

Sanctifying the Sentient

(Volume II ... Sept 2014 – July 2015)



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

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 2013, 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 enzymes “harvested” from the stomachs of 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), repeatedly have their babies kidnapped from them shortly after each birth (half of whom are then soon murdered for veal & cheese), and ultimately 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 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 brutality & suffering.



And so I went vegan that June 16th, 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 to you all.

Scaughdt
(April 2015)

*Sentience is not up for debate;
Sentience simply IS*
(09/04/2014)

Sentience ... (noun) self awareness; the ability to sense a differentiation between self and the other members of one's environment;



... and the ability to make emotional connections,



... and the ability to fear pain or imminent suffering -- or to empathize with others experiencing in similar discomfort,



... &/or the ability to revel in the peace of companionship with others.



Basically, anyone who doesn't think animals are just as sentient as we humans desperately needs to spend more time with animals.

"The line that you draw between yourself and nonhuman animals is every bit as illusory and arbitrary as the line drawn between any oppressor and the oppressed." ~ John Tallent

Proving Sentience ... Part I: Joy

(09/06/2014)

In July of 2012, a prominent group of scientists from all around the world (including cognitive neuroscientists, neuropharmacologists, neurophysiologists, neuroanatomists and computational neuroscientists) signed at the University of Cambridge a scientific paper entitled "The Declaration on Consciousness", which stated – among other things -- that "the weight of evidence indicates that humans are not unique in possessing the neurological substrates that generate consciousness."

But this "discovery" is not what is amazing to me ... What is amazing to me is that we humans have become so distanced from reality that we needed to wait until 2012 for scientists to tell us what had been so flagrantly obvious for the thousands of years beforehand -- namely, that animals are just as self-aware as you or I; that they want to live like you & I want to live; that they have emotional Love for their offspring and close friends like you & I have an emotional Love for ours; that they -- just like you & I -- feel happiness & contentment & Joy in times of peace & plenty, and sadness & yearning & terror in times of violence & death.



"When you can no longer tell the difference between being yourself and being love, you are not far from waking up ... The shortest interval between two points is the awareness that they are not two." ~ Eric M. Leventhal

Proving Sentience ... Part II: Terror

(09/06/2014)

There are those who would debate me on this front -- those who claim quite vehemently that animals are "too stupid" or "too primitive" or "too clueless" to experience any real suffering while confined or abused or slaughtered. And to those folks I would simply say that whether or not animals are "intelligent" or "conscious" or "self-aware" is really not important at all ... that it is enough that they know what it is to feel pain; that it is enough that they fear that pain; that it is enough that they suffer greatly both while fleeing from pain, as well as while being inflicted with it.

When it gets right down to it, my Friends, there is absolutely no reason whatsoever for humans to inflict innocent animals with any suffering -- no reason whatsoever to have animals tremble in fear; no reason whatsoever to have animals call out in pain; no reason whatsoever to have animals suffer in death.

"Being vegan is as simple as valuing the life of a cow, which can last up to 20 years, more than the taste of a single meal; a meal which costs that cow that life -- a meal which brings that cow great pain -- and a meal which lasts for roughly 20 minutes." ~ inspired by Marlaina Mortati



Salient Sarcasm (09/07/2014)

This following article is really well written & really hits home ... Normally I gently poo-poo sarcasm; believing it to be the mildest form of dishonesty. In this case, however, it is absolutely spot on ... Peace.

.....

"Consumers today are more conscientious than ever about the choices they make at the supermarket. They want to know that the food they put on the table for their family is all-natural, environmentally friendly, and humane. And that's why we here at Nature's Acres Ranch hold ourselves to a higher standard and produce only the finest grass-fed and 100 percent additive-free beef. We guarantee that our cows are ethically raised on sustainably grown pastures before we hang them upside down from a moving conveyor and slice their throats wide open. Our independently owned family farm is committed to one guiding principle: making sure that you, the customer, receive the best-tasting, highest quality beef from cows that are healthy, active, and eventually suspended fully conscious inside a facility thick with hot, blood-choked air and the frantic bellows of dangling, profoundly fearful animals ...

As owner and president of Nature's Acres and a lifelong rancher myself, let me assure you that our animals are treated with exceptional care using only traditional methods from the very second the calf is born on our farm, to the moment a cascade of blood showers from its gaping, half-severed neck, to the day our award-winning beef reaches the grocer's case in the organic section. When we shackle a chain to a hind leg of each of our cows and hoist its terrified, quivering frame 12 feet up to the rafters, we can see firsthand just how tender, meaty, and well-marbled its entire body is—and that means exceptional flavor for you and your family! While frail and pharmaceutical-laden factory-farm cows just droop lifelessly while awaiting their deaths, our healthy, GMO-free cattle thrash about wildly in the air, very often tearing their own delicate flesh and shattering their leg bones in a hopeless attempt to flee to the nearby 100 percent organic grassland pastures where they were free to roam during their unnaturally truncated lives ...

We here at Nature's Acres know that the best quality meat comes from the best quality cows. That's why our line of Angus and heritage Galloway cattle—hand-selected for superior taste and texture—provide ideal, gourmet cuts of beef, which we begin to extract from their still-gurgling and twitching bodies in the 20 to 120 seconds it takes from the initial incision to the moment their brains finally cease functioning. And of course our award-winning beef is flayed and butchered fresh on the spot, allowing the animal's dangling, inverted brethren to look on with dilated, terror-filled eyes as they slowly advance one-by-one toward an identical and incomprehensibly traumatic fate. And all of our meat—as well as the unfathomable amounts of blood, body fluids, and trimmings that drain from our cows into the vast 50,000-gallon collecting tank beneath our facility's floor grating—is 100 percent hormone and antibiotic-free Now, that's great for you *and* the environment!

There are certain things you can truly count on when you see that Nature's Acres label at your local supermarket. One, our products are USDA certified organic. Two, every cut of Nature's Acres beef is minimally processed and contains absolutely no artificial hormones or antibiotics—ever! Three, all of our cows were grasped by the nostrils using cast iron nose tongs and had their heads violently wrenched backward so we could slash right through their carotid artery and windpipe with an 18-inch blade ... And you can take heart knowing that Nature's Acres has earned the "Animal Welfare Approved" and "Certified Humane" seals of approval from independent inspectors. So next time you choose a steak or ground chuck to throw on the grill, consider a healthier, more humane, and tastier option, and look no further than the Nature's Acres Ranch line of products. We're the one with the smiling cow on the label!" ~ The Onion

(NOTE: If this article makes you smile or even chuckle, so be it ... Sarcasm will do that. AND if you are not vegan and this article doesn't make you earnestly question your own eating habits, then it's time for you to take a long, hard, cold look in the mirror and ask yourself exactly what it is that you stand for as a Human Being.)

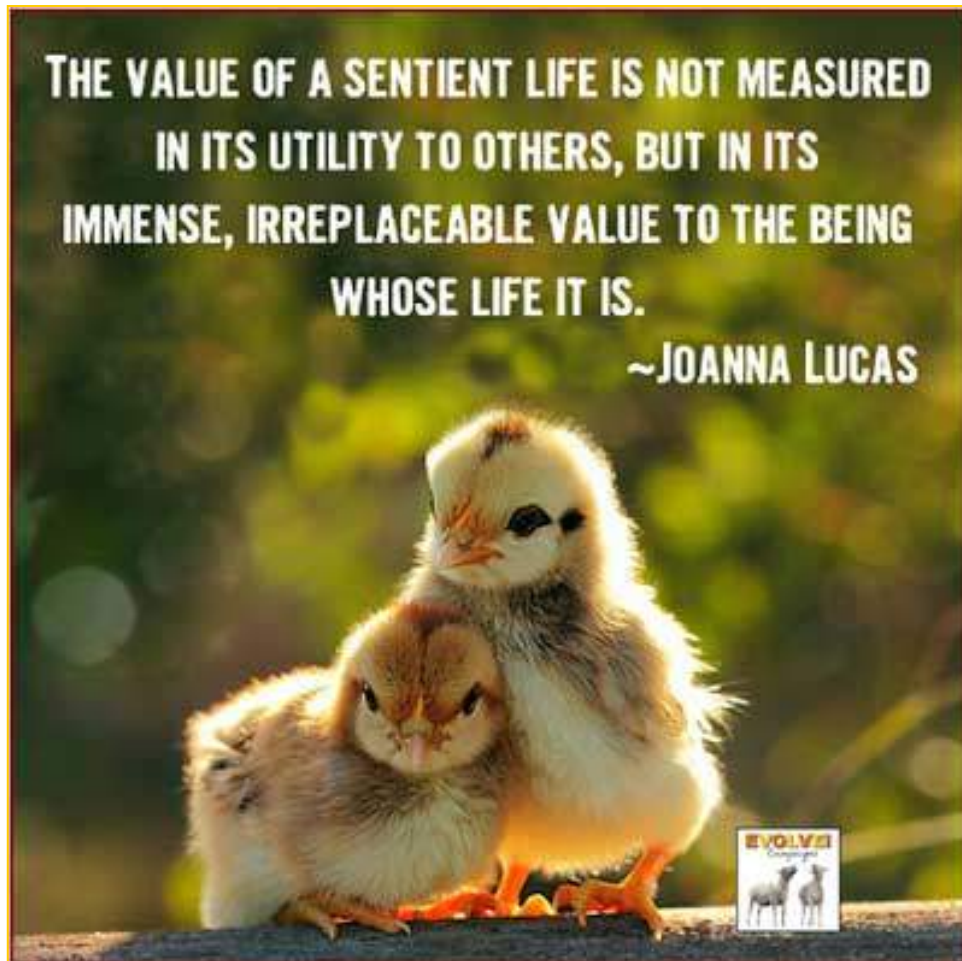


"Join us in opposing the elitist notion that other animals exist for human use. Join us in celebrating the mind, the heart, and the mystery that each sentient being brings to the world. Join us in restoring the true meaning, practice, and moral significance of the word 'Respect'. Join us in living vegan."
 ~ Peaceful Prairie Sanctuary

The lighter side of Sentience
(09/07/2014)

And on the lighter side of animal sentience ... enJOY!

"There are these two young fish swimming along and they happen to meet an older fish swimming the other way, who nods at them and says 'Morning, boys. How's the water?' And the two young fish swim on for a bit, and then eventually one of them looks over at the other and goes 'What the hell is water?'... The point of the fish story is merely that the most obvious, important realities are often the ones that are hardest to see and talk about." ~ David Foster Wallace



A most Beauty-full Word
(09/08/2014)

Vegan: a most Beauty-full word -- more for what it means than for how it sounds; more for what it creates than for what it means.

"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 either to quell our own primitive fears or to satisfy our own personal desires." ~ inspired by Philip Wollen



Finding true Justice (09/09/2014)

Today, people are protesting the injustice of governmental oppression in Turkey, people are protesting the injustice of religious theocracy in Egypt, and people are protesting the injustice of an ineffective jury in the United States. In fact, if we listen closely enough, people all around us are demanding justice for themselves and their families; and everywhere we look, people are outraged when rights are violated and where justice is not served.

And yet, where are the protests for the circus animals and the zoo residents who are being incarcerated for their entire lives in conditions that can only be described as miserable? They committed no crimes, and yet they have been imprisoned completely against their will ...

And where are the protests for the beef cattle who are being brutally slaughtered every minute of every day, all to fill our bellies with their dead flesh? They too longed for a life of love & freedom ...

And where are the protests for the dairy cows who are artificially impregnated, have their calves stolen from them immediately after birth, are forced to constantly produce milk past the point of pain until their udders no longer function, and are then hung up by their back hooves to have their throats slit while still at least partially conscious? These gentle creatures never harmed anyone ...

And where are the protests for the pigs who have their teeth cut out and their tails snipped off and their testicles scissored away (all without anesthesia) – all to keep them from injuring each other after they inevitably go crazy in pens so small they cannot even turn around; all to enable them to grow as fast as possible before they are led screaming to the slaughterhouse floor? Distinctly more intelligent than dogs, these animals certainly did not ask for such a life – and they most certainly did not call for such a death ...

And where are the protests for the chickens who are crammed into “cage free” rooms — never to see a blade of grass or a ray of sunshine, or for the male chicks who are sent immediately after hatching into a massive grinder to be crushed alive? Is there really an excuse for such denigration and such despicability?

My Friends, I get it that there are many other social concerns out there ... I get it that many of you are understandably disturbed by the injustice of NSA wiretaps, the injustice of Monsanto-inspired governmental corruption and the grave injustice shown to the family of Trayvon Martin.

... AND YET ...

How many of you are actively supporting the torture of innocent beings by eating eggs?

How many of you are actively assisting in murder by putting pork or steak or hamburger or bacon on your plates?

How many of you are actively encouraging slavery by drinking milk & cream?

According to statistics, almost all of you are still doing so.

Truly, then, today there is no *Justice* ...



Stop the murdering
(09/10/2014)

By the way, murder is not only the premeditated killing of another human. Murder is also the premeditated killing of any other sentient being, and that execution it is not one bit less vile & not one iota less immoral if we pay someone else to do our killing for us while we look the other way.

So please, my Friends, open your eyes and make the connection between what is on your plate and what it was before it got there ... and then please make the compassionate (and the courageous) choice to stop supporting murder today.

Thank you.



Compassion for the killers (09/12/2014)

If we are going to change this world for the better – if we are going to walk away from the precipice of human extinction over which our species is currently teetering, we simply must learn to exude Compassion for the murderers in our midst; for killers are not “evil” people. Rather, killers are simply lost, sick Souls – all of them striving for the Light, yet all of them groping madly for the same with ignorant acts of violence ... Thereby they remain fully lost — wasting their precious lives; spinning dizzy and confused in the darkness.

To liberate this dynamic of dis-ease, we must do one of two things ...

First, as non-vegans (a.k.a “meat-eaters”), we must awaken to the humbling fact that we are no better than the dolphin killers in Japan, the elephant poachers in Kenya, the whale-butcherers in the Faroe Islands or the dog-flesh merchants in China. We must awaken to our own misdeeds and realize that pigs & cows & chickens & geese are just as worthy beings as dogs or cats or horses or our fellow humans ... We must awaken to the simple FACT that “farm animals” have just as much a right to live a long & healthy life — free from confinement, torture & murder — as do our own children.

Or **second**, as vegans, we simply **MUST** stop attacking non-vegans. For when we choose to lambast & berate & condemn & criticize those who are obviously warped in their thinking, confused in their beliefs, or simply ignorant of the Truth facing the vast majority of the animal kingdom today, we will **NOT** diminish the suffering of our animal friends. Indeed, attacking meat-eaters will actually *encourage* them to defend their violent choices and continue supporting the cruelty that is required by their current preferences of palate.

Instead, to do real Good for our animal Friends who are currently being enslaved & persecuted, we vegans — we who have chosen to cherish the rights of ALL beings sentient, simply **MUST** have the courage to not only boldly stand between meat-eaters and their victims, but also to simultaneously send those same non-vegan murderers sincere & gentle & heartfelt forgiveness while we do so ...



After all, they too — just like our animal cousins — are members of our own greater Family.

Amen ...

Let it be so.

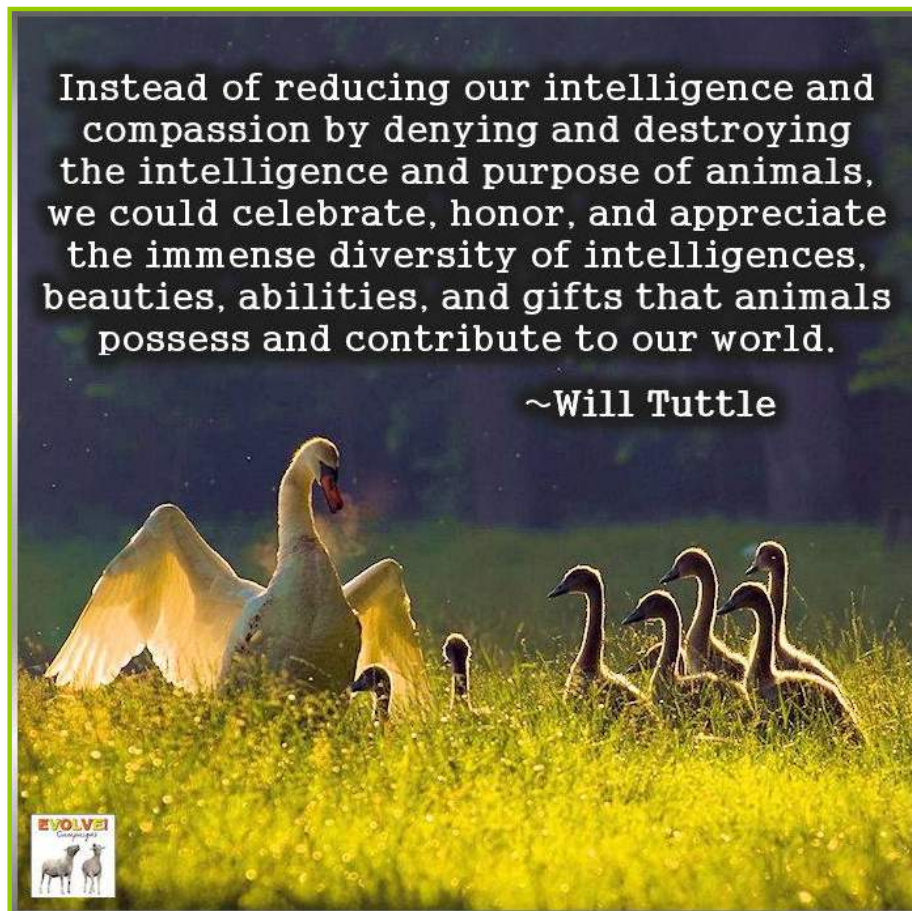
A true No-Brainer ...
(09/16/2014)

Most understand the phrase "No brainer" to refer to any statement or concept that is patently obvious and flagrantly True -- one that is so clear that it needs no pondering or discussion for even the least intelligent person to comprehend its innate veracity ...

What is not so well known is that "No brainer" also implies another Truth about many of those same statements or concepts -- namely, that they advocate the use of the Heart instead of the mind; that they champion the courage of Compassion instead of the apathy of callousness; that they support humility instead of arrogance; and that they advocate unconditional respect instead of rationalized bigotry.

For those who require an example of the same, I offer the "No brainer" embedded in the following image ...

Please enJoy ... and then please emulate.



P.S. And by the way ...



Research has proven that we don't need to kill to live on Earth.

... So let's choose to no longer kill to do so.



*Our unwillingness to see personhood
in nonhuman animals does not
diminish their personhood;*



it diminishes our humanity.

The unnecessary of Evil ...
(09/17/2014)

Here's a relatively easy quiz question for you: What remains after the "necessity" in every "necessary evil" is exposed as a lie? What is left over after the "necessary" falls away from every "necessary evil"? ... As you have certainly already figured out, "necessary evil" minus "necessary" -- equals "evil".

My friends, the pain and suffering required in *all* animal "processing" is patently inhumane. For decades -- even for centuries -- people have said this about the abattoir; about the gruesome killing floors of slaughterhouses, and yet in our modern day & age it can also be openly said about every farm -- and about every pitiless stage of every farmed animal's "life"; from callous birth to torturous confinement to cruel death ... Even the most "humane" of pre-slaughter treatment (which can be found on less than 1% of all animal farms) treats animals like commodities. Even the most "humane" of treatment still sucks the freedom from the lives of its slaves. Even the most "humane" of treatment still ends in the murder of its subjects -- either when it becomes "profitable", or when they are no longer deemed useful.

And once we have the humility to recognize this fundamental Truth, we have a choice to make: either we can quit quietly whispering about these disturbing injustices and *start doing something* about them, OR we can take the still-far-too-common view that "such is the way of the world"; or that "there's not much I can do"; or that "It's really not that bad" ...

