for us to **WAKE UP** to seeing this injustice (and then doing something about it) is to turn *OFF* our brains -- and open *UP* our hearts.

Please consider giving that a try ... Thank you.

*“The assumption that animals are without rights and the illusion that our treatment of them has no moral significance is a positively outrageous example of Western crudity and barbarity.” ~ Arthur Schopenhauer*

*“Humanity's true moral test, its fundamental test...consists of its attitude towards those who are at its mercy: the animals.” ~ Milan Kundera*

*“Not responding to a travesty is itself a response. We are equally responsible for that which we choose not to do.” ~ inspired by Jonathan Safran Foer*



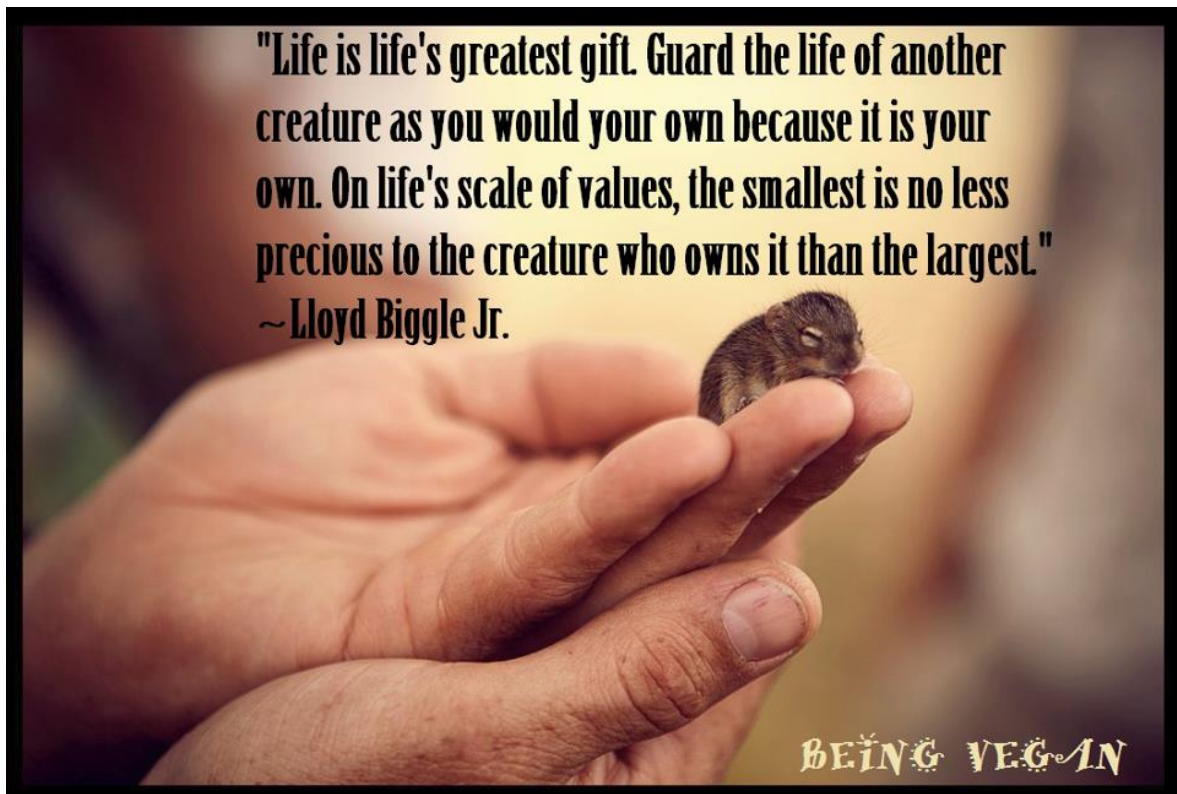
*We are ALL worth it*  
(07/12/2014)

**Newsflash:** No matter how small or weak or "primitive" or "stupid" or "ugly" or "tasty" or useful a creature might be in your eyes, it is has exactly the same rights to liberty and the pursuit of happiness as you do ... and is not one bit less worthy of a joyful life.

Please consider this Truth when preparing to eat your next meal ...  
... and then please act accordingly.

***Thank you.***

*“Nobody in any 1st or 2nd World nation can possibly be so hungry that they need to take a sentient life in order to survive. Even citizens of poor 3rd World countries don't take human lives to satisfy their hunger, so why should they be encouraged to take the life of an animal to do so? After all, both humans and animals are conscious beings -- having the same determination to survive; the same love for their family members and friends; and the same fear of pain and confinement and death. It can only be laziness of habit or arrogant callousness that allows it.” ~ inspired by Morrissey*



**"Life is life's greatest gift. Guard the life of another creature as you would your own because it is your own. On life's scale of values, the smallest is no less precious to the creature who owns it than the largest."  
~ Lloyd Biggle Jr.**

**BEING VEGAN**

## *What the children Know* (07/14/2014)

How incredibly backwards it is that we live in a society where "wise" & "intelligent" adults endorse the needless, systematic & cruel barbarism of slaughterhouses, while "naive" & "ignorant" children are born knowing better.

