

Sanctifying the Sentient

(Volume IX ... May 2018 to September 2018)



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

via Scaughdt
an (i)am publication



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*“**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*

“Compassion, in which all ethics must take root, can only attain its full breadth and depth if it embraces *all living creatures* and refuses to limit itself to humankind.” ~ via A. Schweitzer



An Introduction to what Follows

I remember as if it were 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 then confirmed for me that the vast majority of cheeses are indeed produced using stomach enzymes “harvested” from slaughtered veal calves -- and it was at that very moment that my world turned upside down.

Later that evening, I went home and began to research the making of cheese – which naturally led me 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; for me to learn that dairy cows are not only confined in often unsanitary conditions, but that they are repeatedly raped (a.k.a. “forcibly-impregnated”), have their babies kidnapped from them shortly after each birth (half of whom are then soon murdered to make “veal” & cheese), and then are brutally slaughtered to make cheap beef after only a few short years of being abused & over-milked. Essentially, I learned that the “dairy industry” is simply a disturbingly cruel appendage of the meat industry – learned that every glass of milk & every cup of yogurt & every slice of cheese effectively contains the blood of a murdered calf and the wails of a mourning – and later a murdered – mother.

And that was enough for me – all cow dairy products immediately became off-limits. I mean, how could I earnestly live as an open advocate for Love & Justice & Compassion while supporting such abject cruelty & such raw injustice & such brutal 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 dairy goats were abused just as horrifically; soon realized that it didn’t really matter how uncomfortable or inconvenient it was for me if my diet was the direct cause of such enormous brutality & intense suffering.

And so I went full-on vegan that June, and began writing about the facts related to the vile meat&milk industry thereafter; facts that had for so long been hidden from me. As such, here is the ninth & “final” collected volume of those articles, those blog entries, those posts, and those paragraphs. May the facts & truths within them awaken your true Caring Self the same way they awakened mine.

Amen ... Let it be so.

Scaughdt
(July 2018)



“*Mercy, clemency, compassion, and kindness* – each word holds more than just a suggestion. They each imply that one is exercising some form of noble and praiseworthy restraint from engaging in harmful actions that we are perfectly entitled to take otherwise. They are words that make the whole issue of using others about *us* -- an opportunity for *us* to exercise our superiority for personal benefit; or the opportunity for *us* to shine when we opt not to do so.

And yet look what happens when we change the script, using different words – words like *justice, equality, integrity, and respect*. These are words that focus on the bigger issues of morality – of ethics – of right & wrong. There is nothing praiseworthy in being moral; in doing the right thing. There are no brownie points for being decent or in seeing basic justice done. It’s no more or less than what we should all be doing all the time. These words appropriately focus on those who are being persecuted. They are not words that look for any sort of admiration or approval. They are humble words that speak to our moral core as decent human beings. And in truth, we shouldn’t ever seek praise for being *merciful* because we decided not to batter our spouse this week, and it is certainly not *compassionate* or *kind* to refrain from needlessly enslaving, harming, mutilating, or killing other humans. It’s just the absolute rock bottom of our responsibility as decent people.

When we make it all about us and our desire for praise and approval, we take the focus off the billions of gentle, desolate victims whose dates with violent death in the slaughterhouse were booked before their conception. When we speak of them this way we make the issue about us, and it’s not about us ... Indeed, it never was about us, and it never should be.” ~ via Linda Clark

To swim UPstream
(05/16/2018)



"It is not in idly drifting downstream with the currents of popular thought or majority whim that we attain what is truly worthwhile in life. Rather, it is by intentionally swimming upstream -- directly against the rush of the status quo whenever its flow leads in the destructive directions of selfishness, injustice, callousness, or cruelty. In truth, whatever others may tempt us to do to the contrary, we must resolve in those trying moments to **calmly yet firmly persevere** in doing the Right Thing -- which is ever the courageously Caring Thing, even if we stand alone in doing so." ~ inspired by H. Jay Dinshah

Loving to LOVE
(05/16/2018)