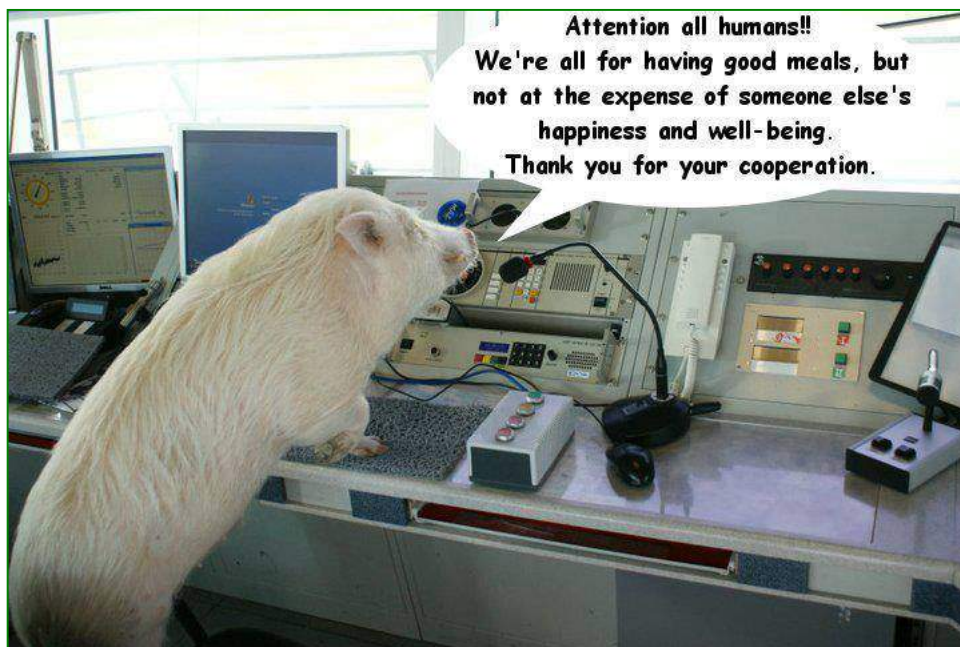
Yet where does such moral cowardice leave us? I'll tell you where it leaves us: It leaves us silent when we should be speaking out ... It leaves us compromised when we should be standing up for our values ... It leaves us exchanging knowing & embarrassed glances at the ruthless barbarities that lay now only partially hidden at the edges of our society's awareness ... It leaves us neutered & feeble -- unable to discern or judge the conduct of others because we are unwilling to consistently and correctly regulate our own.

Saddest of all, it leaves us useless & hollow. It leaves us -- innately decent & humane people -- to be rightly judged as accomplices in the greatest crime against basic decency that our world has ever known; while millions upon millions of innocent creatures are crushed ever more fully under the iron boots of the careless and the wicked; a wanton demolition of Souls that -- if you are a meat eater or milk drinker -- your dollars directly support and your indifference indirectly encourages.

And yet it doesn't have to be this way, my Friends ... Indeed, there is a very easy answer to this "quiz", one that brings immediate reconciliation to most of your internal conflicts, and one that brings immediate Peace to most of your external life.

May you have the humility to see this Answer ...
... and then may you the courage to walk its Way.

Amen ... Let it be so.
(inspired by Matthew Scully)



What can you eat? (09/18/2014)

A buddy of mine looked at me yesterday afternoon and asked: "What do you eat if you don't eat meat?!?" ... Now I have heard this question before, and it has fascinated me every time I have heard it – after all, the people asking it are invariably intelligent folks, and yet their neocortical faculties have obviously somehow been shut down when it comes to understanding food; probably by overbearing indoctrination in their childhood and heavy cultural programming in their youth ... In this particular case, the friend asking the question has known about my vegan lifestyle for over a year, and has even asked me this same question a number of times before. As such, it was less of a question and more of a challenge ... and I responded as I typically do:

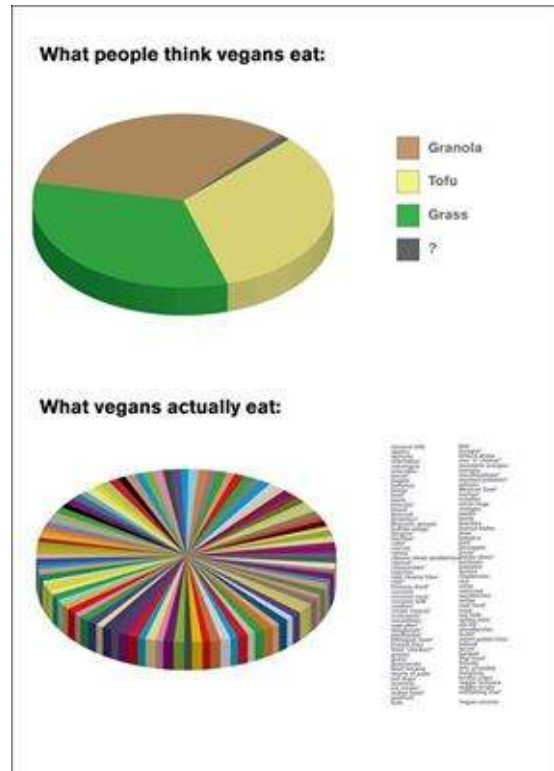
*First with a pause and a smile, just enough time to let the ridiculousness of the query echo off my obviously healthy vegan body and linger a bit in the air ...

*Then I started listing just a few of the thousands of delicious options available to vegans that I myself (on a very limited budget & with not even a kitchen of my own) regularly enjoy ...

*Then I noted offhand that a vegan diet is by far the one best suited for human health & longevity ...

*And finally I closed by reminding my friend that my diet isn't about me at all; that massive injustice & disgusting cruelty is being needlessly inflicted on millions of innocent animals by meat-eaters & dairy-drinkers every day; that even if a vegan diet actually caused cancer & heart disease & diabetes & osteoporosis (instead of preventing them all, which it actually does), I would *still* choose to be vegan.

After all, what is the point of living a long & healthy life if you can't look at yourself in the mirror while doing so? What is the point of living a long & healthy life if that life relies on the murder & the torture & the enslavement of others?



One day, every single supporter of the meat/dairy industry -- every single person out there who still ingests meat &/or eggs &/or dairy products -- is going to wake up to the **fact** that a truly Good Life must be a life founded in Compassion, not a "life" based in pleasure or abundance or comfort ... And in that moment, every single one of them is going to realize in full the immense pain & incredible suffering that their selfish choices have caused ... And in that moment, every single one of them is going to suffer mightily as a consequence.

The sooner this Awakening happens, the less horrific that moment of Enlightenment will be -- and the sooner those people can then start living a life of Atonement for their crimes. The sooner this Awakening occurs, to sooner these innately Kind & beautiful people can start rebuilding their lives as vegans -- lives that will overflow with true Joy & deep-seated Inner Peace -- lives that will be rebuilt on the values of Respect & Humility & Love, instead of violence & arrogance & greed.

Some of them, of course, will wait too long to do so -- some of them will wait until their deathbed to have this Awakening ... Rest assured, for them it will be too late; their suffering will be well-nigh eternal, and their pain will be near beyond repair.

So *please* avoid making a similar mistake, my Friends ... Consider commencing with a Life of Compassion instead -- and consider doing so today.



Amen ... Let it be so.

"A universe is, indeed, to be pitied whose dominating inhabitants are so unconscious and so ethically embryonic that they make other lives commodities, mercy a disease, and systematic massacre both a pastime and a profession."

~ J. Howard Moore

Rebirthing the chicken ... (09/19/2014)


I have had quite a few of my friends tell me that it's OK for them to eat chickens because chickens are too stupid to comprehend their own lives and therefore do not suffer when they are murdered ... As it turns out, the latest science is now clearly showing what anyone who has spent any significant time around chickens already knows -- that it is not the average chicken, but rather this ridiculously outdated & patently primitive belief, that is downright stupid.

"Few people think of the chicken as intelligent ... In recent years, though, scientists have learned that this bird ... possesses communication skills on par with those of some primates and that it uses sophisticated signals to convey its intentions. When making decisions, the chicken takes into account its own prior experience and knowledge surrounding the situation. It can also solve complex problems and empathizes with individuals that are in danger."

~ Scientific American (February 2014)

Of course, intelligence is *not* the relevant issue here ... After all, it is considered immoral and even illegal in all modern societies to kill humans & in most cultures it is also immoral & even illegal to torture dogs or cats or horses -- and this is true no matter how stupid those humans or dogs or cats or horses might be. AND YET a rudimentary level of intelligence does tend to indicate sentience -- and therefore the ability to suffer; a basic level of self-awareness that is without a doubt possessed by chickens.

CHICKENS '*cleverer than toddlers*'



Hens are capable of mathematical reasoning and logic, including numeracy, self-control and even basic structural engineering.

More reasons to BE COMPASSIONATE
towards all sentient beings. **LIVE VEGAN**

As such, if chickens are "dumb enough to be killed", then so are most human toddlers ... Think about it.



And despite this innate beauty, keen curiosity and surprising cleverness, chickens are still the most maltreated & disrespected of all farmed animals ...



In essence then, the basic decency & fundamental integrity with which you were born know that it really doesn't matter how good you think chickens taste ...

Confining them is still slavery ...
Killing them is still murder ...
& eating them is still immoral.



*"Do the best you can until
you know better.
Then when you know better,
do better."
~ Maya Angelou*



Saving the Earth (09/21/2014)

*“If you do not change direction,
you will end up where you are heading.” ~ Buddha*

Today, as a species, we are headed for destruction. And I don't mean the violations of human rights and the blasphemies of war & poverty that still plague us ... I mean complete and utter ecological collapse ... I mean mass starvation ... I mean the utter decimation of the world's rainforests ... I mean the loss of hundreds of thousands of viable, sentient species ... I mean the loss of most of the world's fresh water supplies, and the pollution of the supplies that remain ... I mean a radical shift in our global climate that will lead to massive flooding, devastating storms & catastrophic agricultural losses ...

I mean the collective death of our human civilization.

And this is not some radical, trumped-up “doomsday conspiracy” ... This is truly exactly where we are headed as a species. Today, solely because of our needless, greedy & cruel consumption of the flesh & secretions of other animals, we are marching briskly towards our own extinction ... And yet this does not have to be the case ... Though we are currently still behaving like selfishly callous primates, we *could* be so much more ... we *could* choose to become Human Beings. We *can* stop this madness, my Friends. We *can* still save our planet & thereby, ourselves. And it all starts (and ultimately all ends) by what we choose to put on our plate — and by *who* we choose **not** to put there.

We might be headed rapidly for disaster, my Friends, and yet it is not too late to head in a different direction — a direction of respect for all sentient life; a direction of Kindness towards all our brothers & sisters; a direction of health for our bodies & our planet; in essence, a direction of Peace.



Indeed, a most beautiful Life & a most joyous Living are waiting for us, and yet in order to arrive on those different shores, we must first choose to head in a different direction ...

Won't you please help me change our course?

“There is the risk that you cannot afford to take, and then there is the risk that you cannot afford not to take.”

~ Peter Drucker

Yet another Tragedy ...
(10/03/2014)

And to think that tragedies like the one mentioned below take place all day, every day, all over the world ... Please consider removing your support for these inhumane acts of blatant cruelty by removing dairy from your diet ... Thank you.

"When asked how should we 'humanely' treat cows, my answer is, 'Well, a good start would be to not breed them into this world so we can impregnate them, steal their babies, steal their milk and then send them to slaughter in their youth when their mammary glands fail from abuse and overuse.' There's much more we could do to start treating cows humanely, of course, but this would be a good start." ~ inspired by Robert Grillo

.....

"When we saved Tuttle he had not received colostrum or spent any time with his mum. He was pulled from her with a tractor and put in a pen to await the truck to the slaughterhouse ... His mother bellowed for hours, unable to locate her baby. She was later led to the milking station, broken and defeated, to have her milk sucked from her by a machine ... Babies like Tuttle are considered 'waste', and sent to slaughter in their first few days of life. The milk these babies need to survive is taken for *adult* humans to use.

Our beautiful calf Tuttle died last night. We did everything we could, but sadly Tuttle had no will to live without his mother ... We will never forget you."
~ Animal Liberation Victoria



The Last Laugh ...
(12/07/2014)

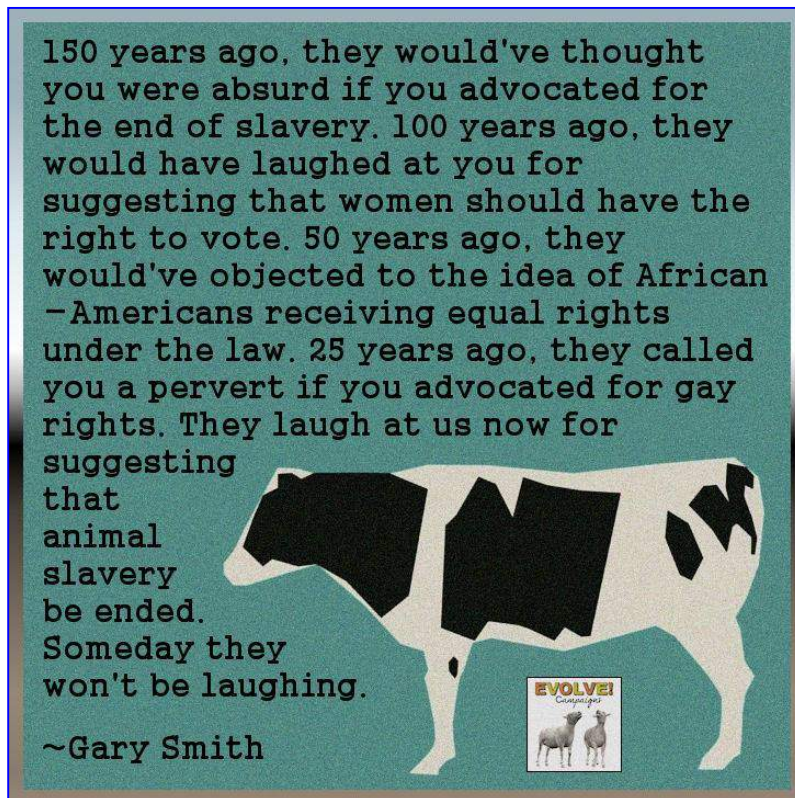
My Friends, be not afraid to raise your voice for Freedom over enslavement; to raise your voice for Kindness over violence; to raise your voice for Compassion over cruelty ...

Yes, you may only be one voice, and yet even that one voice can be heard even across the greatest canyon of cowardice.

Yes, you may only be one voice, and yet that one voice can still become a powerful beacon of Caring -- a beacon shining through the darkness of callousness; a beacon shining through the fog of greed; a beacon shining through the haze of fear, to illuminate ignorance and inspire the freedom of those oppressed and all those enslaved.

Yes, it is true that we each only have one voice -- just as it is true that we also each have only one life ... And yet these are not reasons to remain silent ... No, my Friends, these are reasons -- while we can still do so -- to speak up boldly for **ALL** the world's victims of prejudice and all its sufferers of injustice.

Amen ... Let it be so.
(inspired by William Faulkner)



You are not ... You ARE
(10/05/2014)

The quote below is not only for all vegans out there fighting to end the immense suffering & to correct the horrific injustices being inflicted on the innocent; it's for all of YOU who are not vegan who could be. I realize that making the leap from a meat&milk infested diet to a cruelty-free one is a challenging proposition, and I admit that weaning yourselves from your physiological & emotional addictions to animal flesh & mammary secretions will probably be difficult for a few days, AND it is simply the best decision you can make -- the best decision for the animals (duh), the best decision for the planet, the best decision for your wallets, the best decision for your loved ones, & the best decision for your own personal Health & Happiness.

So, because I deeply Love each & every one of you just as much as I deeply Love my animal Friends, please feel free to contact me if you need any assistance at all with this very Important & most Noble choice.

as allWays, Peace to ALL ... S

.....

“You will be called crazy and extreme ...
You are not.

They will say you are naive and foolhardy ...
You are not.

They will tell you to get a life ...
and yet few people live a more meaningful one.

You are heroes for a cause as important as any in the history of the world — the systematic and needless confinement, torture, and slaughter of billions of animals, the destruction of our environment causing global climate change, millions of people dying from human health conditions caused by eating animals and the effects of industrial farming, and millions more dying of starvation because grain that could save them is wasted on animals ...

You are fighting against enormous odds, including a foe in the powerful agricultural industry that will spare no expense to continue duping the public into believing a web of lies about the realities of eating animals and the nature of agribusiness.

My Friends, when the thought of the harm and the injustice and the suffering becomes too much to bear, know that your passion offers hope; know that your activism has changed and saved lives; and know that you are not alone.

So keep holding those signs, keep handing out leaflets, keep sharing those videos, keep boycotting stores that peddle cruelty, keep talking to your friends and family, keep signing petitions, keep calling your legislators, keep educating yourself, keep holding fundraisers, keep supporting animal sanctuaries and other non-profit animal rescue organizations, and keep making the world a more humane place.

Don't stop ... Don't ever stop ... You are making a difference ... The world is changing .. You're changing it ... Thank you."

~ inspired by Andrew Kirschner



To know even one life has
breathed easier because you have
lived, that is to have succeeded.



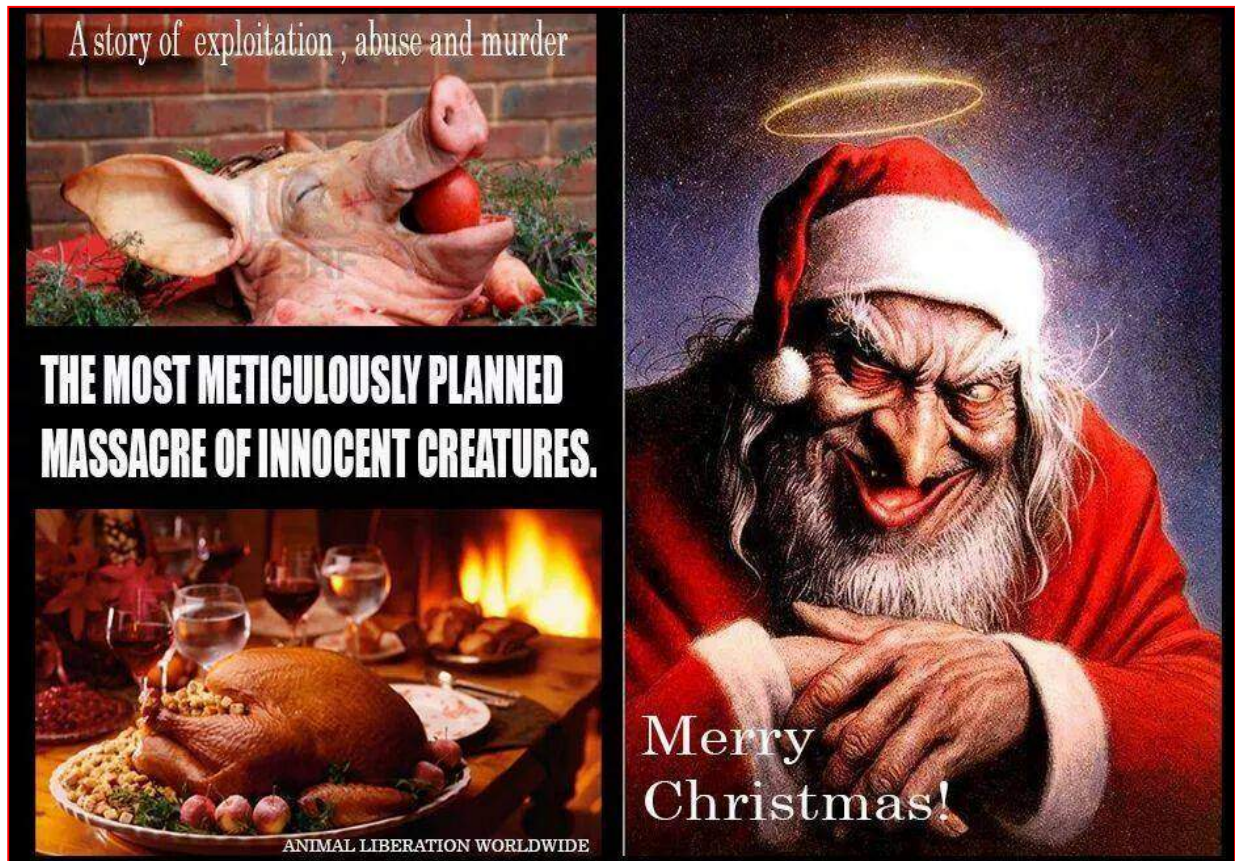
♡ ~Ralph Waldo Emerson ♡

Unstealing Christmas ...
(12/26/2014)

Yes, its' true that the Grinch did indeed steal Christmas ... And yet remember: he also "woke up" thereafter and brought everything back.

Similarly, even though you yourself might have "stolen Compassion" by supporting animal cruelty during your Christmas dinner yesterday, today you can choose anew; today you can choose to "wake up" as well; today you can choose to bring Compassion back into your life ...

... by bringing Compassion back to your plate!



"Being vegan isn't about personal purity or being 'perfect.' It's about trying every day to cause the least amount of harm to others ... What helped me a lot, especially in the beginning, was searching out easy vegan recipes online, making vegan meals with friends and family, and going to ethnic restaurants -- since they often are loaded with delicious vegan options. After a few weeks of doing this, you'll see that harmonizing your actions with your values by being vegan is actually quite easy." ~ inspired by Josh Balk



The real Reason ...
(12/31/2014)

On a number of occasions over the course of the last year & a half, more than a few folks have asked me why in the world I've gone vegan, and I freely admit that I have given those folks a number of different answers ...