There really is a very good reason why we take our young children to pick apples but cannot morally justify taking them to see in person where their meat comes from ... You used to know **why** that is the case, and yet somewhere along the way you forgot.

So, now do you remember?

*"Observance of customs and laws can very easily be a cloak for a lie so subtle that our fellow human beings are unable to detect it ... We may even be able to deceive ourselves in the belief of our obvious righteousness. And yet deep down, below the surface of every average man's conscience, he hears another voice whispering, "There is something not right." And it keeps on doing so, no matter how fully his incorrect behavior is supported by public opinion or by his own culture's moral code." ~ Carl Jung*





## *simple Justice* (07/18/2014)

It's all pretty simple, really ...

\*No matter what the ignorance of current culture happens to propose, human beings most definitely do **NOT** need to eat animal flesh or imbibe animal secretions to be healthy. In fact, just the opposite is true ...

\*No matter what the callousness of current culture happens to intimate, animals most definitely **DO** suffer immensely when they are "processed" to obtain that flesh &/or "milked" to obtain those secretions. And this is just as true for those animals who are enslaved "humanely" beforehand ...

\**As such*, it is a fundamental Truth as well that supporting the meat/milk industry with your money (and/or your rationalizations in defense of the same) means that you have indeed chosen to advocate harming other beings to satisfy your own personal pleasures ...

... and it is just as True that you are free to stop doing so (and start respecting those same beings instead) at any time you wish.

Who knows? ... Maybe that day will be today.

Who knows? ... **YOU** Know!

*"Each and every time a person courageously stands up for an ideal, or boldly acts to improve the lot of others who are suffering, they send forth a tiny ripple of Justice ... And over time, these ripples strengthen each other; eventually building a current strong enough to sweep down even the mightiest walls of oppression and cruelty." ~ inspired by Robert F. Kennedy*



In order to live nonvegan, you have to accept that it's okay to subject others to pain for your pleasure. And the day you stop accepting that is the day you go vegan.

Basically, it boils down to cold logic. If we are going to care about the suffering of other humans then logically we should care about the suffering of non-humans too. It is the heartless exploiter of animals, not the animal protectionist, who is being irrational, showing a sentimental tendency to put his own species on a pedestal. We all, thank goodness, feel a natural spark of sympathy for the sufferings of others. We need to catch that spark and fan it into a fire of rational and universal compassion. -Richard Ryder



# Consistency Matters

(07/19/2014)

Three Easy Questions ... and three Easy Answers

**Question #1:** Is it acceptable to physically abuse an innocent dog or cat?

**Question #2:** Is there a significant difference between a dog, a cat, a pig, a cow or a chicken in their respective abilities to feel pain, fear death and suffer cruelty?

**Question #3:** Is it acceptable to confine, abuse & murder pigs, cows & chickens merely because we personally like the way their flesh tastes when cooked?

(**Hint:** Seeing as how "moral consistency" -- the opposite of hypocrisy -- is the theme of this post, I have made sure that the ethical responses to all three of these queries are exactly the same ... So if you can answer any one of them correctly, you already know the answer to the other two.)

Peace to *ALL* ... S

## CONSISTENCY MATTERS



If it's wrong for me to kick your dog for no good reason, then it's also wrong for me to pay someone to harm an animal by choosing a chicken over a veggie-bean burrito, for no good reason, and particularly when it takes little or no effort to choose the latter. Our shared belief that causing unnecessary harm to animals is wrong compels us to make food choices that consistently reflect this belief.

*"The ethical vegan believes that if we are to be true liberators of the innocent then we must renounce absolutely our traditional and conceited attitude that we have the right to use them to serve our personal needs. As there are always feasible alternatives available to us, we simply must satisfy those needs via said cruelty-free means. Indeed, if this ideal of non-exploitation were to be adopted, it would be the greatest peaceful revolution the world has ever known; abolishing vast industries soaked in suffering and injustice, and establishing new ones in the far better interests of men and animals alike."*

*~ inspired by Donald Watson*

## *Re-membering the Goodness* (07/20/2014)

A gentle summons to all Animal Lovers ...

Let's face it: You are essentially a Good Person ... I know it ... You know it ... And probably the vast majority of all your friends & family members & associates & co-workers & classmates know it as well.

You get up each morning intending to make it through the day without hurting anybody or treating anyone unfairly ... You go to work ... You try to do a good job ... You come home ... You try to be nice to your partner &/or your kids &/or your folks ... You enjoy yourself responsibly in your free time (most of the time) ... You go to bed tired -- sometimes grateful for a great day; sometimes wishing life weren't so hard.

You are a Good Person, and that is what Good People do.