"Love the animals. Love the forest and love the meadows. Love the bees and the fish and the birds and the flowers. Indeed, choose to love everything, for if you love everything, you will begin to perceive the Divine Mystery that imbues and interconnects all things. And once you begin to perceive this innate brilliance, you will begin to embody it in your dealings with others. And as you continually enliven it, you will ultimately come to deeply comprehend it, and will come to love the whole world at last with an all-embracing Kindness that cannot help but bring lasting Peace into your surroundings and deep Joy into your heart." ~ inspired by Fyodor Dostoyevsky

Re-Cognizing the Obvious
(05/16/2018)



“The problem with realizing the full implications of animal sentience may not be the difficulty of ‘liberating’ the animals, but rather the far greater challenge of liberating ourselves from centuries of deeply conditioned erroneous thinking. For only after doing so will we be able to see animals for who they truly are, and award them the respect & the compassion they so rightly deserve.” ~ anonymous

Every single ONE
(05/17/2018)



Every single burger, every single steak, every single chicken nugget, every single strip of bacon, every single fish filet, every single milkshake, every single piece of cheese, every single leather boot or belt, every single wool sock or down jacket -- they all have one thing in common. They all began with an innocent animal writhing in **agony**; desperately begging to be spared; futilely pleading with his or her tormentors to let them live for even one more fleeting day ... None of these items is necessary for us to consume or wear, and all of them require enormous amounts of **pain & suffering** to be produced. And yet you don't have to support such sheer wickedness any longer ... You can **Go Vegan instead**.

"The hardest part of being vegan is not giving up animal products. That stuff is all an easy and ultimately enjoyable upgrade. It is dealing with the overwhelming ignorance and callousness and cruelty of my fellow humans that is so challenging." ~ via Chris Landry

Hearing the Voiceless
(05/17/2018)



"There is really no such thing as 'the voiceless'; only beings who are ruthlessly silenced or deliberately unheard."

~ via Arundhati Roy

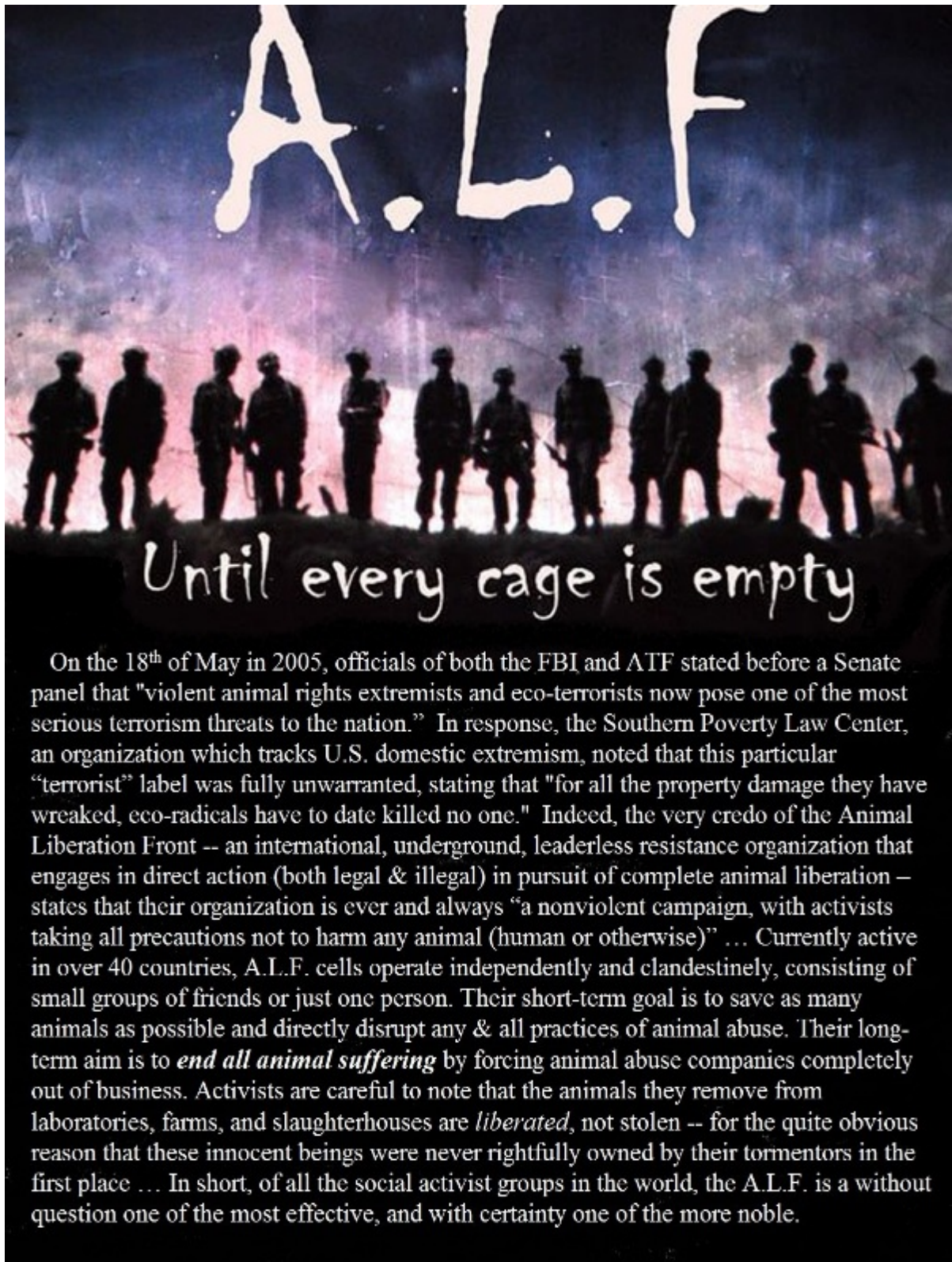
What? ... the Hell
(05/17/2018)