*Yes, there are amazing health benefits to being vegan – and,

*Yes, being vegan means that I am doing a small-yet-significant part in seeing that the thirsty of the world have clean water to drink and the hungry of the world have food to eat – and,

*Yes, going vegan is indeed the single most effective way any of us can help prevent a global ecological catastrophe that remains imminent.

And yet none of those very valid justifications are the *real* Reason why I went vegan ... The real Reason I went vegan -- and the Reason I will remain vegan for the rest of my life -- is this: I could no longer support the abuse of -- or the enslavement of -- or the torture of -- or the murder of ...

... my dog Nooka (one of my best Friends to this very day).



For indeed, once you sit back for a moment and realize just why it is that you too would *never* – not even for one instant – allow your own dog or cat to be confined in a tiny, filthy pen ... or be castrated without anesthesia ... or be repeatedly impregnated against its will ... or have its puppies (or kittens) stolen away immediately after birth ... or be strung up and killed after only a few short years of life -- then you too will quite easily understand why it is that I cannot support doing those very things to other animals in our lives; animals who may not be our "pets", but animals who happen to be just as worthy of our kindness & our decency & our Love all the same.

With that said, I wish you & yours Peace & Joy this final day of 2014, ... and a very Happy New Year as well --- for ALL!!!

S, out ... Compassion, in

"When we cultivate a mindful awareness of the clear and irrefutable consequences of our food choices, and then adopt a plant-based way of eating, we become a revolution of one, and actively contribute to the foundation of a peaceful new world with every meal we eat thereafter." ~ inspired by Will Tuttle



Waking UP once again ... (01/06/2015)

150 years ago it was a sign of success to own slaves ...
100 years ago it was considered "manly" to deny women equal rights ...
50 years ago it was "moral" to ridicule those of alternative gender ...
... & today it is still acceptable to imprison & torture & murder animals.

We humans have indeed made quite a bit of progress over the past few centuries, AND YET if we are going to begin to thrive as individuals -- and if we are going to ultimately survive as a species, there are still a few very important steps that simply must be made ... It's the year 2015, my Friends -- which means that it is high time we had the humility to open our eyes to the cruel injustices that we are still actively supporting with our lifestyle choices, just as it is high time we had the courage to alter the same.

Essentially, when it comes to animal cruelty, we've been asleep long enough ... and it's high time for us to Wake UP once again.

"In addition to the amazing and uncontroverted health benefits of eating a plant-based diet, a person who goes vegan immediately saves the citizens of the world roughly 1,100 gallons of fresh water, roughly 20 pounds CO2 emissions, roughly 30 square feet of forest land, roughly 45 pounds of grain and at least one sentient animal's life EVERY SINGLE DAY." ~ anonymous

P.S. It is a cruel MYTH that animals raised on "free range" or "organic" or "sustainable" farms live long and happy lives, just as it is an indisputable FACT that there is no humane way to kill someone who does not want to die.



Awareness is bad for the meat business. Conscience is bad for the meat business. Sensitivity to life is bad for the meat business. DENIAL, however, the meat business finds indispensable.

~John Robbins



Halting the true terrorism ... (01/11/2015)

Noam Chomsky is correct: the best way to halt terrorism is to stop participating in it.

Peace to ALL ... S

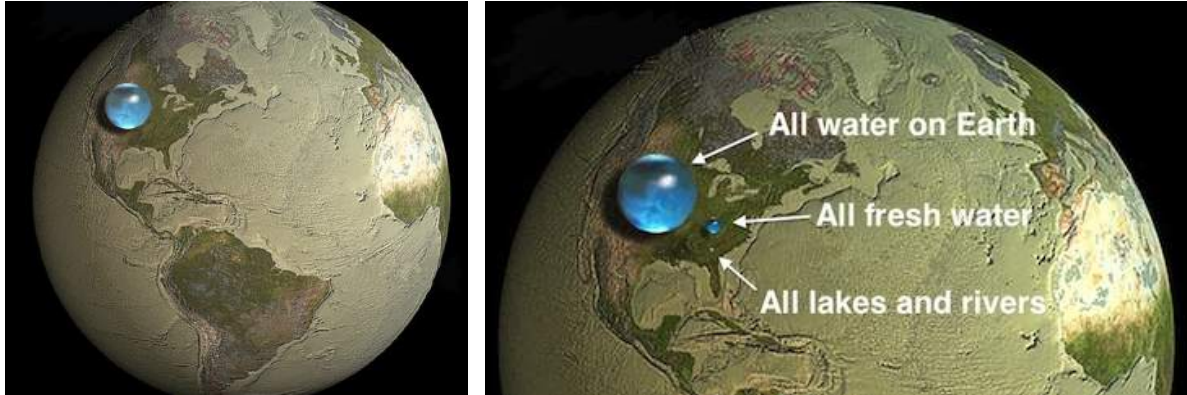
"In the same way that one cannot own humans and traffic their bodies for profit in a humane manner, it is equally impossible to humanely profit from the enslavement and dismemberment of the lives and bodies of animals ... There are no magical slaughterhouses where animals are given their favorite meal, play a few last minutes with their loved ones, and then voluntarily hold their breath until they die. The act of slaughter is ALWAYS vicious, it is ALWAYS bloody, it is ALWAYS painful and it is ALWAYS terrifying. This might come as a surprise to some of you, but animals do not joyfully sacrifice themselves for your pleasure or your tradition. Each & every one of them are dragged kicking & screaming to horrifying deaths before they reach your plate."

~ inspired by Hope Bohanec & Gary Smith



The greatest threat to Peace ...
(01/13/2015)

NEWSFLASH: Right now there is a FAR greater threat to your personal security than the rise of global terrorism. Indeed, there is currently a far greater threat to your very survival and the survival of your loved ones -- indeed the survival of your entire species -- than religious fundamentalism will ever be. And this threat is WATER -- or better stated, an imminent lack thereof.



There are already over one BILLION people in the world who lack access to safe drinking water -- and that number is growing rapidly every day. Maybe you still have enough to drink and don't realize the gravity of the situation ... Maybe you have it so good that you are actually still using potable water to wash your clothes and clean your dishes and bathe your body ... Maybe you haven't been exposed to this danger yet and remain unaware.

And yet think-tanks and research groups all over the world are recognizing what you too will soon realize: that a larger & larger portion of the human population is running out of water -- and they are running out of it fast ... Even the relatively conservative estimates of a 2012 U.S. national intelligence report has recognized the threat, noting that, "As water shortages become more acute beyond the next 10 years, water in shared basins will increasingly be used as leverage; the use of water as a weapon or to further terrorist objectives will become more likely."



OK ... So now you know about this crisis, and I have faith that you now probably feel called to do something about it. But you probably have doubts about your ability to help -- you are probably wondering, "What difference can I make?"

Well, you could start by conserving how you use water in your everyday routine, and this would indeed help to soothe the crisis a little bit ... And yet there is a very simple choice that you can make that will have a HUGE positive impact on this imminent threat ...

You could go vegan.

Please consider the following facts ...

... and then please consider acting accordingly:

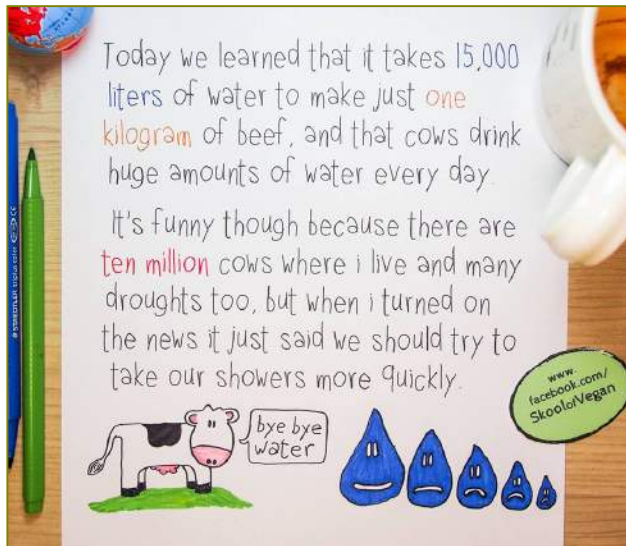
*FACT: An entire year's worth of showers for the average 1st World human requires 5,200 gallons of potable water ... Only one pound of beef requires 5,214 gallons to produce.

*FACT: Beef is not the only evil -- one gallon of milk demands roughly 700 gallons of water, one pound of chicken flesh uses over 800 gallons of water, one pound of pig flesh requires over 1,600 gallons of water.

*FACT: You can either give up bathing altogether and save the world 5 thousand gallons of water each year, OR you can go vegan and save the world close to a MILLION gallons of water -- each& every year!

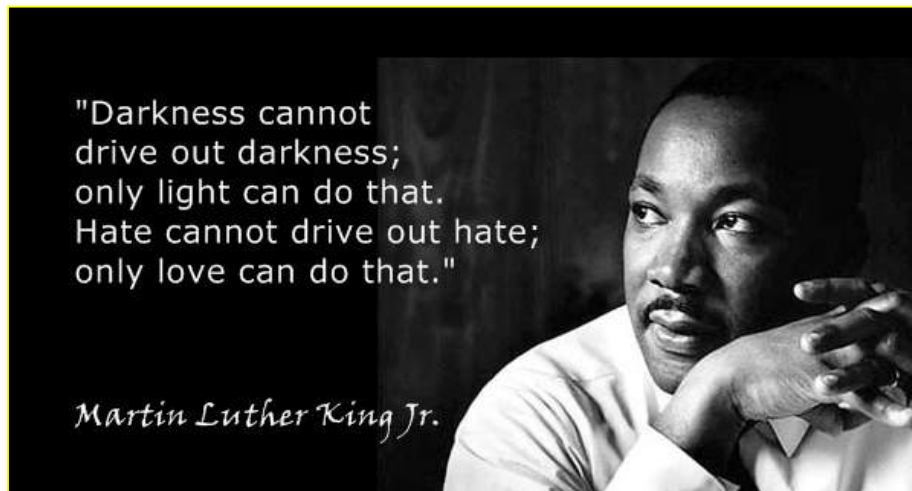
So please do your part in saving the world today, my Friends ...

... *Please go vegan.*



Standing tall for Justice ...
(01/19/2015)

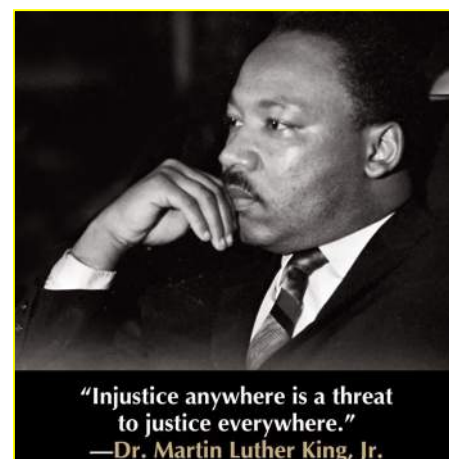
When we examine the not insignificant swath of recorded history occupied by our still-young species, there are a few men & women who cannot help but shine forth in their Greatness ... Martin Luther King Jr. was one of those Bright Lights. He shone forth Justice in a time of persecution ... He shone forth Compassion in a time of callousness ... He shone forth Acceptance in a time of bigotry ... He shone forth Love in a time of hatred & abuse.



Martin Luther King Jr. gave his life to shine that Great Light, and yet most of us still prefer to meekly hide in the darkness ... We hide in the shadows of our arrogance ... We hide in the shadows of our greed ... We hide in the shadows of our apathy ... And we hide in the shadows of our savagery.

Well, my Friends, I am here to remind you all of the obvious truth that Martin Luther King Jr. was right ... and I am here to humbly ask for you to honor his courageous legacy by bravely stepping out of the shadows and standing forth as he did.

- *I ask that you would stand forth for the enslaved;
- *I ask that you would stand forth for the tortured;
- *I ask that you would stand forth for the murdered;
- *I ask that you would stand forth for the oppressed.



Martin Luther King Jr. was right, my Friends: It *is* always the right time to do what is Right, and it is never too late to start engaging and upholding that Rightness ... Please join me in doing so today.

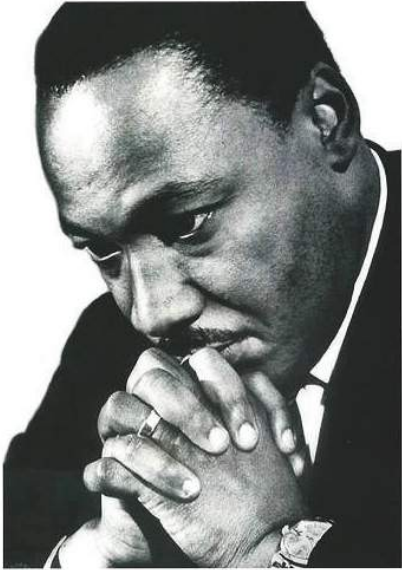
Thank you.

"I am cognizant of the interrelatedness of all communities and states. I cannot sit idly by in Atlanta and not be concerned about what happens in Birmingham. Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly." ~ Martin Luther King Jr. (from his "Letter from the Birmingham Jail" in 1963)



"One day the absurdity of the almost universal human belief in the slavery of other animals will be palpable. We shall then have discovered our souls and become worthier of sharing this planet with them."

-Rev. Martin Luther King, Jr.



No one born a bigot ...
(01/19/2015)

No child is born a bigot ... Hatred and other degrees of applied ignorance are learned behaviors, and this is true whether the bias shown is tied to race, religion, gender, sexual orientation -- or species.

The good news is that, because bigotry must be learned, so too can it be unlearned ... Even though we have been taught that those who look different or believe differently or love differently or communicate differently are "less than", as human beings we **all** have the ability to wake up and remember what we **all** knew as children, namely, that every single sentient being on this planet is equally worthy of a life free from abuse and neglect and enslavement; that every single sentient being on Earth is equally entitled to a life lived without being mutilated or raped or murdered.

And the even better news is that WE CAN CHOOSE to remember these things; that we can **all** choose to enliven the decent, caring and compassion beings we all were in our younger days ... that we are **all** free to set aside the shackles placed upon us by our countries and our cultures and our communities ... that we are **all** free to stand up courageously for the rights of those whose freedoms are being trampled, whose dignity is being shattered and whose lives are being snuffed out.

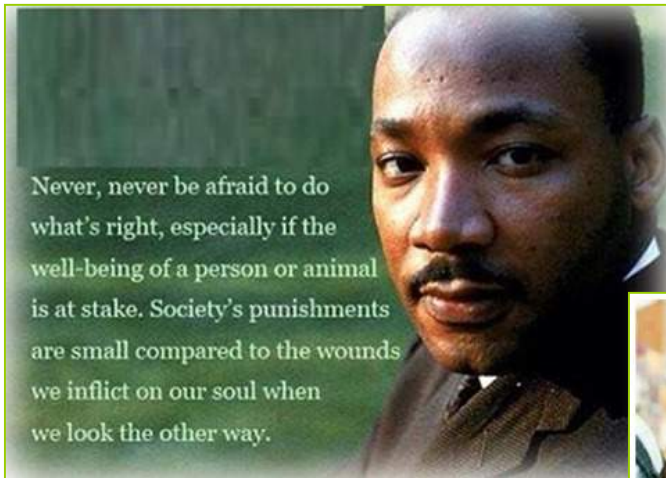
And the best news of all is that -- no matter how much we might have contributed to injustice or cruelty in the past, and no matter how much we might be supporting cruelty or injustice today -- we can **all** reawaken to a life of true Courage; we can all return to a life of deep Caring; we can all re-enliven days of active Compassion; we can **all** re-member a life of unconditional Love.

What we have been taught and what we have learned is no longer an excuse, my Friends ... It no longer matters that our friends & our families & our preachers & our lawmakers tell us that abusing others who do not look like we do or act like we do or speak like we do is "ok" or "normal" or "right".

We know better ... and it is time we started acting accordingly.

Amen, my Friends ... ***Let it be so!***

"As many as 140 BILLION animals are murdered in their youth every year for human consumption -- most of them for food. And the overwhelming majority of these animals are forced to live their entire lives in horrendous conditions, with even those on so-called free-range or organic farms still being subjected to horrifying deaths ... No sentient creature wishes to die, and death is arguably our greatest fear. And yet we purposefully subject 3 BILLION sentient beings to our own most feared fate every single week. We unnecessarily -- and therefore unjustly -- feed ourselves and our children with the products of our primitively cruel and violent habits." ~ inspired by Alessandra Rupar-Weber



Meet your milk ... Meet my Friend
(01/22/2015)

Folks often tell me that they are eating less meat these days -- and some even proudly state that they are going vegetarian. And to them all I typically answer twofold: first, I offer a sincere "Well done" for taking a step in the right direction ... and second, I remind them that this step -- at least as far as animal cruelty is concerned -- is but a very small one.

"But how can this be?!?" they invariably exclaim, "What's so bad about milk & cheese?"

Well, it is easiest to understand the answer to this question by considering the cow in the picture below -- a cow with a life no better and no worse than the millions of other dairy cows that provide you with your milk and your cheese and your cream every day ... To put it mildly, this gentle girl has been abjectly reduced to a mere resource; a mere commodity in your shopping cart; a mere money-maker for the meat&milk industry ... Her right to control her reproductive organs, her right to care for her children, her very right to live her life as a free individual have all been taken away; stolen by us humans -- a species with no need for milk or milk products, and therefore a species with no justification whatsoever for treating her this way.

My Friends, this gentle girl and the millions like her are not mere things. They are individuals, and they are all -- each and every one of them -- vividly aware of what is being done to them. They are aware that they are slaves ... They are aware that they are repeatedly raped & impregnated against their will ... They are aware that their babies (who they dearly love) are ripped from their embrace only hours after birth ... They are aware that their cries of mourning fall on deaf ears ... They are aware that they are over-milked until their udders become swollen and bloody and infected ... And they are aware that after only a few short years of tortured living, they are shipped away to endure a cruel & horrifying death.

And please rest assured that this is NOT what any of these gentle girls want. Just like you & me, if given the chance, they would all -- each & every one of them -- have wanted to live full lives filled with love and joy and friendship and freedom. Just like you and me, they would all have wanted to live.

And yet this gentle girl will indeed die; indeed -- she is actually already dead ... And it is very important to remember that she died in agony and in terror, that she died strung up by her feet with her throat slit; that she died bleeding out while partially conscious; that she died surrounded by the screams and the gore of friends who have suffered a similarly brutal end -- screams stifled by the stench of death; gore hidden behind the strong walls of the slaughterhouse.

And she endured all of this merely because non-vegans like you enjoy the taste of her flesh; all of this merely because non-vegans long to drink the milk that her tortured body produced for the calves she was not allowed to nurture and raise.

My Friends, please know that this post is not a call to criticism – rather, it is a call of Awakening. Please know that these are not judgments I make against non-vegans as people, but rather are the simple FACTS of the massive suffering that the non-vegan lifestyle creates and actively supports.

So, if you are still not yet a vegan -- if you are still directly contributing to the immense & unnecessary suffering of thousands of innocent animals every year, please look into the mirror today and ask yourself the following questions:

*"Isn't it time for me to enliven the values I hold most dear?"

*"Isn't it time I not only admired the just, but also upheld justice?"

*"Isn't it time I not only talked of personal compassion & true goodness, but also walked that talk?"

I think once you do so, you will *feel* deep within that the threefold answer is quite clearly "Yes ... It is time."