Of course, just like all the other Good People out there (including myself), mistakes are made ... Sometimes values become partially compromised for comfort; sometimes ethics become sacrificed for solace; sometimes morals get lightly plastered with pleasure ... We adopt beliefs that contradict our innate understanding of Love, and we adopt customs that violate our own innate sense of Justice & Compassion.

Well, I've got some truly Good News: Your mistakes do not define who you truly are, your moral inconsistencies do not brand you a perpetual hypocrite, and your reverence of convenience & tradition over doing what you know to be Right does not permanently taint your Soul.

\*Your mistakes don't make you "bad"; they merely show that you have temporarily forgotten the Good Person you were ...

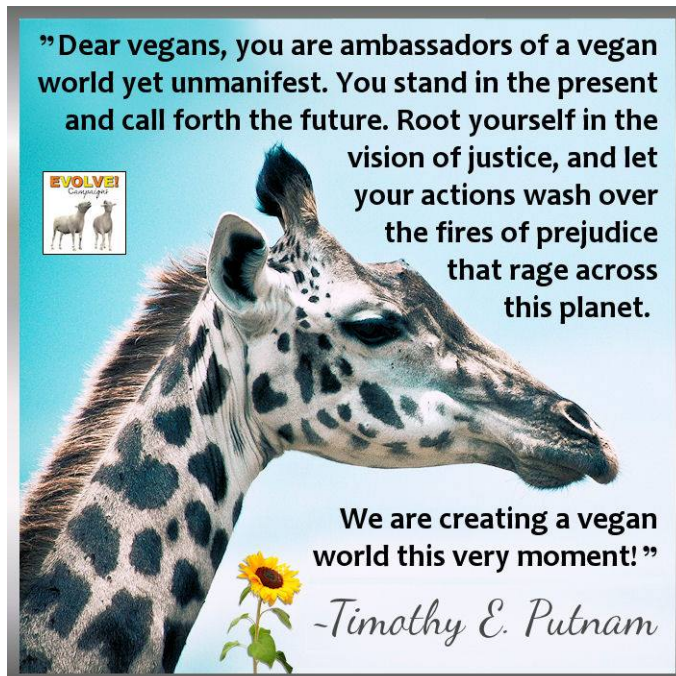
\*Your inconsistencies don't make you "unethical"; they merely remind you of the Just Person you still are but have temporarily misplaced ...

\*& Your succumbing to cultural conventions of callous convenience doesn't make you "immoral"; it merely awakens you to the Noble Person you can today become again.

Amen ... Let it be so.



*"To think we have such a thing called a 'slaughterhouse', where people are actually paid to grab an animal, to use electric prods to force it to go where they want, to jam bolts in their heads, to slice their throats up, to hang them from chains and watch them die -- as blood drips out of their throat and their legs kick desperately... To think that even exists, and in the numbers that it does ... And we're not talking about just a few bad people around doing that; we're talking about this as the **NORM** ... If we can't **STOP** and look at that fact and say, 'Holy Crap! What Have I Done?!?!', then we are in a dire state indeed." ~ inspired by David Coles*



## *Bipolar brutality* (07/22/2014)

I have Faith that even my non-vegan Friends will appreciate the clever humor in this image ... Either way, enJOY!



*"Doublethink is the power of holding two contradictory beliefs in one's mind simultaneously, while accepting both of them... It is the ability to tell deliberate lies while genuinely believing in them; to disregard and indeed forget any fact that becomes inconvenient." ~ inspired by George Orwell*

*"Our species has been quite arrogant in assuming that there is a sharp line dividing us from the rest of the animal kingdom, and we need to realize that we are not the only beings on this planet with personalities, minds and, above all, feelings and emotions. It is time for us to become a little more respectful."*

*~ inspired by Jane Goodall*

## *What veganism IS* (07/23/2014)

Going vegan is not about feeling better ... though it **IS** extremely good for your health, your longevity and your overall sense of Peace & Happiness.

Going vegan is not about "fixing the system" ... though the law of supply & demand **DOES** indeed mandate that every vegan meal you choose saves 1-3 animals from being abused & then murdered in the future.

Going vegan is not about "saving the world" ... though it **IS** indeed true that each & every person who does so significantly improves the global environment in a quite a few quite powerful ways.

Going vegans is none of the above -- **and** it is all of the above ... Going vegan is about aligning your conscience with your consciousness, your morals with your manifestations, and your ethics with your empathy ... Going vegan is simply deciding to be true to who you have been since birth -- a Just & Caring human being who places integrity over instinct, compassion over callousness, & society over self.

All that other great stuff is just icing on the cruelty-free cake.