Amen ... **Let it be so.**

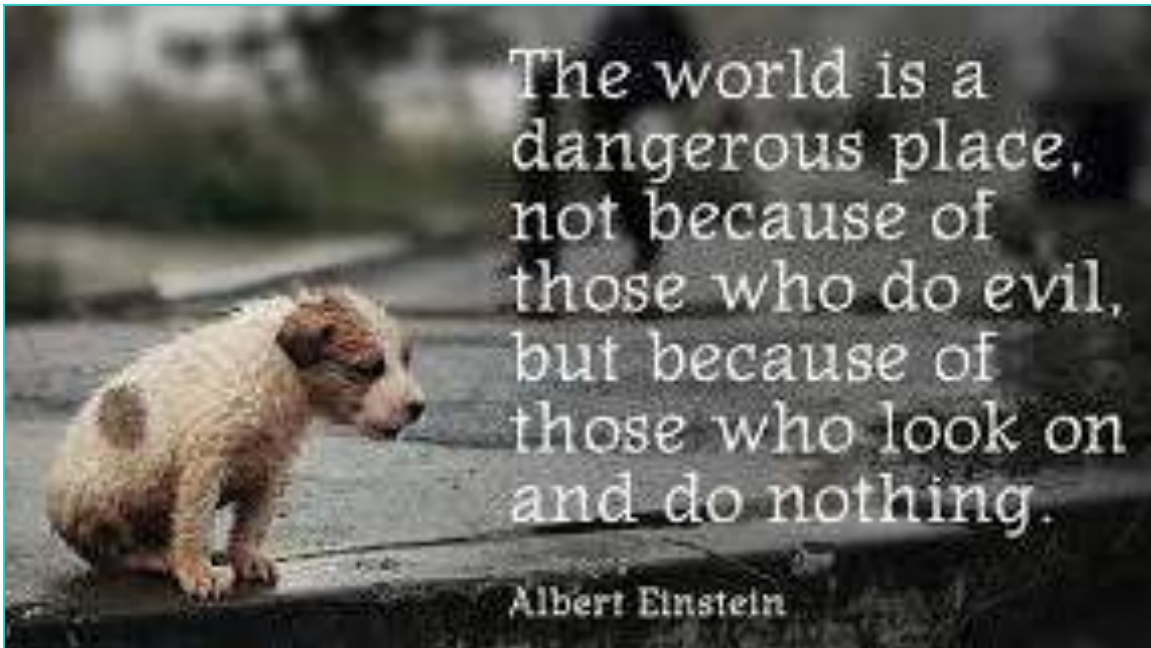


Making the Connection ... Taking a Stand
(01/23/2015)

"Living vegan is, first and foremost, a statement of opposition to bigotry. It is a bold, public stance against the broadly unquestioned 'right' of humans to confine, exploit and murder our nonhuman cousins.

One person going vegan may not in & of itself solve the highly destructive consequences of the meat&dairy industry, and yet doing so IS the most basic action a person can take in that direction; the most basic action a person can take to stand for justice; the most basic action a person can take to show others what it truly means to Care about nonhuman animals – to have compassion for their pain & suffering -- to see them for who, rather than what, they truly are."

~ inspired by Glenn Alexander





MAKE THE CONNECTION

Why I fight for the animals ...
(02/25/2015)

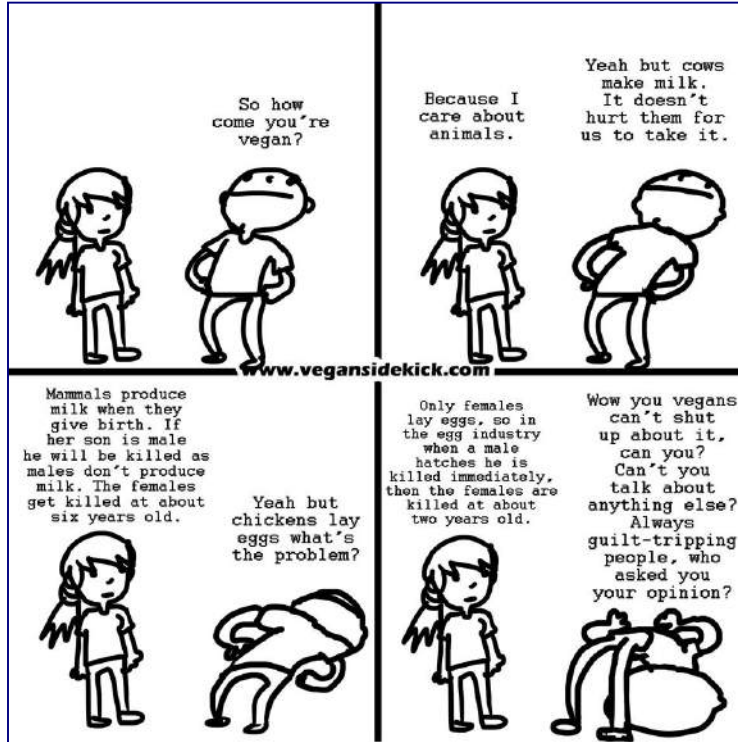
"We know that there are people, many of them, who do not want to hear what we say, and who will continue to ridicule our position and ignore our message in favor of maintaining the status quo, and the destructive habits that go along with it..."

We know that the majority of the human population, apparently, would rather see innocent beings killed than accept taste sacrifices or minor inconveniences. And we know that most people simply are currently not willing to examine their own participation in the extreme misery we have all been conditioned since birth to accept without question.

*But there is something else we know. We know that every single person who has decided to take a stand against animal slavery has done so because of a profound realization, and that for many, that epiphany occurred because of something they learned from someone else. That fact alone is sufficient to motivate us to continue to speak for those who do not speak our languages, until justice is finally served and freedom for **all** is finally attained.*

The vegan evolution is occurring one step at a time, one person at a time... one realization at a time. For those of you who are on the brink of breaking through: Do It Now. Your only regret will be that you waited so long. For those of you who are not yet convinced: Perhaps, one day soon, you will join the movement of those who have experienced the joy of freeing their slaves."

~ inspired by Angel Flinn



The reason I dedicate myself to helping animals so much is because there are already so many people dedicated to hurting them.

~Author unknown



What you are actually Saying ...
(02/28/2015)

I have found that most folks truly are Good & Kind & Caring, and as such, I have also found that most folks tend to attempt to justify any of their behaviors that are exposed to be inadvertently cruel or callous. And this makes complete sense --- for people not only want to be seen as Good by others, they want to believe that they are actually *being* Good as well.

And so they defend themselves when called out to the contrary, often without even realizing that what they are saying in self-defense is patently hypocritical &/or completely illogical ...

And because I have a profound Faith in the innate Goodness of humanity; and because I most certainly believe that all of you truly desire to be Kind & Caring & Responsible & Decent people, I thought it might be a nice service to provide this re-minder as to what you are **actually** saying whenever you attempt to defend your use (& therefore your abuse) of animals.

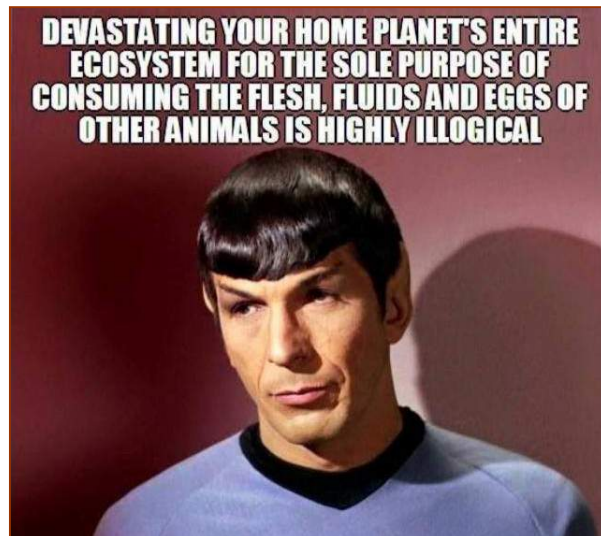
My dear Friends, humanity has been sleeping behind the wheel on the issue of animal cruelty for *far* too long, and as a consequence our species is sending all life on this planet hurtling rapidly towards a very steep & most deadly cliff ... And if we are to change course in time, it is high-time for us to collectively wake up and take drastic action.

I am striving with these days to facilitate this change -- trying desperately to turn the wheel and steer us away from the immense catastrophe that looms before us. And yet I clearly am not strong enough to do it alone ...

Indeed, I am not afraid to publicly admit it: I will need some help to keep us from plummeting to disaster ...

So won't you please help me?

(P.S. Thanks in advance.)



“We live in a society governed by laws that are largely aimed at discouraging behaviors that persist as reflections of our baser instincts: stealing, manipulating, enslaving, beating, raping, killing, etc ... The fact that these behaviors still occur so frequently, even when stigmatized as "immoral" and denounced as "criminal", is surely proof that they are instinctual on some primitive level. Of course, this phenomenon is also evidence that a behavior's being instinctual has no bearing whatsoever on whether or not it is good or right or ethical. Indeed, we have both moral and immoral instincts -- impulses that are sometimes kind and generous, sometimes violent and cruel. And therefore to live an ethical life means to strive to thwart our baser, selfish instincts — those that cause harm and injury to others — and to cultivate those behaviors that promote the well-being of all others.” ~ inspired by Ashley Capps

ANIMAL RIGHTS TRANSLATOR

I care about animals,
but I'm not going to
stop eating meat.

As long as animals are
free-range and grass-fed
and humanely slaughtered,
it's fine.

I respect your views, you
should respect mine.

Animals are only here
because they are bred by
farmers, they should be
grateful.

I think that stabbing
animals is compatible
with caring about them.

Smashing an animal in
the forehead with a
pneumatic bolt pistol
then slitting their
throat at eight months
old is fine if they were
fed grass first.

I think that choosing to
stab animals for the joy of
eating their corpse is
comparable with avoiding
violence to animals.

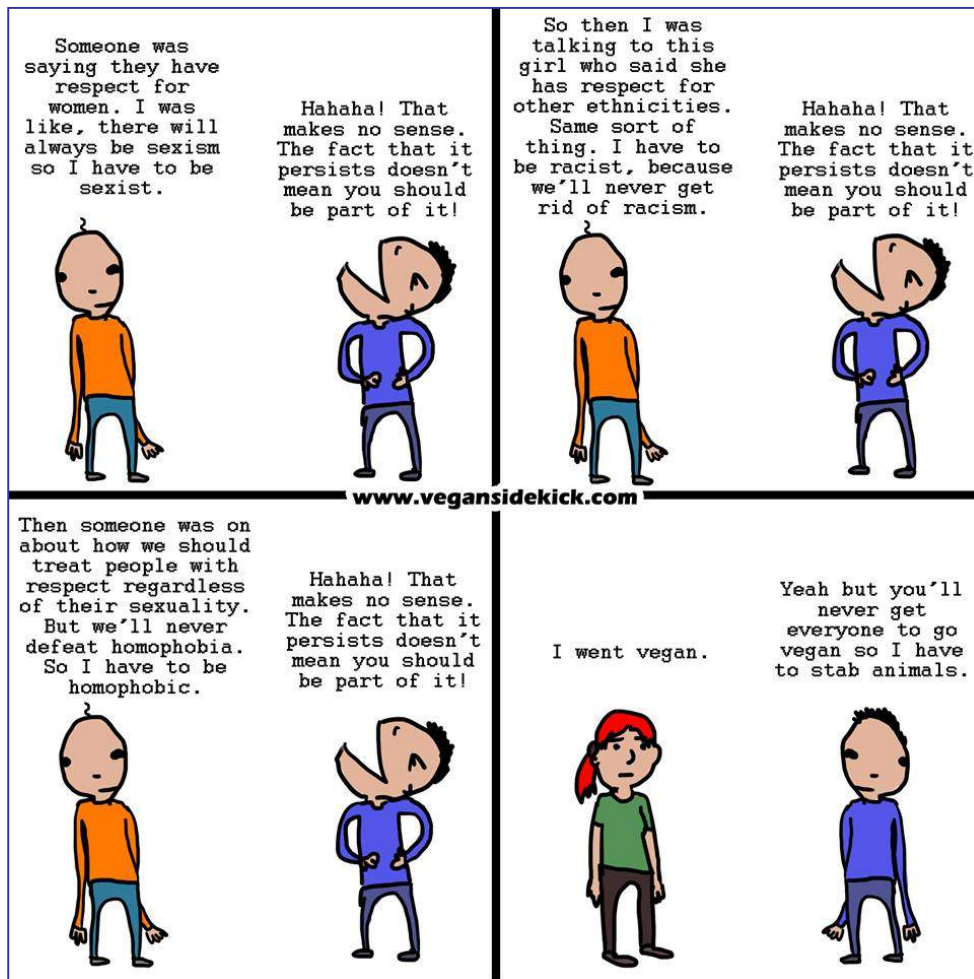
Restraining an animal,
then pushing one hand
into her anus and
injecting semen into her
vagina with the other,
is justification for
then slitting her
children's throats at
eight months old.

www.vegansidekick.com

“You’ll never convince everyone tho” ...
(03/02/2015)

“Perhaps in the back of our minds we already understand, without all the science I’ve discussed, that something terribly wrong is happening. Our sustenance now comes from misery. We know that if someone offers to show us a film on how our meat is produced, it will be a horror film. We perhaps know more than we care to admit, keeping it down in the dark places of our memory-- disavowed. When we eat meat we live, literally, on tortured flesh. Increasingly, that tortured flesh is becoming our own.”

~ Jonathan Safran Foer

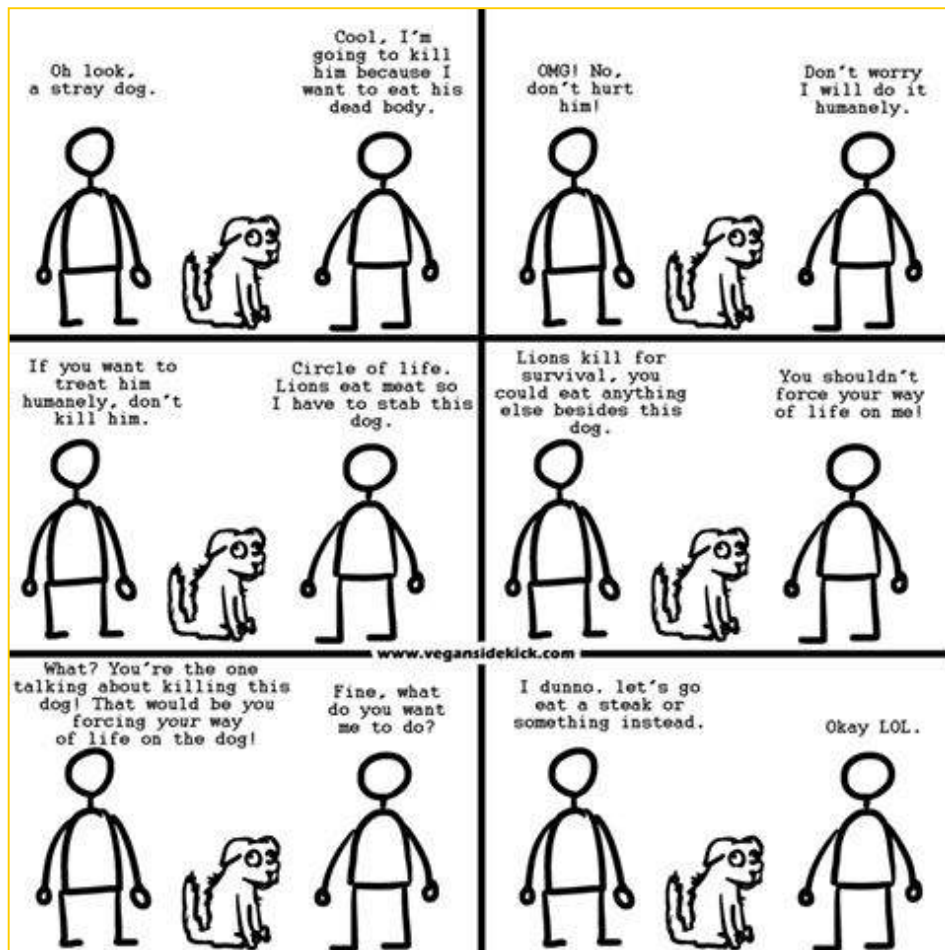


*A most potent Paradox ...
(03/28/2015)*

“The very existence of labels like 'free range', 'cage-free' or 'humane certified' shows that our society has a growing concern for the welfare of animals raised for food. And yet any time consumers of meat, eggs or dairy products advocate for 'humane' treatment of farm animals, they inevitably confront an unavoidable paradox -- and that paradox is this: the movement to treat farmed animals 'humanely' is based on the idea that it is wrong to subject them to unnecessary harm, and yet killing animals we have absolutely no need to eat constitutes the ultimate act of unnecessary harm.

Indeed, each & every one of us in the west has ready access to a plethora of plant-based foods, along with the free choice between sparing sentient life or taking it, and as such there is nothing even remotely humane about rejecting compassion by choosing violence & death for animals instead -- all just because we happen to like the taste of their flesh & their secretions, and essentially just because they cannot fight back.”

~ inspired by Ashley Capps



In their shoes ...
(04/17/2015)

Although it is a scientifically proven truth that it is completely unnecessary for humans to eat animal flesh or drink animal secretions in order to maintain vibrant health, most of us have never confronted our meat-eating and dairy-drinking behaviors -- mainly because it is far more comfortable to accept without challenge the myths we were taught as children: that meat must be eaten to obtain protein; that milk must be imbibed to obtain calcium; that it is "natural" for humans to eat meat & drink milk; and that farmed animals do not suffer incredibly when we take their lives to provide the same.

And yet these flagrant lies are still being reinforced today by the prevailing customs of a highly bigoted society -- a society in which animals are regarded casually as "less than", and a society in which independent thoughts to the contrary are openly discouraged or even shunned.

While there is absolutely no doubt that the standard practices of even the "most humane" of animal farms would constitute extreme torture if carried out on ourselves or our children or our beloved pets, we somehow find it easy to overlook such unspeakable cruelty when it is being done to victims of a different species -- to pigs, and cows, and chickens, and sheep, and turkeys, and goats ... And all the while we quite remarkably continue to tell ourselves what good people we are -- how much we care about animals; how much we adore our pets; how much we are investing in "animal welfare"; how "humanely" we treat animals before they are murdered.

And yet nevertheless, all of you who eat meat or ingest dairy products are perpetrators of the worst horrors imaginable, unavoidably responsible for said suffering -- and this, despite being removed a sufficient distance to not need to listen to their screams or their futile pleas for mercy; a sufficient distance to not need to witness the gore and the mutilations and the dismemberments; a sufficient distance to where we can simply walk into a store and calmly purchase cold & lifeless flesh that only days before was throbbing & warm -- and do so without a second thought as to what we have actually done thereby.

And the ultimate irony is that almost every single one of us openly & sincerely *do* care for animals; that almost every single one of us truly abhor animal cruelty; and that almost every one of us is more than ready to quickly to declare an unequivocal condemnation of all those who would even think of harming our more adored species of dog or cat or hamster or canary.

And the meat&dairy industry has been quick to spot a commercial opportunity in this hypocrisy; cynically adopting the language and terminology of care and concern -- where the word “compassion” is bandied about freely, as are the terms “free range” and “cage free” and “humane” and “animal welfare” ... And yet these lies also hold no credibility, for there is absolutely no way for humans to obtain the body parts &/or secretions of other animals without causing suffering so sickening that every non-sociopath has no alternative but to shy away from even considering it – much less witnessing it directly.

And yet no matter how hard the industry tries, there will never be a way to make this fundamental injustice anything other than what it truly is: an outrage of epic proportions -- an annual massacre of billions of caring, sentient Souls, merely to fulfill the lust-based self-indulgences of a species still far from truly civilized.

~ inspired by Elephant in the Room



Imagine watching your brethren in line to be murdered. To smell, see, and feel the horror. Please consider what you eat. Veganism is the way for all Life.

Approximately 160,000,000 animals were killed today for food.

Want to know what is sadder than that?

Because of the ignorance of humans, it's going to happen again tomorrow.

End the cycle.

Know you know? ... Do you care?
(04/29/2015)

Milk -- directly linked to prostate cancer in men & directly linked to breast cancer in women ... As such, one could easily rename it "karma in a carton".

*“QUESTION: How **do** they get the semen needed to impregnate (rape) the female cows so they can give birth to a baby, only to be stolen from them minutes after birth, so we can drink their milk? ... ANSWER: From anal electrocution, which forces the bull to ejaculate. Did you know that? More importantly, now that you know...do you care?”*

~ Sande Nosonowitz



Humane idiocy ...
(05/21/2015)

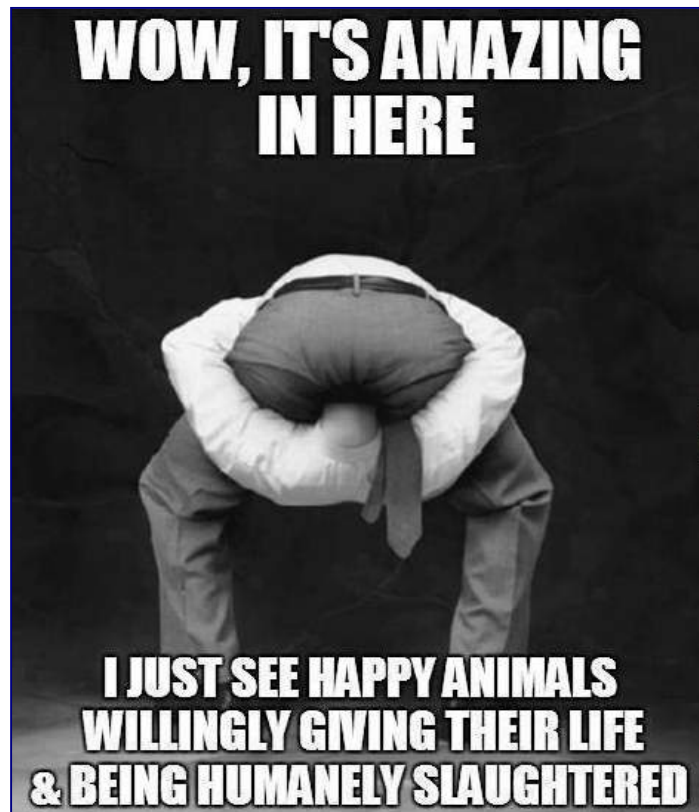
At the risk of sounding flippant (or of becoming offensive -- neither of which is intended), the picture below is an absolute classic ... and absolutely SPOT ON. For quite simply put: it simply **MUST** be clear to you all that there really is no "humane" way to murder someone who does not want to die.

As such, please remember who you **TRULY** are; please remember the innate Goodness & Justice & Respect that I **KNOW** reside within you ...

Please remember these things ... and then please Go Vegan!

Thank you.

*“It is not your right—based on **your** traditions, **your** customs and **your** habits—to deny animals **THEIR** freedom just so you can unnecessarily harm them, cruelly enslave them and brutally kill them. That’s not what rights are about. Indeed, that’s not rights at all -- that’s raw injustice. In fact, when it comes to basic decency and even basic logic, there is no sound counter-argument to veganism ... Accept this Truth -- Apologize for the way you’ve been living -- Make amends by abandoning your carnism -- and Move forward into a life that is cruelty-free and Compassion-rich.” ~ inspired by Gary Yourofsky*



Honing in on Hypocrisy ... Part 1

(04/25/2015)

"People like to talk crap on Asian countries because they eat dogs and cats. Yes, their slaughter methods are particularly cruel. We are swept up in sadness for the familiar eyes of those we call pets, who are but a meal where it is legal.

But if our slaughter house walls were removed, and the murders of cows, pigs and poultry were brought out onto grimy streets, we would finally stand witness to similar cruelties for the sake of our own Westernized palates.

I challenge those who weep at the sight of tormented familiar faces to stop turning from the sight of those who suffer here. While you point in judgment at a poor Chinese man, skinning a dog in a dirty alley, many Chinese activists are putting their safety and freedom where their mouths are. They are intercepting trucks packed full of dogs bound for slaughter.

Where are the activists here in the United States standing in front of trucks full of cows, pigs and fowl? Where are the lots full of rescued farmed animals awaiting adopting families?

This might sound far-fetched. Where could I put a cow? Where could I house a rescued pig in city limits, where laws are strict? I wonder if people here began acting like those Chinese activists, stopping trucks with their own bodies, if suddenly our farmed animals might be seen in a different light? What if tomorrow, 10 trucks were halted and thousands of heads of cattle were protected by any means necessary by those who stopped those transports? Might the public, for once, recognize that frightened, intelligent animals, tear filled eyes were being hidden within those fast moving rigs that pass by, so often unnoticed or ignored on our highways?

The reality is, we hide our sins, here. We tuck them away where we do not have to face them. We pay others to look our victims in the eye while their lives are taken, when we could simply just eat something else. We chuck stones through the transparency that others live in and feel the walls we have put up hide our own homes made of glass.

Surely, we can at least realize that today, we are not in a place to judge the meat eating and speciesist habits of another country when we have yet to set an example, ourselves." ~ Sara Sunshine



P.S. And for all you Michael Vick/dog fighting-bashers out there, please consider this as well



Michael Vick may enjoy watching dogs fight; someone else may find that repulsive but see nothing wrong with eating an animal who has had a life as full of pain and suffering as the lives of the fighting dogs. It's strange that we regard the latter as morally different from, and superior to, the former. How removed from the screaming crowd around the dog pit is the laughing group around the summer steak barbecue?

- GARY L. FRANCIONE

Honing in on Hypocrisy ... Part 2

(05/03/2015)

“Even to this day, our responsibility for the way we treat chickens and allow them to be treated is dismissed with blistering rhetoric designed to silence all objection: 'How can you compare the feelings of a hen with those of a human being?' ... Well, one obvious answer is, simply by looking at her. It doesn't take special insight or expertise to know that a hen confined in a battery cage or an overcrowded 'free range' coop is suffering, and it doesn't take a rocket scientist to know that hens experience distress when their eggs are taken from them, and that they experience very real terror when they are hung upside down and have their throats slit while still fully conscious ...

We are told that we humans are capable of knowing just about anything that we want to know — except, ironically, what it feels like to be one of our own victims. We are told we are being 'too emotional' if we care about a chicken or grieve over a chicken's horrific plight. And yet it is not our emotion that is really under attack, but rather the very characteristics that make us human -- the ability to empathize with another's fear, the ability to show compassion for those in painful distress, the ability to stand in brave defense of those who are too weak to defend themselves.” ~ inspired by Karen Davis



P.S. We all have our quirks and inconsistencies -- we all make occasional choices where our actions don't match our values. And these little slip-ups are mostly just that; small bumps in our moral road -- mistakes that can be overlooked and "sins" that can be easily forgiven. AND YET it bears saying that our hypocrisies become important and call for immediate redress when setting them in motion creates very real victims who experience very real suffering ... Peace.



A Mending of Motherhood ...
Step #01 – Identifying the Wound
(05/10/2015)

"There was a time when I used to joke that the only thing that will change a man is if he A) finds religion or B) has a full lobotomy. Nowadays I say it is when he rediscovers his character ... In my case, if there was a Damascene event, then it would have to be the time I visited a large industrial conglomerate in the course of my professional work as a merchant banker; inspecting one of their subsidiaries – which turned out to be a slaughterhouse.

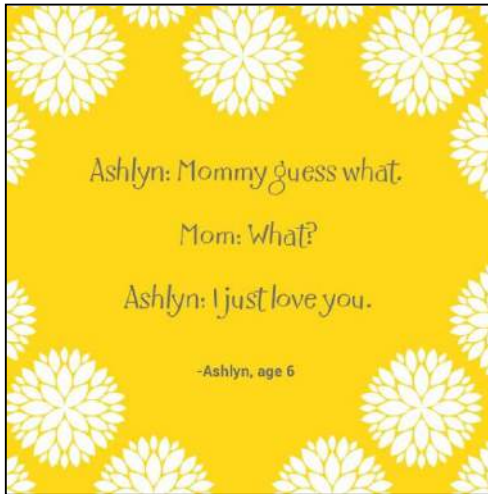
Frankly, it was the most horrifying experience of my life, and after departing that morning I made the most important decision of my life: to become a vegetarian; to leave my career and become an advocate for social justice.

But I was not yet a vegan. I didn't know enough yet. I still thought that dairy was the bucolic, peaceful image of green pastures and crystal streams, rolling hills and the poetry of Wordsworth and Shelley ... Little did I know that behind every dairy wall was a cruel industrial juggernaut; a vile gulag of despair.

Eventually I discovered the truth -- that milk was meat in liquid form ... It was during a business trip when I saw a milkman dragging and whipping a cow. She had been badly injured in an accident with a lorry. To get her to move, he was throwing chili powder in her eyes and shoving sharp objects in her anus. He had a chain around her neck and forced her to walk with a broken leg and severe injuries to her spine. Beside her walked her scrawny, starving and terrified calf -- ribs protruding and skinny legs trembling ... At the slaughterhouse gate, he unchained her. But before he did so -- the bastard milked her.

If that sight does not change the heart of a man, nothing will."

~ inspired by Philip Wollen



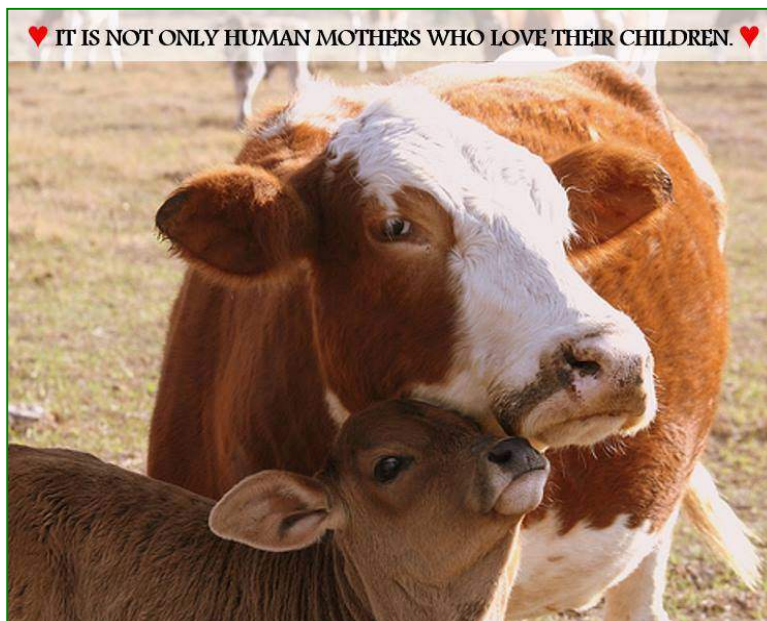
ATTENTION MOTHERS:

IMAGINE THE PAIN YOU WOULD FEEL IF SOMEONE STOLE YOUR BABY. YOU WOULDN'T WISH THAT PAIN ON ANYONE IN THE WORLD WOULD YOU?

THE DAIRY INDUSTRY ROUTINELY STEALS BABIES FROM THEIR MOTHERS ALL SO HUMANS CAN DRINK HER MILK. IF YOU CAN'T IMAGINE YOUR BABY BEING STOLEN, IMAGINE THE DAIRY COWS PAIN, HER PAIN IS REALITY. HER PAIN REPEATS ITSELF YEAR AFTER YEAR UNTIL SHE IS TOO WEAK TO STAND, THEN SHE DIES. PUT YOURSELF IN THE DAIRY COWS SHOES, HER MILK IS FOR HER BABIES. CHOOSE TO NOT STEAL BABIES, STOP CONSUMING DAIRY AND KEEP FAMILIES TOGETHER. GO VEGAN.



HIS MOTHER HASN'T EVEN FULLY CLEANED HIM YET, AND HE IS BEING CARTED OFF TO LIVE IN SOLITUDE AND BE SOLD FOR VEAL. THIS IS DAIRY REALITY.



♥ IT IS NOT ONLY HUMAN MOTHERS WHO LOVE THEIR CHILDREN. ♥

*A Mending of Motherhood ...
Step #02 – Accepting the Injury's Severity
(05/10/2015)*

"Anybody who eats the murdered carcass of an innocent animal cannot claim to be truly compassionate ... The life of a human necrovore is not a life at all. Indeed, it is a life sentence; short, nasty, and brutish ...

We now know that meat and milk are four letter words for good reason ... They kill. These noxious products are grossly inefficient sources of food for a hungry planet, they are profligate wasters of precious drinking water, they are horrendous polluters of our rivers and oceans, and they are indescribably cruel."

~ Philip Wollen

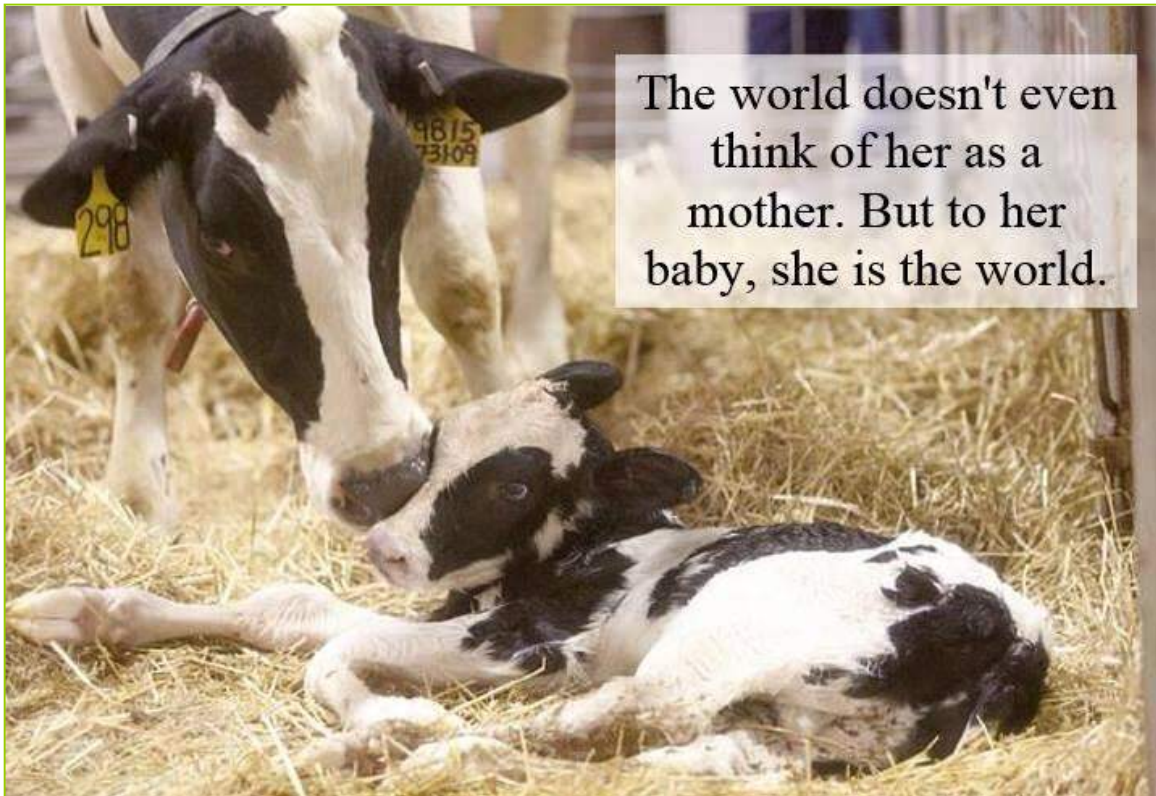


IN MEMORY OF THE FORGOTTEN MOTHERS



DAIRY IS A SLAUGHTER INDUSTRY

THEIR BABIES ARE **STOLEN** FROM THEM
THEY ARE TURNED INTO **MILK MACHINES**
THEY ARE **KILLED** WHEN THEY STOP PRODUCING MILK



The world doesn't even think of her as a mother. But to her baby, she is the world.

A Mending of Motherhood ...

Step #03 – Denying Denial

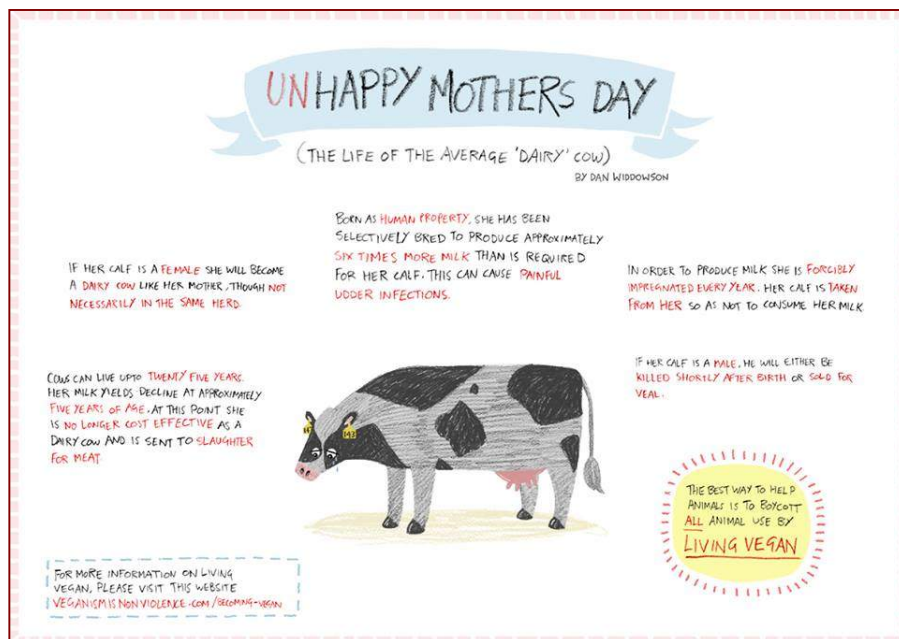
(05/10/2015)

"The men and women that raise the animals that you eat will tell you they live 'wonderful and happy lives' ... They will tell you that their animals are 'deeply loved' and 'treated just like pets' ... They will tell you that their animals all have name -- and that they want to be milked -- and that they don't really want their babies after they give birth to them.

These Are All Lies!

As well-intended as they might be, animal farmers are people who make money off the dead bodies of the animals they raise, and this is true for every single one of them; every "organic farm" and every "small family farm" and every "cruelty free farm". They are *all* businesses that *REQUIRE* cruelty to remain financially stable.

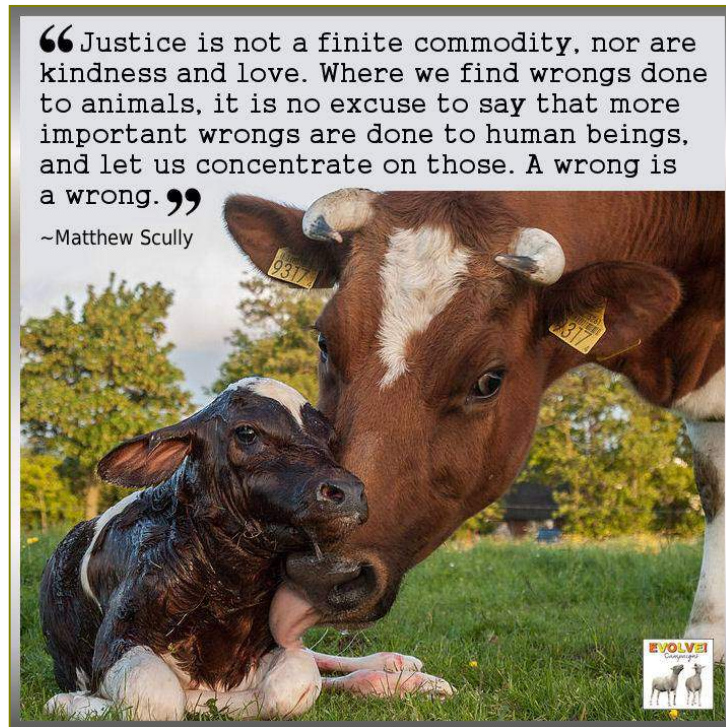
Now these folks might show you cute photos of frolicking calves and green pastures as a marketing ploy to confuse you. They might even claim to be sincerely "informing the consumer" by telling them the good parts of animal farming ... Of course, what they will also inevitably do -- every single time -- is completely ignore (if not deceitfully cover up) everything innately negative about animal agriculture -- and purposefully hide from view all the atrocities they *all* commit against their warm, caring, sentient charges ... And they will almost certainly even claim that people such as myself (who personally gain absolutely nothing from our activism other than a frequent overdose of frustration & heartache) are lying, or misinformed, or simply trying to put farmers out of business.



Of course, what these farmers do NOT tell you is that they *all* routinely mutilate their animals without any painkillers -- docking their tails, branding their flesh, castrating their genitals, shearing their horns, cutting their teeth, singeing their beaks ... What they will NOT tell you is that almost every single one of them actively supports the forced masturbation of male animals and the forced impregnation of female animals (via sodomy & rape) while they are tied to "rape racks" ... What they will NOT tell you is that every single one of their mother animals has her baby forcibly taken from her shortly after birth -- and this, despite the babies' cries of terror; and this, despite the mothers' wails of mourning (both of which often continue for days) ... What they will NOT tell you is that *all* male babies (regardless of species) are essentially uneconomical and therefore unwanted; that baby male calves are hit in the head with hammers or locked in isolation crates to become "veal", that baby male sheep receive the same treatment to become "lamb", that baby male pigs are slammed head-first onto concrete floors to become "bacon", that baby male chickens are either dumped by the thousands into garbage bags to suffocate to death or are ground up ALIVE in a vile machine called a "macerator".

And every one of these murdered babies had a mother who loved them just as deeply and just as tenderly as any human mother loves her own newborn ... Every one of these murdered babies HAD a mother ... Every one of their brutal deaths was completely unnecessary ...

And, chances are, every one of their deaths was at least partially funded by you." ~ inspired by Sarah Sunshine



A Mending of Motherhood ...
Step #04 – Accepting Responsibility
(05/10/2015)

“My perspective of veganism was most affected by learning that the veal calf is a by-product of dairying, and that in essence there is a slice of veal in every glass of what I had thought was an innocuous white liquid - milk.” ~ Rynn Berry



When we buy milk, we are supporting the dairy industry in ripping new born calves away from their mothers to be mad into leather and veal. The mother is immediately impregnated afterward, with no time to recover. This is not the “right” thing to do, no matter what species.