**"If the entire world decided to become vegan tomorrow, a whole host of the world's problems would disappear overnight. Climate change would decrease by 25%, deforestation would cease, rainforests would be preserved, our water and air-quality would increase, life-expectancy rates would increase, and our rates of cancer would plummet, so certainly, with that one action of becoming vegan you are quite effectively making the world a better place."**

**-Moby**



*"There may be times when we are powerless to prevent injustice, but there must never be a time when we fail to protest." ~ Elie Wiesel*

*"It's a pretty amazing to wake up every morning, knowing that every decision I make is to cause as little harm as possible. It's a pretty fantastic way to live."*

*~ Colleen Patrick-Goudreau*



## *The Arc of the Divine* (07/25/2014)

It is true that Martin Luther King once stated most correctly that, "The arc of the moral universe is long, but it bends towards justice." And yet what Dr. King failed to remind us that day was that yes, while the moral arc of the Universe -- the compassionate, ethical, respectful Knowing that resides in the heart of every sentient being in the Cosmos -- *does* indeed bend towards justice, it does **not** bend on its own. Rather, it bends because Good People are brave enough to stand up to abuse. It bends because Good People are courageous enough to stand up to cruelty. It bends -- slowly yet surely -- when each one of us Good People, in our own unique ways, put our hand on that arc and bend it *ourselves* in the direction of Justice.

Yes, that arc **IS** steadily bending, and yes, Justice **WILL** indeed one day be attained. And yet why should we wait any longer than necessary to arrive at that glorious juncture? ... I and the millions of vegan animal rights activists all over the world are putting our full weight to this all-important task, and yet every day that passes without the attainment of our goal is another day filled with needless suffering & immense pain for millions of innocent beings.

My Friends, the arc **must** bend all the way to Justice for them ... It simply must. Indeed, the fate of dozens of species (including our own) and billions of gentle lives depends upon it. And it is bending still ever so slowly ...

Won't you help bend it with us?



*Just Justice*  
(07/27/2014)

It's not about what you are willing to do for your planet ... It's not about what you are willing to do for your health ... It's not even about what you are willing to do for your loved ones. It's far more important than any of those admittedly very important things.

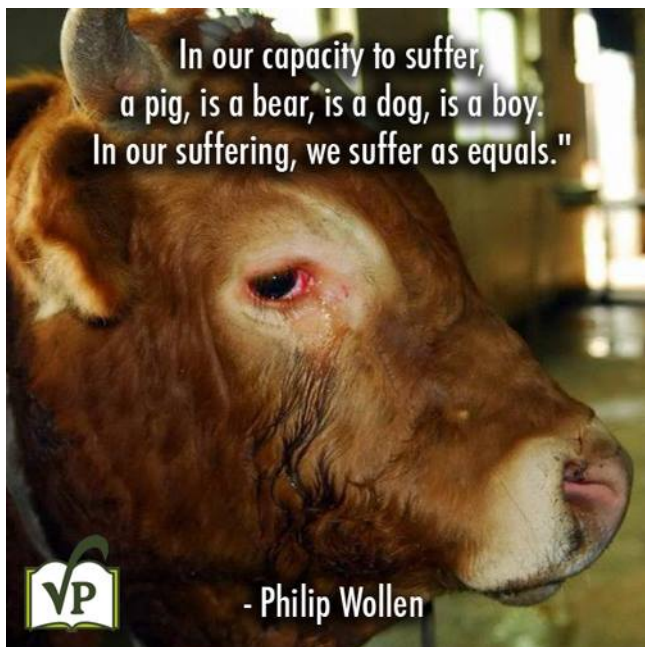
What it's about, my Friends, is what you are willing to do for **FREEDOM** – it's what you are willing to do for **RIGHTEOUSNESS** – it's what you are willing to do for **JUSTICE**.

Please ponder these things sincerely & humbly ...  
... and then please -- even if only for your next meal -- act accordingly.

**Thank you.**

*"Our treatment of animals is a source of inspiration for genocide, slavery and mass torture. Indeed, in human slave societies, the same practices used to control animals were used to control slaves – castration, branding whipping, chaining, ear cropping ... As such, the sooner we put an end to our cruel and violent way life, the better it will be for all of us – perpetrators, bystanders, and victims. Remember, neutrality helps the oppressor, never the victim. Silence encourages the tormentor, never the tormented."*

*~ inspired by Charles Patterson*  
(social historian & Holocaust educator)



*It's about basic decency*  
(08/02/2014)

It's not about being "cool" ... It's not about being "better" ... It's not about being "healthy" ... It's not about being a "responsible citizen" ... It's not about your "morality" or being a "good person" ... And it's not about saving money ... It's not even about taking better care of yourself & your loved ones.

No, my Friends, being vegan is far simpler than all of that:

Being vegan is about not causing others needless pain & suffering ... Being vegan is about not taking away others' rights and liberties ... Being vegan is about not imprisoning others or enslaving them against their will ... Being vegan is about not stealing others' children ... Being vegan is about not being mean & cruel ... Being vegan is about not killing others when we don't need to do so ... Being vegan is really simply about harmonizing our actions with our ethics; harmonizing our choices with our innate knowledge of what is Good & Right & Kind.