This is veal. Veal has a face, long eyelashes, big brown eyes, fuzzy ears and a wet nose. Veal is a baby, and wonders where his mom is.

"Animals are so beautiful, each in their own ways. How can anyone look at them and see anything less? To reduce them to a mere ingredient -- or a garment, or a form of recreation or entertainment -- is patently absurd and morally repugnant ... Indeed, whenever we purchase animal products we commit not only crimes against the affected animals, but crimes against ourselves as well ... Please, don't sell yourself short of the justice you are capable of giving -- and thereby the Joy you are capable of receiving -- by making poor choices in what you purchase. Refuse to exploit the most vulnerable -- the animals, who have all done you no wrong. Our laws still fail them by the millions every day, so let's not break the one law in our Hearts; the one desire we all have and the one dream to which we all aspire -- Peace ... Remember: It always begins with you."

~ inspired by D Liz Palma

“If you don't want to be beaten, imprisoned, mutilated, killed or tortured yourself, then you shouldn't condone such behavior towards anyone else, be they human or not.” ~ Moby



*A Mending of Motherhood ...
Step #05 – Becoming the Healing
(05/10/2015)*

"There will come a time when civilized people will look back in horror upon our generation and the ones that preceded it; will look with utter disgust upon even the idea that we could eat other sentient beings, all of whom wanting nothing more than to live their own lives in peace; will gaze in utter disbelief that we could raise those animals solely for the purpose of killing them in their youth! Indeed, there can be little doubt that the people of the not so far future will say the words "meat-eaters!" with the same revulsion that we currently say the word "Nazi", and regard our generation with the same abject moral rejection that we currently give to slave-holders, torturers and cannibals." ~ inspired by Dennis Weaver

**As you celebrate and give thanks
to your own mother, please remember:**



**Animals are mothers too.
(Honor them by going vegan.)**



A Mending of Motherhood ...
Step #06 – Persisting for Peace
(05/10/2015)

"Why is it that animal advocates are so often harshly criticized, mocked, and ostracized? Where does the backlash originate? People who support cruelty to animals (unknowingly or knowingly) sometimes use criticism as a defense mechanism -- a way to justify their complacency -- because unlike other issues such as child abuse or racism where they are unlikely to be the direct cause of the problem, animal rights critics have often realized that when it comes to the issues animal advocates work to improve, those who consume animals ("meat") and animal byproducts ("dairy") play a pivotal role ... So the advocates' words strike a chord with them and they -- the people who eat, wear, or pay to see animals exploited -- understandably don't like it. They fully understand the meaning of a carbon footprint or the unwatchable murder of an innocent animal and they simply don't want to confront the very harsh reality that they are the source of the problem ... so they seek to sully the credibility of the messengers.

If you are one of those folks doing the criticizing, please know that there are no hard feelings -- and know as well that there is more than enough room for you to join Team Compassion whenever you wish ... God knows the animals need all the help we humans can give them!

And you, my fellow advocates? What about you? Rest assured, you will be called "crazy" and you will be called "exaggerators" ... Rest assured -- you are not. Critics will say you are naive and call you "foolhardy" ... Rest assured -- you are not. They will tell you to "get a life", without understanding that few people live one more meaningful ... Indeed, you are all active heroes for a cause as important as any in the history of the world -- the systematic and needless confinement, torture, and slaughter of billions of animals; the primary cause of global climate change that will soon lead to the destruction of our environment; millions of people dying from human health conditions caused by eating animals and the effects of industrial farming; and millions more people dying of starvation because grain that could save them is wasted on farmed animals.

You are fighting against enormous odds, my Friends, including a foe in the powerful agricultural industry that will spare no expense to continue duping the public into believing a web of lies about the realities of eating animals and the nature of agribusiness. Indeed, the recent efforts by agribusiness to make it illegal for advocates to film animal abuse in their factories provide ample evidence that you truly are making progress.

So when the thought of the animals' immense & needless suffering becomes too much to bear, know that your passion offers hope; know that your activism has changed and saved lives -- and know that **YOU ARE NOT ALONE** ... So keep holding those signs, keep handing out those leaflets, keep sharing those videos, keep boycotting those stores, keep talking to your friends and family, keep signing those petitions, keep calling those legislators, keep holding those fundraisers, keep supporting those animal sanctuaries and other non-profit animal rescue organizations, keep bombarding those grocery stores with pro-vegan stickers, and keep directly liberating those animals imprisoned in fur farms & animal testing asylums.

Just keep making the world a more humane place, one small yet brave act at a time ... And please **DON'T STOP!!!** ... Don't **EVER** stop ... You are making a powerful difference ... The world is changing ... You are changing it.

Thank you so much."
(inspired by Andrew Kirschner)



"NEVER DOUBT THAT A
SMALL GROUP OF THOUGHTFUL,
COMMITTED CITIZENS CAN
CHANGE THE WORLD.
INDEED, IT'S THE ONLY
THING THAT EVER HAS."
- MARGARET MEAD

The cleanest Kill ...
(05/16/2015)

TO ALL HUNTERS – Know this: We are not meant to hunt a beating heart ... We are not meant to kill -- period ... Indeed, the very furthest place away from our Souls is the place we go when we choose to "hunt" to kill.

My hunter Friends, what you are looking for in the night -- in the still forest or the quiet bush; by moonlight or the first light of dawn -- is not an animal for trophy, or for food, or for conservation's sake ... No, my Friends ... It is your own lost sense of Peace; it is a respite from your own internal struggles for which you search and seek.

Well, one thing at least seems patently clear -- you will most certainly never find real Peace on the tip of a bloody blade, and you will most certainly never find it by inserting a bullet from your weapon into the fresh flesh of a voiceless victim. And I promise you as well that your deepest and most profound Solace will never be found from gazing upon the Light of Life as it slowly seeps from a "fresh kill" and fades into the surrounding skies.

No, my Friends ... Peace is found gently ... Peace is found with gentle eyes and a gentle touch ... Peace is something that is given and never taken.

So PLEASE -- put down your weapons, hunters. The blade you point into the innocent and the rifle you aim at the vulnerable would both serve the Earth far better if they found their way to your own body instead ... AND please know as well that you don't deserve such suffering either. Like your unknowing prey, you too are fine and good and caring at heart, and as such you too do not deserve the pain you would inflict upon those other creatures fine & noble.

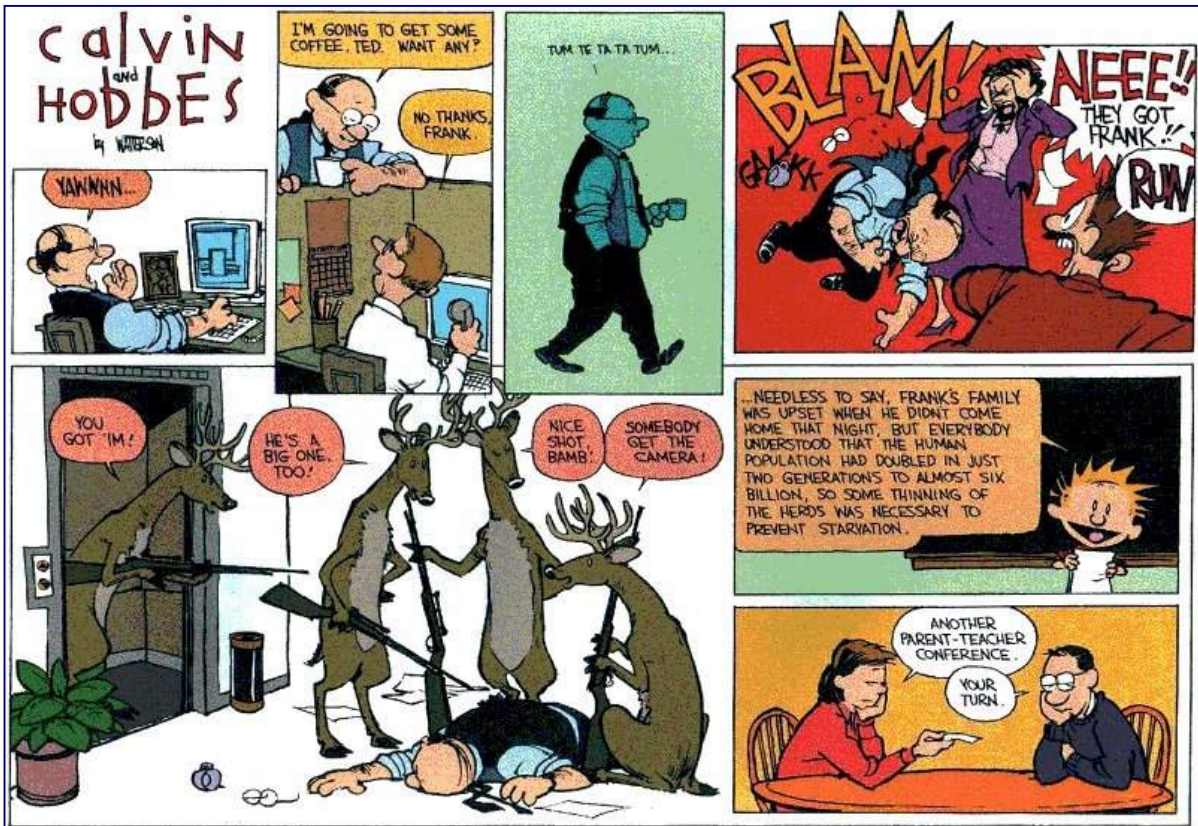
Indeed, you have already known their pain -- and you have already experienced their terror. For you too were hunted in your youth. You were "hunted" by cold or absent parents -- you were "hunted" by unjust laws or arrogant bosses -- you were "hunted" by unfaithful lovers or fickle friends. And even though what you lost in those forays was not your life, your Soul was indeed gravely wounded; allowing your ego to rise to the fore ... an ego that told you that might makes right -- an ego that told you that power was in the taking -- an ego that told you that killing was "normal" if not "brave" -- an ego that told you to "be a man" and hunt, just like you had been hunted.

And yet taking a life that isn't yours will never resuscitate your damaged Spirit, nor can it return your still-hiding Soul ... And yet if you show the true Courage required to put down your weapon, rediscover those treasures you most certainly will.

So hunters, PLEASE -- stop straining your eyes to find what only your heart can See; and stop striving to know "power" and dominance in ways that only bring you weakness and cuckoldry. Please my Friends, come to finally remember what you have so long ago forgotten -- that true Triumph comes from Giving; especially in those moments when you so desperately want to take; and that true Success comes from allowing others to live; especially in those instants when you so desperately want to kill ... Stop searching for "excitement" and "empowerment" via fear & murder ... Extend your hand to Care for the innocent instead, and you will finally find what you have been hunting for all along.

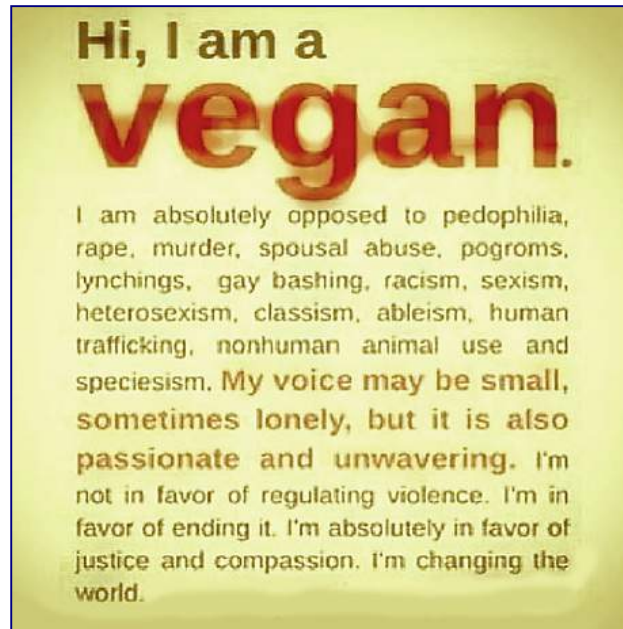
Amen ... Let it be so.
(inspired by Vanessa Curley)





The Power of LOVE ...
(05/23/2015)

This is such an amazingly Beauty-full world we all live upon -- a world filled with so many brave & noble humans and so many brilliantly compassionate & wonderfully gentle creatures ... And I feel so blessed to be doing my small (and faith-fully significant) part to encourage the former to finally one-day treat the latter to all the Freedom & all the Justice & all the Happiness we ALL so richly deserve ... Peace!



"Power without Love is violent and reckless and abusive, and 'love' without power is weak and sentimental and anemic ... Power at its best is Love implementing the demands of Justice in ways that are Just, and Justice at its best is power correcting everything that stands against Love -- doing so in ways that are Loving."
~ inspired by Martin Luther King Jr.

Amen ... *Let it be so!*



Calling it what it IS ...
(05/30/2015)

Earlier this month, pro-meat food critic Josh Ozersky dropped dead in his Chicago hotel room at the ripe old age of 47 ... Later, Dan Dronsfield honored him in a report about an event Josh founded -- "Meatopia" (a meat-focused facet of the Pebble Beach Food & Wine Festival).

Inspired by the not-so-delicious irony of a meat enthusiast's premature death, Theresa Buccola replied to Dronsfield with the following extremely well-written short essay ... EnJOY.

.....

It would be dangerous, deadly even, to believe that the life of this rabid meat-eater should be celebrated with "a love poem" on your Twitter account when discussing Meatopia. Indeed, it scoffs in the face of all logic. Did anyone at the paper even bother to ask if it is possible that his consumption of animals is what caused him to die at the ripe old age of 47?

Am I the only one to see that many people, particularly those slicing up that dead pig on the video, are obese? How many are going to live past 60? Do you not care about the health and longevity of your readers?

It does take courage to ask the hard questions rather than ignore evidence that is written all over those enormous bellies and on one that now lies in a casket.

Let me shock everybody back to reality for a moment: this is no longer the Paleolithic era. We no longer make heroes out of men when they fell wild beasts and risk death for the sustenance of their tribes. Just because you lie in wait in an elevated hunting shack clutching a 40 oz., dressed in camo and sticking a high-powered rifle through a slot it does not get you back in touch with your inner-mythic hero ... and neither does shutting off your computer, hopping in your SUV and driving to an event that will serve the corpses of animals that have been killed with advanced technological precision.



Face it, we are in the era of the factory farm; nauseating places where billions of animals are tortured and slaughtered every year.

But oh wait, did I forget about how kind Mr. Local Farmer is to his pigs or that we have grass-fed, humanely-raised, free-range, consciously caught, no rBGH, blah, blah, blah... No, I did not. This is called doublespeak—and these terms fall under that umbrella because they have been invented to quell our conscience from doing those things we know, on a deep compassionate level, we should no longer be doing.

If you can have such a disregard for their lives, their beauty, the love they hold for their children, if you can laugh at the excruciating pain they endure for nothing, there will be consequences. And they will be merciless.

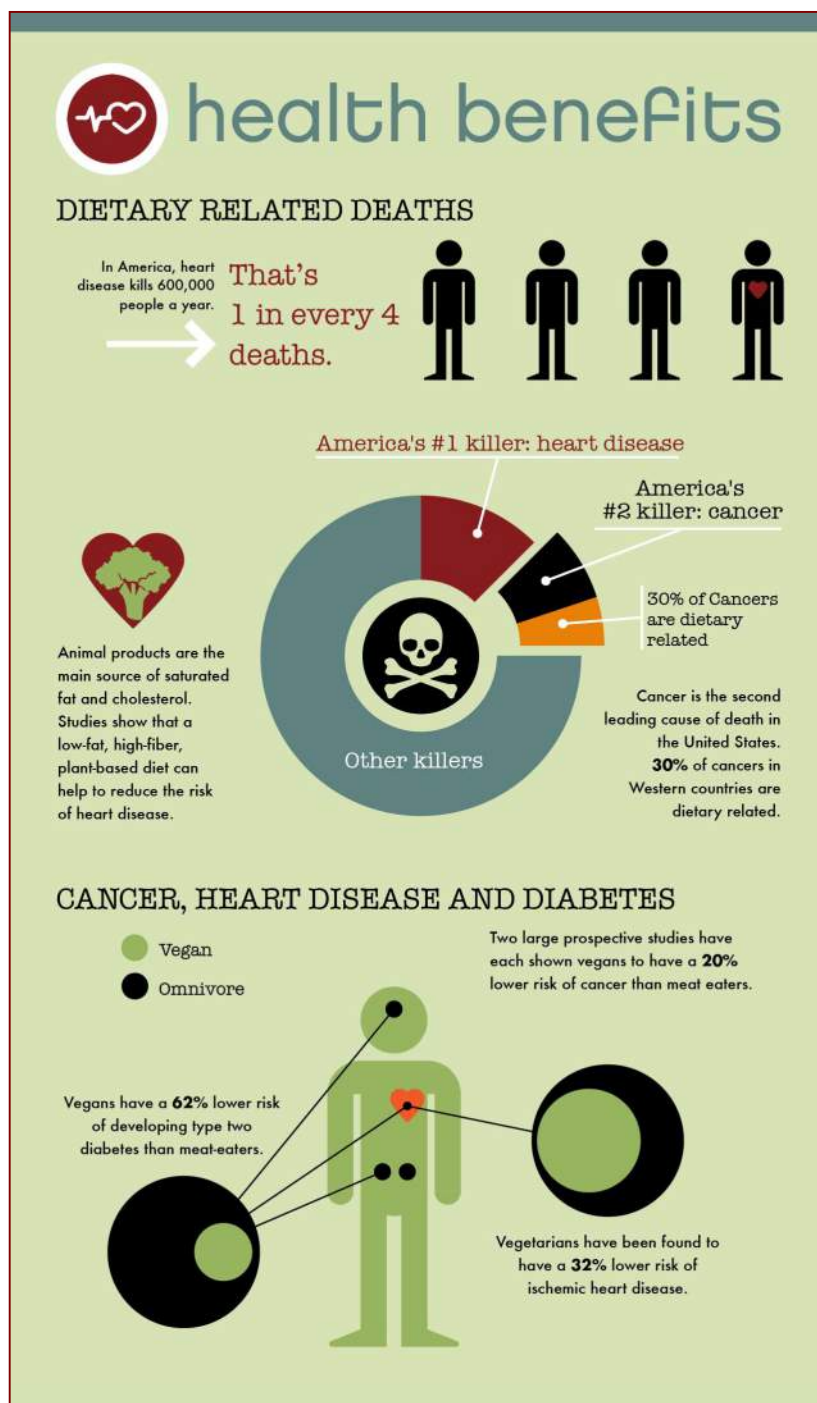
With each bite of fear that Ozersky rammed into his gut, with every malevolent word he spread through his writings, taunting us to spill more blood, Ozersky wound up digging his own grave with a butcher's knife and a fork ... You will leave in your wake broken-hearted friends and family members as Josh Ozersky has done.

In contrast, I suggest you take a trip to the salad bar at Earthbound Farm and feast on the bounty Mother Nature offers to us in her plants.

Then turn around and fill your arms with the oranges, the apples and the bananas. Go ahead. Eat as much as you want. You'll never get fat on that food. Instead, you'll be able to ride your bike hundreds of miles a week, climb Robinson Canyon twice in one day and look in the mirror and see lean and beautiful. Your blood and digestive tract will flow freely. And you will greatly increase your chances of seeing 100 years old come to pass in radiant health.



In honor of your beloved founder, who was no doubt transported in a tiny gestation crate directly to the place where all karmic debts become due, I suggest you refer to the event not as "Meatopia" but as "Deathtopia" ... So we can put an end to the propaganda, and call it what it truly is.