It's not rocket science, my Friends, so let's not make it more complicated than it actually is ... Being vegan is simple; being vegan is simply choosing to avoid causing others harm if we don't need to do so ... and especially where the animals are concerned, we really don't need to do so.

Amen ... Let it be so.

*"We are here not to simply bandage the wounds of the victims ground down beneath the wheels of injustice ... We are to drive a spoke into the very wheel itself." ~ Dietrich Bonhoeffer*



**"Animal rights is the most unextreme philosophy I can imagine. It is about nonviolence. It is about compassion. It is about not harming and not causing suffering and not killing when we don't need to. That is it. It is really, truly that simple."  
-Stephanie Ernst**



*Expanding into LOVE*  
(08/23/2014)

Love alone can unite sentient beings in a manner so profound so as to complete their purpose and fulfill their lives, for it is Love & Love alone that joins them with what is deepest and most pure within themselves ... And all we need to do to experience this pure & perfect Love is first, to allow our heartfelt compassion to expand & swell & grow until it encompasses all of humankind and the full spectrum of all living beings on Earth ... and second, to go forth & act accordingly.

(inspired by Teilhard de Chardin)



## *The rationality of Vegan* (08/19/2014)

*“I am in favor of animal rights as well as human rights.  
That is the way of a whole human being.” ~ Abraham Lincoln*

Every single one of us -- every animal lover & every slaughterhouse worker, every stay at home mom & every full-time student, every animal rights activist & every zoo employee, every quick-lunch corporate executive & every organic farmer, every vivisectionist & every vegan -- we have **all** been raised & culturally conditioned to silence our compassion for animals. And how completely we submit to these callous cultural norms & cold social mechanisms is not a matter of rationality -- for indeed, in a society that expects us to advocate cruelty and ostracizes us when we do not do so is entirely understandable ... It is purely selfish, of course, and yet completely rational.

*AND YET* ... once we remember that we too are "herd animals"; that we too are still (obviously) relatively underdeveloped primates; that we too have an innate and potent bond with **all** the other sentient beings that share our planet; that we too, then, feel a sharp pain deep at the core of our very being whenever we contribute to the confinement and the suffering and the murder of others -- in that moment standing up courageously to the cruel exploitation of our animal cousins and furry or feathered friends becomes equally rational.

As such, if we are vegan our task is **not** to pass judgment on others for their choices that happen to violate the sanctity of life, nor is our task if we are not vegan to condemn "radicals" and "extremists" for standing up for animal rights ... But rather, our task -- nay, our *privilege* -- is to open up to both ourselves and to one another and have the basic decency to address the issue at hand; to humbly question why we have chosen to support abuse if we are doing so; to speak gently and courageously with those who are doing so if we are not.



Going vegan is not a diet (though it *is* fantastically healthy) and it is not an environmental movement (though it *is* the most potent way to save the Earth's ecosystem). No, going vegan is first & foremost simply becoming a whole Human Being ... Going vegan is simply opening up to the pain we are unnecessarily causing our animal brothers & sisters -- and thereby recognizing the immense pain we are actually causing our loved ones & ourselves.

Harming animals is a terrible thing, my Friends, and supporting others who do so is just as damaging ... Deep with you, you are a Kind & Compassionate being. **Please** consider reawakening & re-enlivening that Beautiful Being today.

(inspired by Brian Luke)



To understand what it is to be harmed is to understand, implicitly, that it is better to refrain from causing harm than to choose to hurt another, needlessly.





*Calling them as they are*  
(08/20/2014)

Let's just call things what they are ...

\*When a woman's love of furred & leathered finery demands acts of cruelty, and thereby blinds her moral judgment, that is the epitome of vanity.

\*When a man allows his pleased palate to be the sole determinant of his dietary choices at the expense of the freedom of others, and thereby at the expense of the dignity of himself, that is the foundation of gluttony.

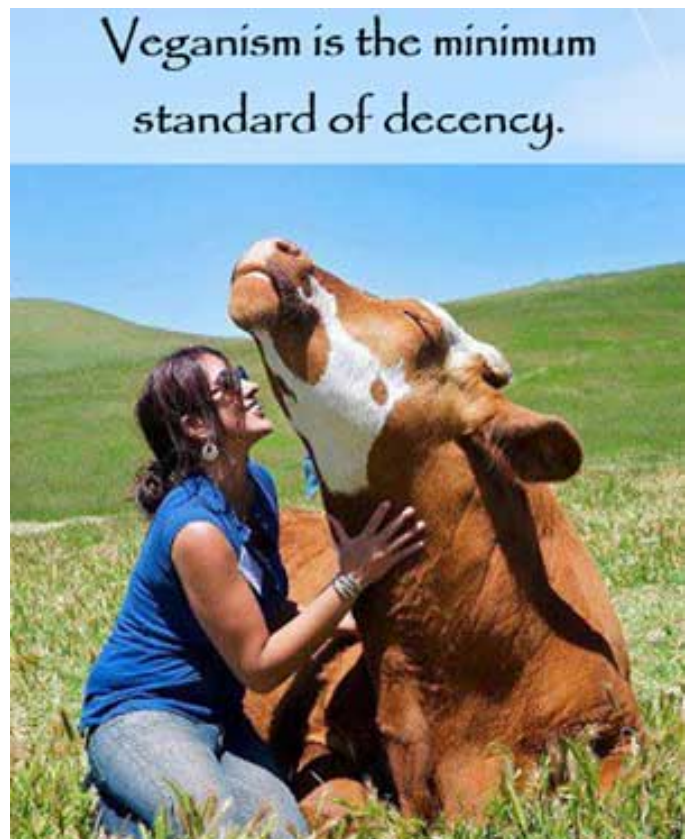
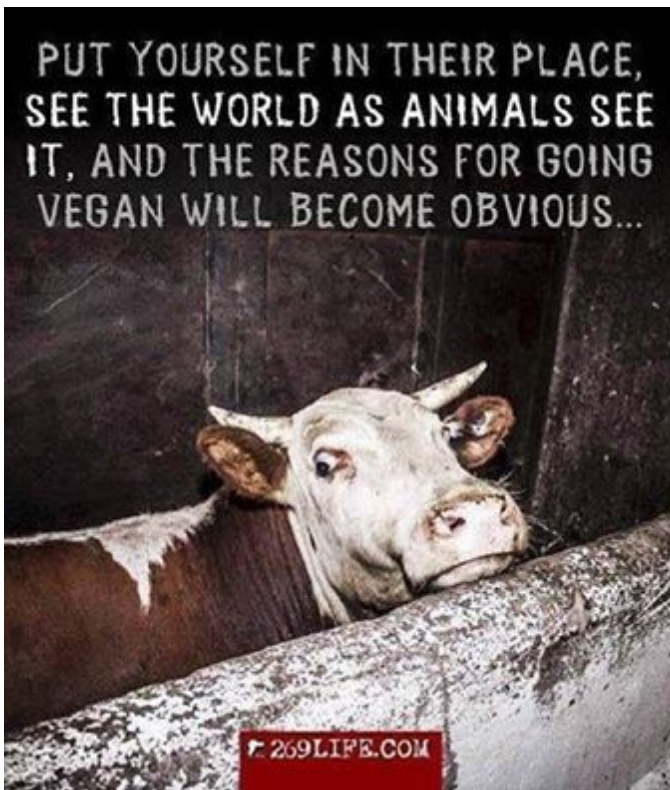
\*When a person ascribes "divine will" to his or her own personal cruel & selfish whims, that is the hallmark of arrogance.

\*And when someone becomes angry or agitated when reminded of the immense animal suffering that his own daily choices cause -- and otherwise might help avoid, that is the baseline of moral cowardice.

It is far past time for us all to Real-Eyes these Truths, and start putting our mouths where our morals are.

Amen ... Let it be so.

(inspired by Matthew Scully)



## *The Beauty-full Way* (08/29/2014)

*"Vegan is a beautiful word, partly because it is so much more than just a descriptor for our diet. It is also a visible template for a life that is ethical, healthy, responsible and rational ... It not only describes our lifestyle; it describes our fundamental character. It says we do not willfully take the life of a single other sentient being merely to satisfy our desires." ~ inspired by Philip Wollen*

### The Starfish...

by: Loren Eisley

One day a man was walking along the beach, when he noticed a boy hurriedly picking up and gently throwing things into the ocean.

Approaching the boy, he asked, "Young man, what are you doing?"

The boy replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die."

The man laughed to himself and said, "Don't you realize there are miles and miles of beach and hundreds of starfish? You can't make any difference!"

After listening politely, the boy bent down, picked up another starfish, and threw it into the surf. Then, smiling at the man, he said,

"I made a difference to that one."



## *Independent Interdependence*

(08/22/2014)

The "Ice Bucket Challenge" is all the craze these days, with videos of lots of celebrities and even a few of us "normal" folks dumping buckets of ice water over their heads to draw awareness to -- and support the fight against -- the disease known as ALS ... Fair enough ... A good cause is a good cause, no question about it. I was even challenged myself, and publicly agreed to let my friends & family film me while I fulfilled it this coming Thanksgiving when I return to the States.

*AND YET* Pamela Anderson then decided to wake me up. You see, she recently turned down the Ice Bucket Challenge for a very good reason -- because in recent experiments funded by the ALS Association, mice had holes drilled into their skulls, were inflicted with crippling illnesses, and were forced to run on an inclined treadmill until they collapsed from exhaustion. On top of that, monkeys had chemicals injected into their brains and backs, and were later killed and dissected ...