To Liberation and Beyond ...
(06/22/2015)

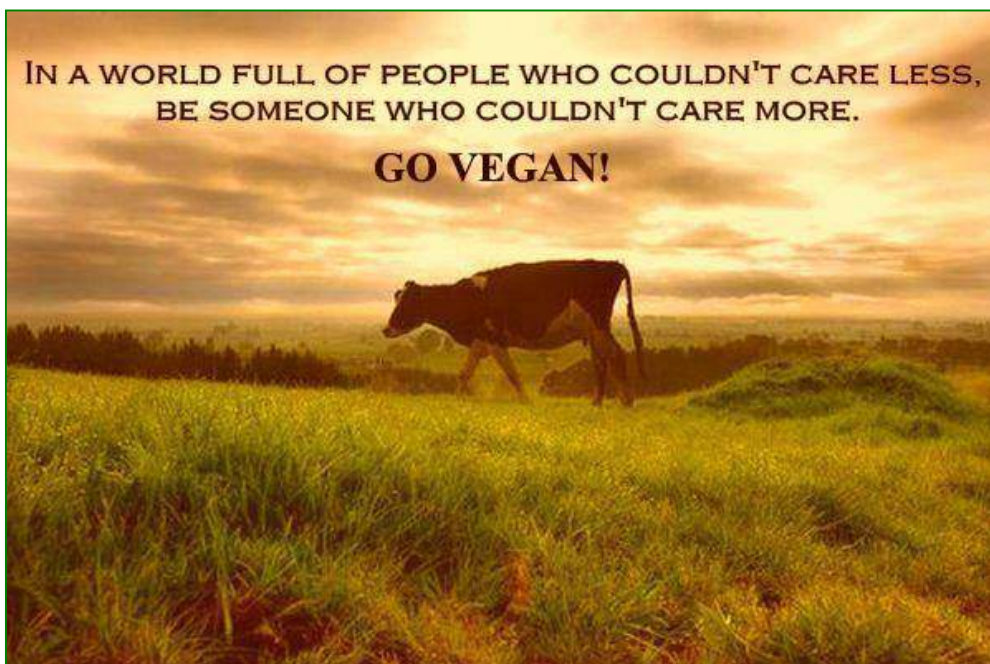
My dear Friends, let us work TODAY to liberate all victims of violence in our communities. Oppressed minorities, tortured animals, and victims of war (especially those casualties caused at home & abroad by our own governments) -- this is the Trinity of victims that we need to be striving to liberate -- this is the Trinity of the traumatized that we need to heal ...

Injustice is everywhere in our oft-sick & still-dying world, and denying it or even looking away from it keeps its festering illness alive and well. This is true for the systemic racism against Blacks in the United States, this is true for the systemic discrimination against homosexuals (and those of other alternative genders) around the world, and this is true for every single animal enslaved to the barbaric cruelties of the global meat & milk industry ... You can remain in denial of these facts, and yet your apathy will not stop the very real bigotry-based violence that minorities suffer every week and the very real greed-based horrors that farmed animals suffer every single minute of every single day ...

My Friends, you have no duty to solve these massive problems. Rather, it is your privilege & your honor to simply **PLAY YOUR PART** in doing so -- in bringing respect to the despised by standing up to racial & gender-based bigotry in your community, in bringing justice to the abused by going vegan in your home, and -- thereby -- in bringing Peace to our still-beautiful planet, while there is still time to do so ...

Thank you.

(inspired by Joanna Blad)



Animals are not here for humans to use any more than women are here for men to use, or black people are here for white people to use.



No one should be born into slavery



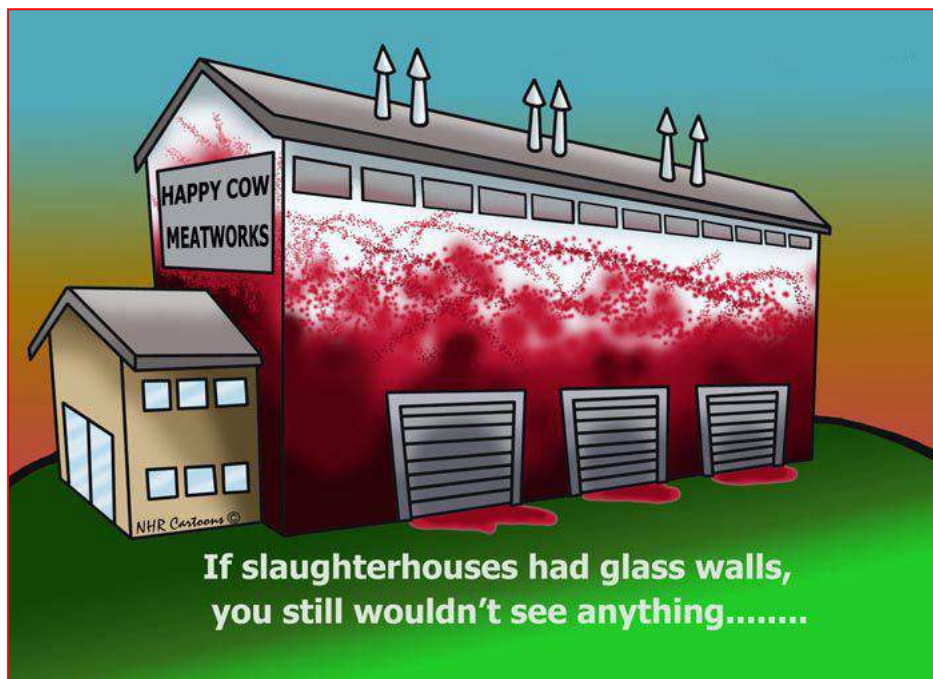
Please go VEGAN

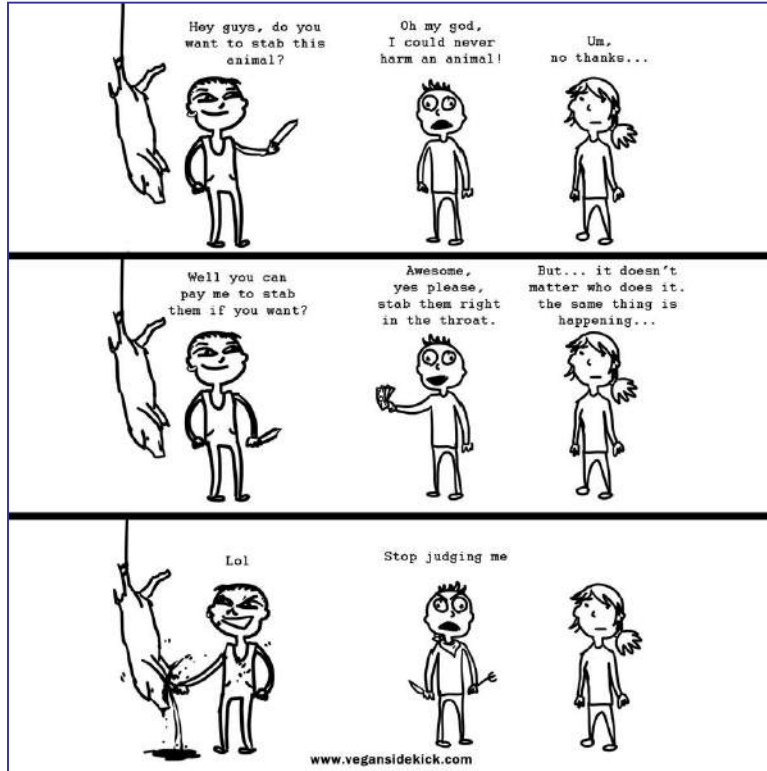
A Taste of TRUTH ... (06/27/2015)

"There's a very deep peace of the mind and calm of the Soul that comes from removing your life from the inherent violence of turning beautiful, living, feeling beings into butchered bodies ... The raw, brutal events that occur at places such as slaughterhouses, feedlots, factory farms, family farms, processing plants, egg hatcheries and insemination facilities are beyond our worst nightmares. Indeed, that is why we don't want to look, and that is why we pay others to do it for us -- anonymous workers killing anonymous victims of our selfish appetites. That's why those who pick up the blade do so with a hardened heart, a desensitized conscience, and ultimately a traumatized psyche ...

Slaughter is always ugly, it is always cruel brutal, and it is always pointless. To say "NO" to that -- to remove yourself from the horror; to awaken from the nightmare -- releases you from that burden of guilt and shame that most of us experience (albeit most often subconsciously). The knowledge that we are directly supporting an industry that is evil incarnate provides a low, constant, underlying hum that causes us to make every excuse in the book to justify our actions, to release us from the guilt of our undeniable complicity ...

No prayer I ever said over their dismembered bodies exonerated me from the part I played, and no excuse I ever made washed the blood from my hands. We can only feel free -- indeed we can only truly BE free -- when we stop participating in the madness." ~ inspired by Colleen Patrick-Goudreau





Vegans do not make you feel guilty.

Vegans make you aware of what is happening to animals.

If you feel guilty, it's because you personally don't like what is happening.

If you don't like it, don't support it.



Hunting is not Seeking ... (06/27/2015)

"What qualifies as a 'good reason' to kill when there are plenty of other, healthier, kinder things to eat than animals? What qualifies as a 'good reason' to kill when there are plenty of other ways to feed our families? What qualifies as a 'good reason' to kill when there are hundreds of other ways to 'entertain ourselves'?"

Why is the go-to plan for so many people so often violence? Why do we resort to arrogant destruction of the lives of others when we can do so much better -- both for ourselves and for the environment; for one by using the time we spend learning to kill to learn to cultivate instead?

Indeed, there is no sound reason to traumatize and murder other sentient animals (a.k.a. 'hunt wild game') merely to get a bit of nourishment or some extra excitement into our lives. And as such, to do so at all is ignorant at best and at worst, outright immoral -- if not downright malicious."

~ inspired by Sarah Sunshine

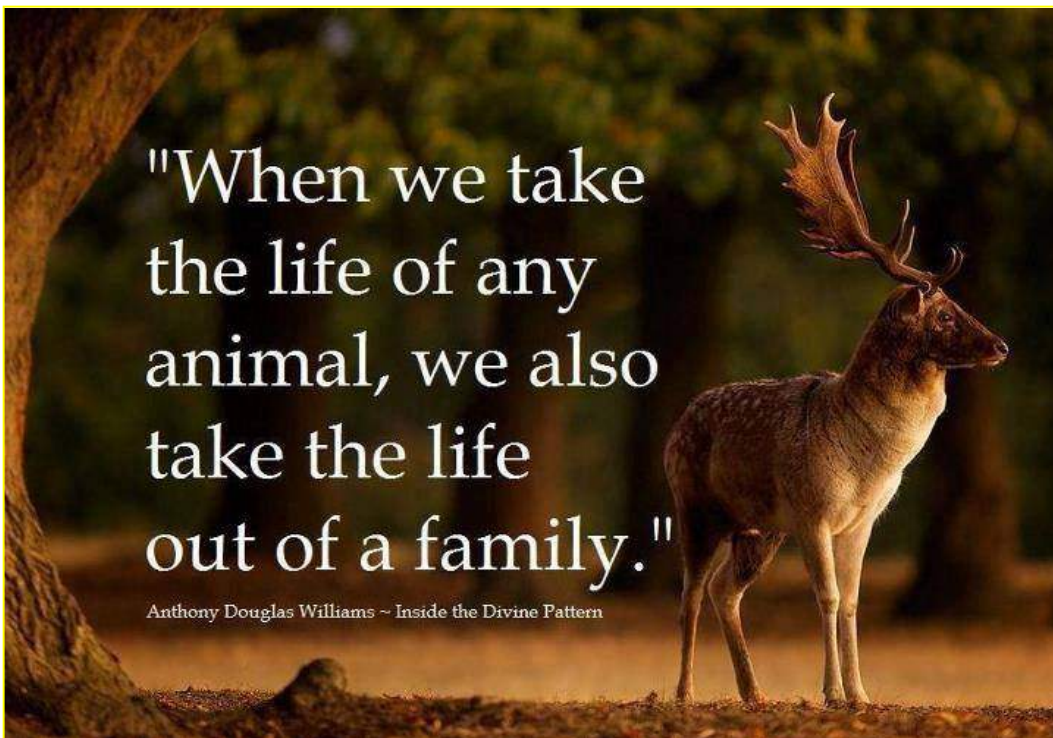
| Hunter's Dictionary | |
|------------------------------------|--|
| Harvesting | Killing animals |
| Enjoying the great outdoors | Killing animals |
| Enjoying God's bounty | Killing animals |
| Conservation | Killing animals |
| American tradition | Killing animals |
| Wildlife management | Killing animals |
| Predator management | Genocide of Wolves, Coyote's Etc. to protect Elk, Deer and Moose |
| Elk, Deer and Moose | Other animals to kill |
| Sportsman | Serial animal killer |
| Outdoorsman | Serial animal killer |
| Conservationist | Serial animal killer |
| Un-American | Anyone opposed to senseless killing or abuse of animals |
| Un-Christian | Anyone opposed to senseless killing or abuse of animals |
| Tree-hugger | Anyone opposed to senseless killing or abuse of animals |
| Eco-terrorist | Anyone opposed to senseless killing or abuse of animals |



"THE WILD THINGS OF THIS
EARTH ARE NOT OURS...

THEY HAVE BEEN
GIVEN TO US IN TRUST."

- WILLIAM T. HORNADAY



"When we take
the life of any
animal, we also
take the life
out of a family."

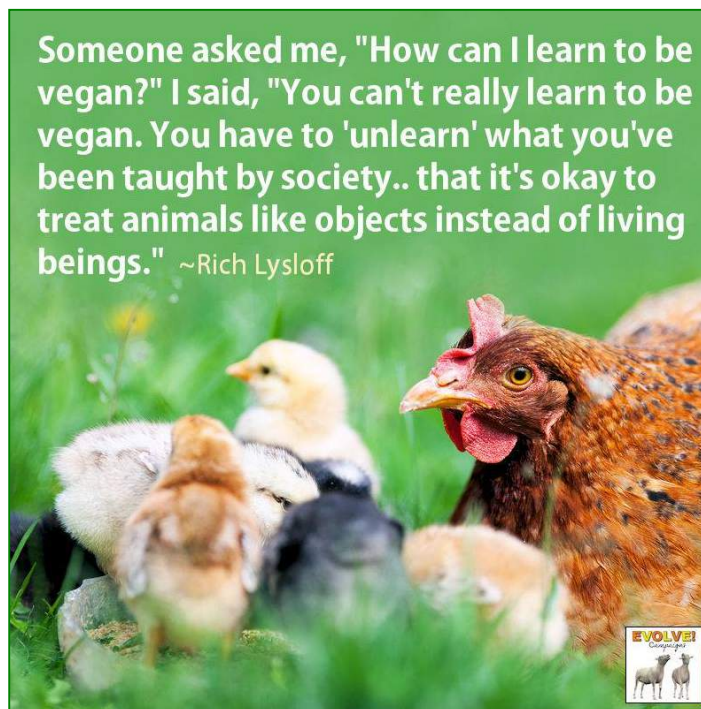
Anthony Douglas Williams ~ Inside the Divine Pattern

The same moral nadir ...
(06/28/2015)

"The feeling that members of one's own species deserve special moral consideration compared to members of other species is old and deep. Indeed, the only thing more strongly forbidden by our culture than killing people (outside acts of war -- unfortunately) is eating people (even if they are already dead). And yet somehow most of us thoroughly enjoy eating members of other species. Many of us rightfully tremble & are repulsed of the judicial execution of even the most sadistic of human offenders, while simultaneously reveling in terminating without trial the lives of fairly mild animal pests ...

Indeed, some of us even still kill members of other harmless species as a means of mere recreation or amusement, while the human fetus -- with no more feeling than an amoeba and certainly no more self-awareness than any other animal in embryo, enjoys a reverence and legal protection far in excess of those granted to adult chimpanzees, elephants and dolphins.

And yet to do so is an error most grave, for the chimp & the elephant & the dolphin --- just like the pig & the chicken & the cow -- feel and fear and think and dream. And yet despite these know well-established facts, it is the even-nonviable human fetus that is instantly and fully accorded special privileges and rights, instead of the fully formed and fully self-aware animal ... Whether the unethical ethic of 'speciesism' can be sunk to the same moral nadir as 'racism', I do not know. What I DO know is that it has absolutely no proper basis and no accurate justification in biology." ~ inspired by Richard Dawkins

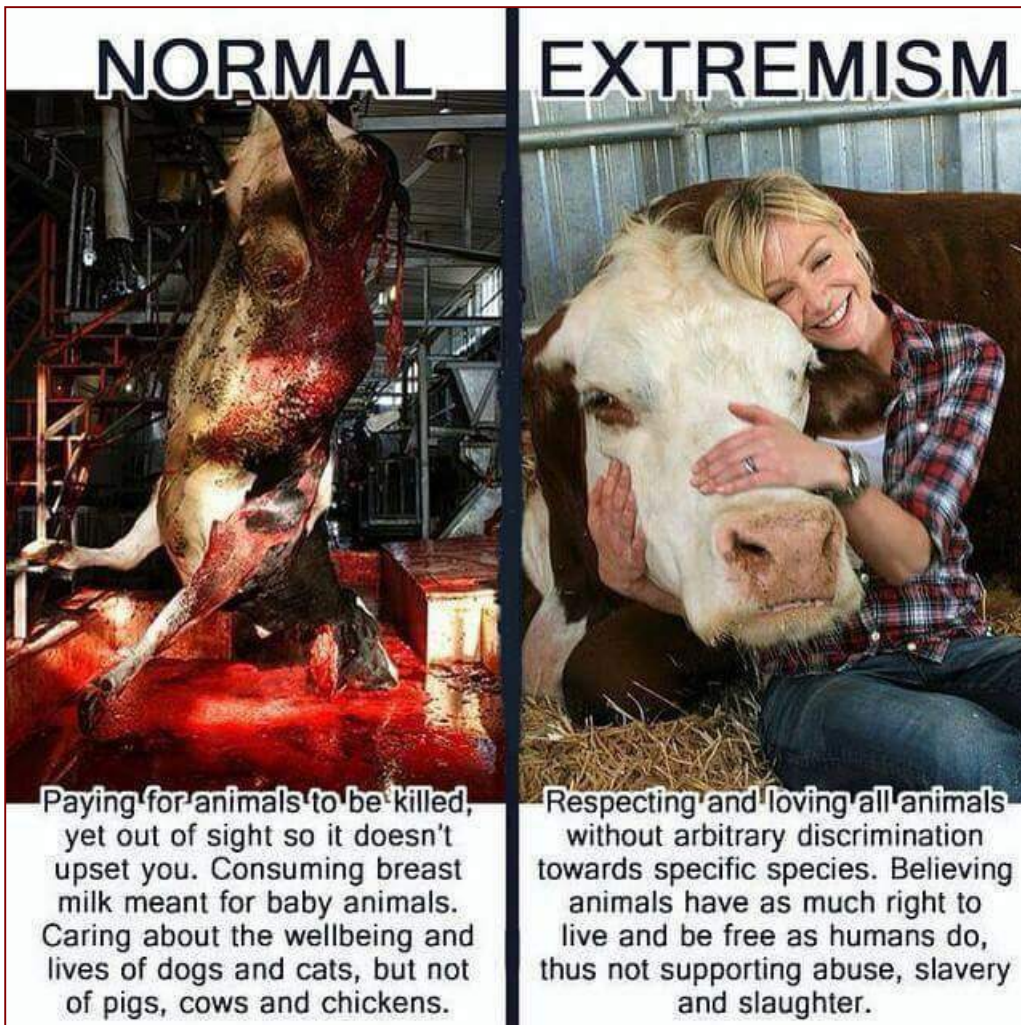


Extreme Compassion ...
(06/29/2015)

"So the question is not whether we will be extremists, but rather what KIND of extremists we will be ... Will we be extremists for hate or will we be extremists for Love? Will we be extremists for the preservation of injustice or will we be extremists for the extension of justice? ... Remember that in the dramatic scene on Calvary's hill three men were crucified. All three of them were crucified for essentially the same crime -- the crime of extremism. Two were extremists for violence, and thus fell below their environment. The other, Jesus Christ, was an extremist for Love, and thereby rose above the same." ~ inspired by Martin Luther King, Jr.

Ummm --- Let me see ... I think I'll choose extremism.

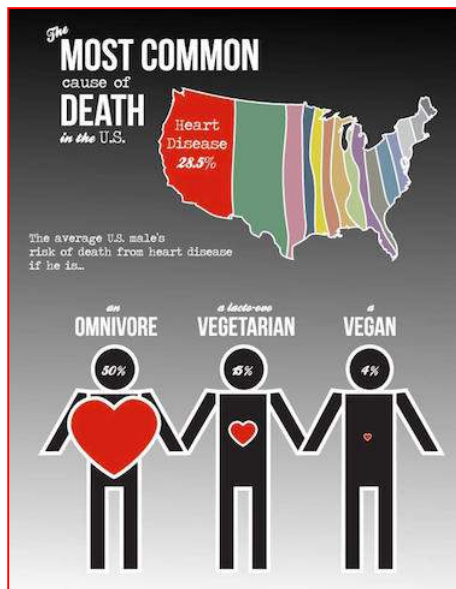
... Wouldn't you?



Land of the Free & the Home of the Brave ... (07/04/2015)

My dear U.S. Friends (indeed, my dear Friends all over the world), the meat & milk industry has deceived you all for long enough ... Indeed, ever since you were a small child, it has placed shackles on your minds and placed cages around your Souls; teaching you that eating animals is "natural" -- that doing so is "necessary" -- that doing so "healthy"; when in fact, nothing could be further from the Truth ...