And to make matters even worse, these "experiments" were mostly ineffective, amounting to nothing more than sanctioned torture of thousands of helpless, innocent, sentient beings. Indeed, of all the ALS tests done on those animals, only a rough dozen made it to human-trial, and all but one of those failed when administered to humans -- and the one that "worked" offers only a marginal benefit to those who suffer from ALS today.

As it turns out, this level of drastic futility and waste is quite typical, with the FDA admitting that 92 out of every 100 drugs that pass animal trials fail during the human clinical trial phase ... That's 92%!!

In essence, then, testing -- whether it be for ALS or any other disease or condition -- equals LOTS of needless suffering for the animals, with virtually NO real benefit to humans.

Sadly enough, more sophisticated non-animal testing methods already exist ... and they are the ones that have given us everything from the best life-saving HIV drugs to cloned human skin for burn victims. How ironic, then, that trying to cure human diseases by relying on outdated & ineffective animal experiments isn't only brutally cruel -- it's also a huge disservice to the people who desperately desire those cures ... As such, I join Pamela Anderson in issuing a new set of challenges -- to the ALS Foundation (and all research facilities & organizations like them) -- and that challenge is this one: STOP TESTING ON ANIMALS ... And I challenge you as well -- to please *stop supporting the same*.

*Thank You.*

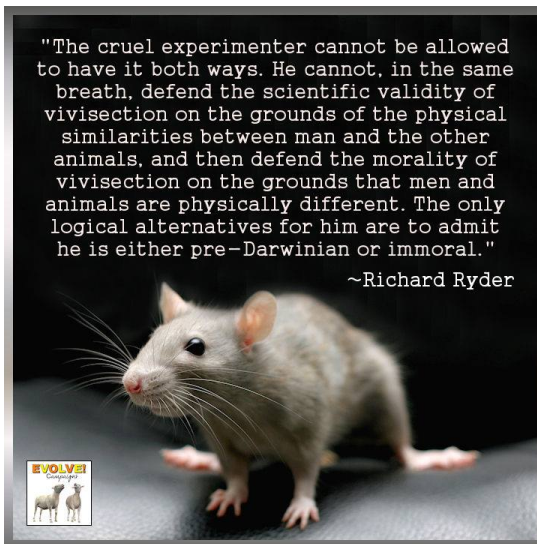


*"Atrocities are no less atrocities when they occur in laboratories and are called medical research." ~ George Bernhard Shaw*

P.S. For every known human disease, researchers are currently trying to develop animal "models" thereof (Greek & Shanks, *Animal Models in Light of Evolution*. Boca Raton, FL: Brown Walker Press, 2009). In order to do so, animals are subjected to invasive involuntary procedures, including surgeries, traumatic injuries, burns, force-feeding, blood draws, biopsies, food, water, and social deprivation, dart gun sedation, prolonged restraint, behavioral and environmental manipulations, viral and bacterial infections, exposure to toxic drugs and chemicals, induced heart attacks, induced motion sickness, induced vomiting (J. Pippin, Physicians Committee for Responsible Medicine) ... Of course, the relevant effectiveness or ineffectiveness of animal testing are patently irrelevant, as **ANIMALS ARE SENTIENT** and thus have **THE SAME INNATE RIGHTS** that we



humans do -- the right not to be incarcerated, the right not to be tortured, and the right not to be murdered ... period! As such, even if animal testing was marginally effective (which it isn't), the solution would always be cruelty-free alternatives -- including (and especially) human volunteers.



## *Buddha & the Killer*

(08/27/2014)

There once was a man named Angulimal who wore a garland of human fingers around his neck. Early in his life he had taken a vow that he would kill one thousand people, and as he steadily fulfilled that promise, he would take one finger from each of his victims and add it to his necklace, to better remember how many he had killed already, and to remember how many he still had left to kill.

Now in the days of Buddha Gautama, Angulimal had finished collecting nine hundred and ninety-nine fingers ... only one was missing from his collection; only one remained for the fulfillment of his oath. And that one remained missing because the road upon which he lived was closed, so even those who hadn't heard of him could not travel his way.

And yet one day Buddha chose to walk his road anyway. The king had put guards on it to prevent people from traipsing to their death, and when the guards saw Buddha approaching, they stopped him and warned him: "This road may not be used, for this is the place where Angulimal lives. Even the king himself does not have the courage to walk here, for Angulimal is both incredibly powerful and incredibly mad." Upon hearing this, Buddha smiled and kept on walking ... The guards walked in front of him again & again, trying in vain to warn him of his impending demise, and yet when they saw Buddha's determination to continue onward, they let him pass.

Not too long thereafter, Buddha did indeed encounter Angulimal. And Angulimal did indeed come out from his home and inform Buddha that he was going to kill him and take one of his fingers to wear around his neck, thereby finally fulfilling the promise he had made to himself so long ago ... And yet the Buddha did not respond to this news as the 999 before him had responded ... There was no anger ... There was no sadness ... There was no fear ... In their place there was only a gentle smile -- a bizarre mixture of acceptance of his fate and compassion for his deluded killer. Indeed, this exuding of such pure calm in the face of pain & death was so unsettling that Angulimal did not know at first how to proceed. Striking down those who rage or whine or cower is one thing, but striking down a man radiating peace & love was quite another.