Eating animals is only "natural" for obligate carnivores or meat-oriented omnivores, and we humans aren't either -- not even close. And this Truth is proven in resounding fashion by the very simple FACT that eating the flesh of murdered animals &/or imbibing the products made from those animals' bodily secretions (a.k.a "milk" & "dairy" products) is ***extremely unhealthy*** for us humans -- leading consistently to dramatic increases in ourselves & those we love suffering from heart disease, obesity, heart attack, stroke, diabetes, osteoporosis, and several forms of cancer (including cancers of the breast, prostate & colon) ... In short, you have been lied to, my Friends; you have been lied to in a most malicious & Machiavellian way -- a way that not only costs millions of innocent animals their lives every day, but a way that is costing you and those you love your own lives as well.



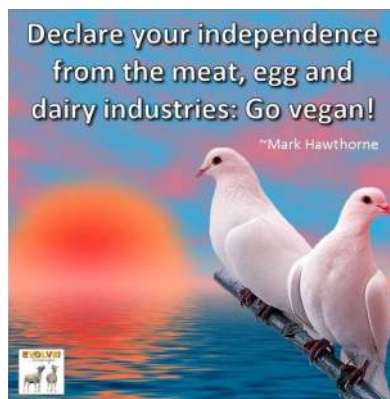
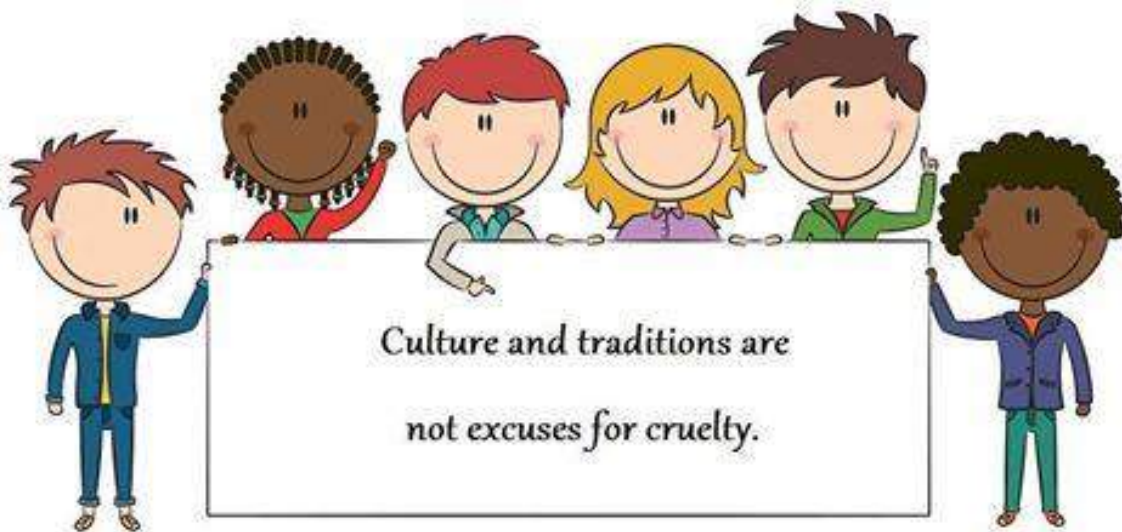
My dear American Friends, you might indeed be living in the "land of the free", and yet as long as you pander to the lies of the meat & milk industry, your mind will remain imprisoned ... And you might indeed be living in the "home of the brave", and yet as long as you cave to the cruelties of the meat & milk industry, you will remain essentially a coward.

Freedom can only thrive where all are free, and bravery can only reign where we choose to act accordingly -- by setting aside our selfish addictions to superficial pleasure & fleeting comfort, and giving our sentient brothers & sisters the Dignity & Respect they more than deserve instead.

So today, please consider becoming a true champion for real Freedom by becoming an advocate for real Justice ... Today, consider becoming truly Brave by becoming an active agent of the change we so desperately need to see.

Amen ... ***Let it be so!***

"For my part I rather wonder both by what accident and in what state of soul or mind the first man did so -- touched his mouth to gore and brought his lips to the flesh of a dead creature; he who set forth tables of dead, stale bodies and ventured to call food and nourishment the parts that had little before bellowed and cried, moved and lived. How could his eyes endure the slaughter when throats were slit and hides flayed and limbs torn from limb? How could his nose endure the stench? How was it that the pollution did not turn away his taste, which made contact with the sores of others and sucked juices and serums from mortal wounds?" ~ Plutarch



Finding Treasure & Treasuring Finds ...
(07/04/2015)

One of my favorite things to do when I visit the United States is to go shopping at thrift stores for used t-shirts; not to merely "have more clothes" (after all, I'm still a pseudo-minimalist Peace Pilgrim) or "look more stylish" (after all, they're only t-shirts), but rather to see how creative I can get with turning them into Pro-Animal, Anti-Cruelty slogan bearers ... Indeed, this is how I turn mere "Finds" into true "Treasures" -- as it may be a "Find" to locate an XXL shirt at Goodwill that doesn't have holes in it, and yet that "Find" becomes a *TREASURE* when it can be used to silently yet powerfully champion the causes of Justice & Compassion & Peace & Decency.

Anyway, here is one of my favorite such Treasures. It not only fits me, but it fits today's occasion as well ...

Peace to ALL ... S



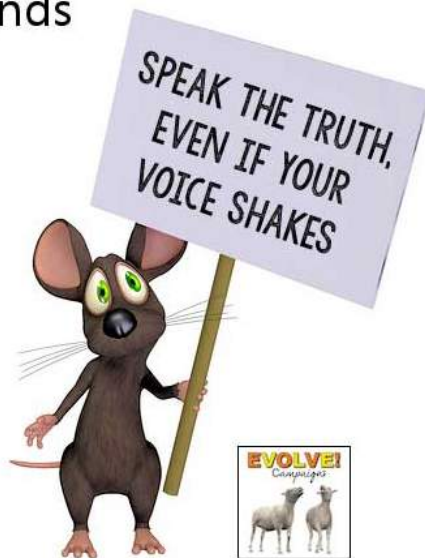
“In my view, the cow deserves her life ... as does the ram ... as does the elephant ... as do the fish -- and the dog -- and the bee -- and the pig -- and the chicken; as do all the other sentient beings on our planet. And this is why I will always be in favor of veganism as a moral minimum, because I simply believe that sentient beings have a fundamental right not to be used as someone else's property. They have no voice of their own -- at least none that we humans can yet understand, and yet their cries for freedom are quite clear nonetheless. They plead with us for liberty -- they shout to us for justice. They bed us to be brave for them, to be clear for them, to stand forth for them. And thus I see no other acceptable choice but to not only be vegan but advocate veganism ...

And if these statements make me a "fanatic" or a "freak" or a "fundamentalist", then I will boldly sew a scarlet "F" on my jacket, so that all may know without doubt that I am fanatic about Compassion, that I am a freak for Justice, and that I am fundamentally in favor of nonviolence. may I wear my "F" boldly and with pride, and may they one day bury me with it on, so that all the world will know exactly where I stood.”

~ inspired by Vincent J. Guihan

What I advocate is speaking the truth about how nonhumans are being exploited and brutalized, in a forthright, sincere, truthful, factual manner. We should be proud, confident and powerful in our delivery of the message. Taking the ethical position demands we not apologize for representing billions of nonhumans who are dying every day for pleasure, taste, and tradition.

-Gary Smith



Until every cage is empty ...
(07/04/2015)

"I wonder how would you feel if the day that you were born somebody else had already planned the day of your execution ... I wonder how you would feel if the day you were born you were removed from your mother's embrace and placed into a solitary cell ... I wonder how you would feel if the day you were born your nose was burned off, your testicles were sheared away, your ears were notched and your teeth were cut out -- all without anesthesia ... Well, that's what it's like to be a cow, a pig, a chicken or a turkey on this planet. Personally, I find this type of behavior is inexcusable, repulsive, and fully unbecoming of a species that claims to understand right from wrong.

These animals have not done one single thing to harm us, and it is completely unnecessary for us to be treating them with anything other than the same respect and decency and freedom that we demand for ourselves."

~ inspired by Gary Yourofsky

... until every cage is empty; until every Heart is free.





Clemency for Christianity ...
(07/12/2015)

And the Pope goes BOOM! ...



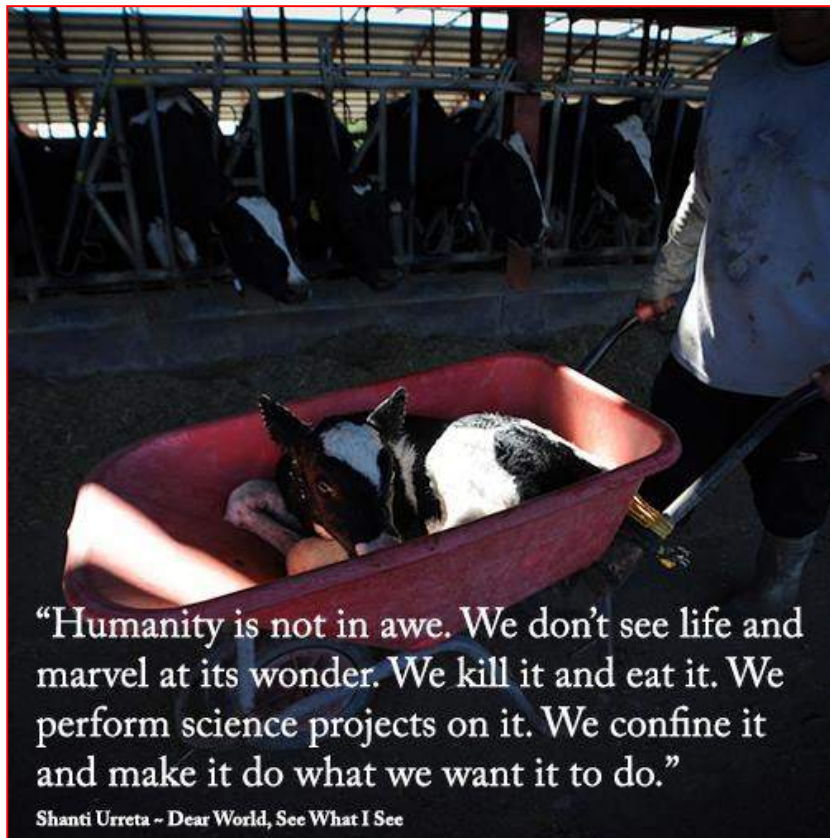
"We are not God. ... Nowadays we must forcefully reject the notion that our being created in God's image and given dominion over the earth justifies absolute domination over other creatures."

"Clearly, the Bible has no place for a tyrannical anthropocentrism unconcerned for other creatures."

Pope Francis

Now if this Pope could just take the next logical step and see that veganism is the only way to non-hypocritically walk his Divine Talk we'd be getting somewhere ... ;) ... Heck, maybe thereafter he would even come to realize that veganism is an integral part of walking The Way of Jesus Christ.

Just imagine if a significant portion of the world's Catholics went vegan overnight due to a Papal Decree. Our species would possibly be saved from our next and imminent mass-extinction! ... I mean, if this Pope's balls keep getting bigger, he might just do so -- and thereby become primarily responsible for saving most of humanity from a dramatic & most pain-filled demise. Who would have thought that the Catholic Church would be involved in anything so magnanimous?



“Humanity is not in awe. We don’t see life and marvel at its wonder. We kill it and eat it. We perform science projects on it. We confine it and make it do what we want it to do.”

Shanti Urreta ~ Dear World, See What I See

The vegan believes that if we are to be true emancipators of animals, we must renounce absolutely our traditional and conceited attitude that we have the right to use them to serve our needs. We must supply these needs by other means... If the vegan ideal of non-exploitation were generally adopted, it would be the greatest peaceful revolution ever known, abolishing vast industries and establishing new ones in the better interests of men and animals alike.

~Donald Watson



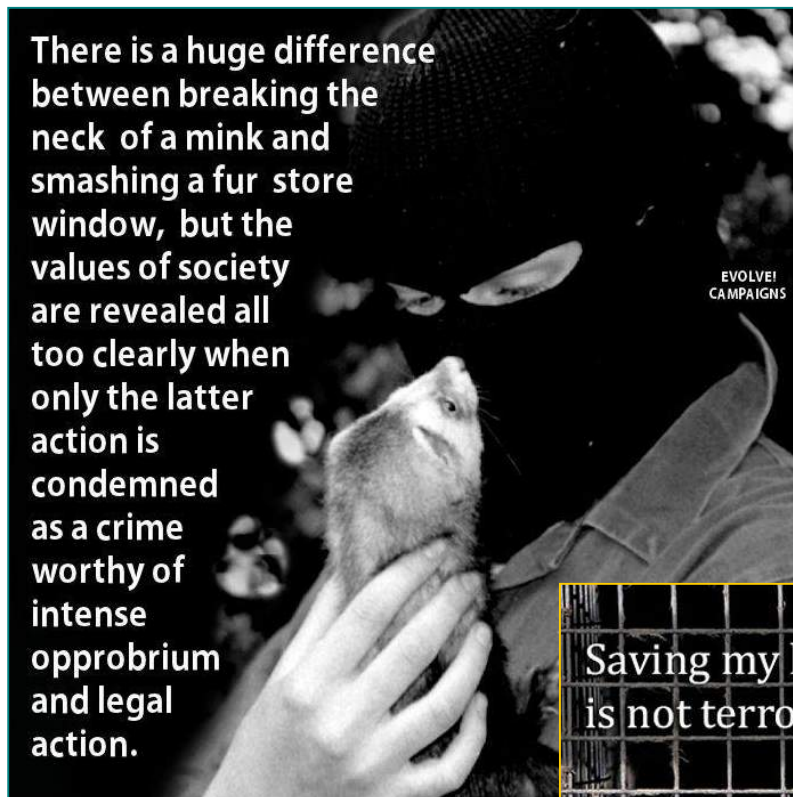
A Tribute to the Dangerous ...
(07/13/2015)

Here is to all the brilliant minds that Love deeply, for they write the stories that make us strive for true Love. Here is to all the visionaries that create a miracle when others have given up hope. Here is to all the protestors, farmers, artists, musicians, activists, actors, singers, songwriters, dancers, screenwriters, philosophers, inventors and poetic hearts that are fighting in their own ways for the Freedom of our animal brothers & sisters -- They are the ones creating a perspective of Heaven WE CAN experience, even in this lifetime.

And yet most of all, here is to *the Liberators* -- those Wild Souls who are on the front lines fighting for Justice -- those who have a Compassion so daring & so courageous that the rest of the world often mislabels them "radical", or "criminal", or "crazy", or "dangerous", or even "terrorist" ... Here's to them, for they are the ones who renew a truly worthy faith in the Goodness of Humanity. They are the ones who shine forth in a world that so desperately needs a sign that God has not forgotten even the least of us.

Thank you all so much for all you do in the name of Justice & Love.

(~ inspired by Shanon Alder)



**EXTREMISM IN THE DEFENSE OF LIBERTY IS NO VICE.
MODERATION IN THE PURSUIT OF JUSTICE IS NO VIRTUE**



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**"THE QUESTION IS NOT WHETHER WE WILL
BE EXTREMISTS, BUT WHAT KIND
OF EXTREMISTS WE WILL BE."**

MARTIN LUTHER KING JR.



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**ACTIONS PROVE WHO SOMEONE IS,
WORDS JUST PROVE WHO THEY
WANT TO BE,**

ANIMAL LIBERATION FRONT

A Truth-full opinion ...
(07/14/2015)

It is not a matter of personal opinion that the practice of inflicting harm on defenseless others merely for personal gratification is inherently cruel and abjectly unjust. Rather, it is a universally accepted **FACT** ...

Now you can lie to yourself and others that the "well-being of the animals" is your "primary concern", and you can try and convince others that you "love animals" and "want them to have a good life" before they die for your pleasure, and you can even try to attach any number of deceptive "feel-good" labels to the violence and devastation of breaking apart mother and child, of killing her babies, and of then killing the mother herself when she becomes "dried up" and is no longer profitable -- and yet you cannot change the fundamental Truth of their suffering ... You cannot change the fundamental truth that what you are doing — intentionally, systematically, and unnecessarily — is not a right, but rather a gross abuse of power ... You cannot change the fact that, like slavery, using & abusing animals for the selfish conveniences of pleasure or profit is **WRONG** -- period ... And you cannot change the facet that -- if humanity wishes to survive -- *IT MUST BE STOPPED*, no matter how time-honored its practice.



My dear Friend, you *can* become one of the ones who are helping to make it right ... You *can* become one of the ones fighting for the rights of the millions of tortured & oppressed animals who are crying out for mercy every single day ... You *can* become one of the ones standing up for justice in a world still too mad to care ... In essence, you **CAN** go vegan.

Amen ... *Let it be so!*
(~ inspired by Peaceful Prairie Sanctuary)



For the Children ...
(07/15/2015)

Going vegan **will** dramatically make your life longer & healthier -- but maybe you don't really care about that ... And going vegan **would** allow for you alone to become responsible for saving the lives of literally dozens of animals every month -- but maybe you don't really care about that either.

Well, there is something you surely **must** care about -- namely, the lives of your young ones; indeed, the lives of every child on Earth ... So even if you don't care about the animals, and even if you don't care about yourself, couldn't you just go vegan for the future of humankind? ... Couldn't you just go vegan for the children?

“I would emphasize that it isn't too late to act ... Our only obstacle at present is willpower ... I honestly don't know how many of my colleagues reflect on the matter. But those who don't ought to. What we're studying and learning is more than just science. It has ramifications for the future of humanity and this planet.” ~ Michael Mann (climatologist at Penn State University)



“For more than thirty years, climate scientists have been living a surreal existence. A vast and ever-growing body of research shows that warming is tracking the rise of greenhouse gases exactly as their models predicted. The physical evidence becomes more dramatic every year: forests retreating, animals moving north, glaciers melting, wildfire seasons getting longer, higher rates of droughts, floods, and storms—five times as many in the 2000s as in the 1970s. In the blunt words of the 2014 National Climate Assessment, conducted by three hundred of America's most distinguished experts at the request of the U. S. government, human-induced climate change is real—U. S. temperatures have gone up between 1.3 and 1.9 degrees, mostly since 1970—and the change is already affecting "agriculture, water, human health, energy, transportation, forests, and ecosystems." But that's not the worst of it. Arctic air temperatures are increasing at twice the rate of the rest of the world—a study by the U. S. Navy says that the Arctic could lose its summer sea ice by next year, eighty-four years ahead of the models—and evidence little more than a year old suggests the West Antarctic Ice Sheet is doomed, which will add between twenty and twenty-five feet to ocean levels. The one hundred million people in Bangladesh will need another place to live and coastal cities globally will be forced to relocate, a task complicated by economic crisis and famine—with continental interiors drying out, the chief scientist at the U. S. State Department in 2009 predicted a billion people will suffer famine within twenty or thirty years ...


Scientists are problem solvers by nature, trained to cherish detachment as a moral ideal. Jeffrey Kiehl was a senior scientist with the National Center for Atmospheric Research when he became so concerned about the way the brain resists climate science, he took a break and got a psychology degree. Ten years of research later, he's concluded that consumption and growth have become so central to our sense of personal identity and the fear of economic loss creates such numbing anxiety, we literally cannot imagine making the necessary changes. Worse, accepting the facts threatens us with a loss of faith in the fundamental order of the universe. Climate scientists are different only because they have a professional excuse for detachment, and usually it's not until they get older that they admit how much it's affecting them—which is also when they tend to get more outspoken, Kiehl says. "You reach a point where you feel—and that's the word, not *think*, *feel*—'I have to **do something**.' "

~ John H. Richardson

EATING SUSTAINABLY
Fight global warming with your fork

"A substantial reduction of impacts [from agriculture] would only be possible with a substantial worldwide diet change away from animal products."

- The United Nations



Using our Time for GOOD ...
(07/17/2015)

"I would rather be ashes than dust. I would rather that my spark burn out in a brilliant blaze of activism than be slowly stifled by the dry rot of selfishness and indolence ... I would rather be a superb meteor -- every atom of me in short-lived-yet-magnificent glow, than be but a slow & sleepy planet ...

The proper function of humanity is not to exist, but to LIVE ... not to accumulate, but to GIVE ... not to condemn, but to CARE ... not to cower in placid fear, but to LOVE boldly & with great Purpose ...



As such, I shall not waste my days in merely trying to prolong them ... *I shall use my time for GOOD.*"
~ inspired by Jack London

“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



*“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)*