And then, strangely enough, Angulimal began himself to be afraid ... His hands began to tremble and his steps began to falter. And it was at that this moment that Buddha gazed upon him gently & spoke, saying "Here I am before you, ready to die by your hand, and yet why is your hand shaking? You are such a great warrior -- even kings rightly fear you -- and I am but a poor beggar. You can kill me now, and I will feel satisfied that my death fulfills another's deepest desire -- even yours. My life has already been useful, and now my death will be as well."

At these words Angulimal regained some of his resolve, and began to approach Buddha with his sword raised, when Buddha spoke once more. "But before you cut my head and take my finger, Angulimal, I have a small wish that you might grant before my death ... I would like for you to please cut from that cherry tree a branch which is full of flowers. For I will never see such flowers again, and would like to see them closely; to inhale their sweet fragrance and intimately witness their incredible beauty in this glorious morning sunlight."

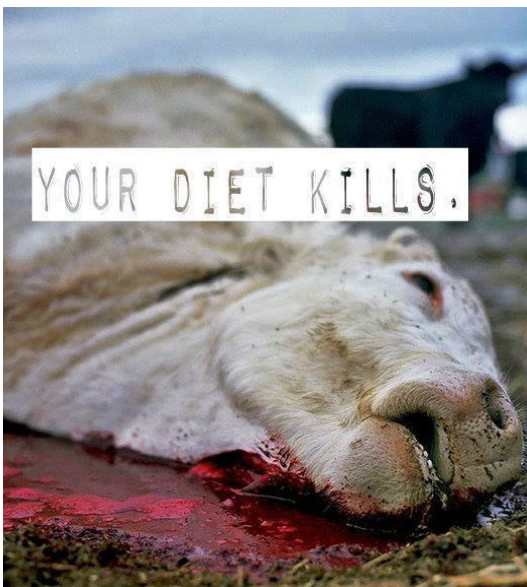
This request seemed more than reasonable, and he was after all about to kill his final victim, so Angulimal took his sword and cut down a branch full of flowers, just as Buddha had requested. And as he turned to give the branch to Buddha, the Buddha smiled and said, "Very good. You have fulfilled the first half of my final wish; the other half thereof is this: Please re-attach the branch to the tree."

Angulimal was taken aback, and when he recovered his senses, he replied, "I was wondering from the very beginning whether or not you were crazy. Now I know that you must be so. For how can I put this branch back on the tree? I have already hacked it off. It is dying, and to its tree can never return."

Buddha smiled and was silent for a few moments, allowing the weight of Angulimal's own words to sink into that moment, and then he said -- very slowly & very softly, "What you cannot create, you shall not destroy. And if you cannot create life, then it is not your place to give death."

And that was that ... At that very moment Angulimal's sword fell to the ground and Angulimal himself dropped to his knees. He begged forgiveness for his arrogance & his cruelty and vowed to amend his ignorant ways. Over the years that followed, he did quite well to at least partially atone for the 999 lives he had already taken ... Far more importantly, he never killed again.

(inspired by unknown)





## *Seeking the Highest* (08/28/2014)

*"What you know as the highest, simply seek that. It doesn't matter whether it is going to happen soon or not going to happen soon; simply living the vision itself is very elevating, is itself very liberating, is itself a joyous process, and is itself very effective at bringing about the change you wish to see. Whether it is going to happen tomorrow or after hundred years is not the point. You have a beautiful vision and as such you are not concerned whether it is easy or difficult, you are not concerned whether it is probable or non-probable, and you are not concerned about the magnitude of the ultimate result. You simply have a Great Vision, and then you actively give your life to it."*

(~ inspired by Sadhguru Jaggi Vasudev)



*“I am not well-versed in theory, but in my view, the cow deserves her life ... as does the ram ... as does the ladybug ... as does the elephant ... as does the fish ... and the dog ... and the bee ... and indeed all other sentient beings. I will always be in favor of veganism as both a moral & practical minimum because I believe that sentient beings have a right not to be used as someone else's property or abused against their will. The animals ask us to be brave for them -- to be clear for them, and as such I see no other acceptable choice but to advocate veganism. If these statements make me a fundamentalist, then so be it; I will sew a scarlet 'F' on my chest so that all may know that I am fundamentally in favor of compassion and fundamentally against cruelty.”*

*~ inspired by Vincent J. Guihan*

“A small body of determined spirits  
fired by an unquenchable faith in their mission  
can alter the course of history.”  
~ Mahatma Gandhi



*“And I will take one from a thousand  
and two from ten thousand,  
and they shall Become a single One.”  
~ Jesus (Gospel of Thomas 23)*