I just don't get it ... It's 2018, and yet we still live in a world where people are more offended by swear words, middle fingers, public nudity, and open breastfeeding than they are by factory farms and "humane slaughter" ... WTH?!?!



When a violent act is so horrific that we can't stand to even look at it being committed -- much less perpetrate it ourselves, then that's a pretty clear sign that we shouldn't be tolerating it at all.

The Beginning of the END
(05/18/2018)



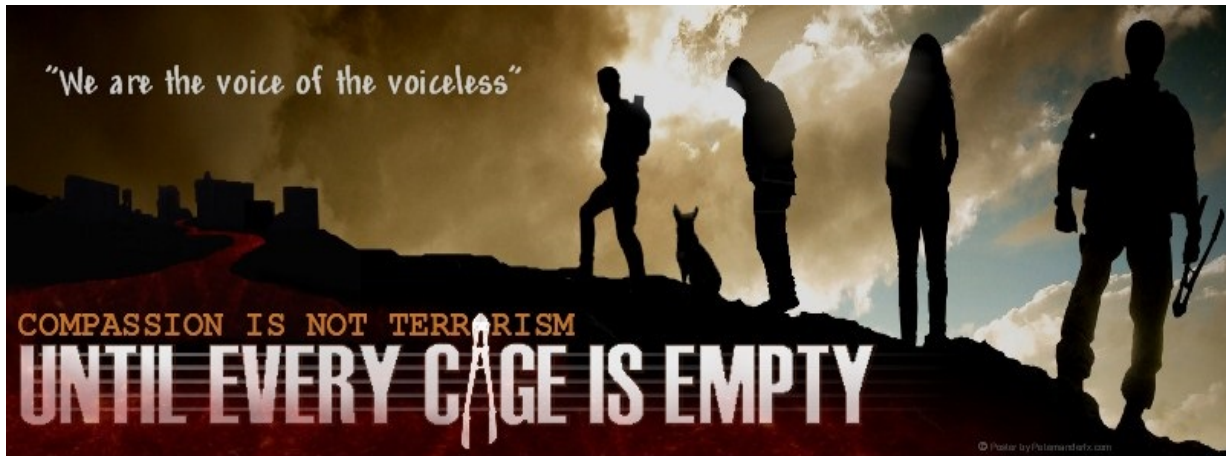
On the 18th of May in 2005, officials of both the FBI and ATF stated before a Senate panel that "violent animal rights extremists and eco-terrorists now pose one of the most serious terrorism threats to the nation." In response, the Southern Poverty Law Center, an organization which tracks U.S. domestic extremism, noted that this particular "terrorist" label was fully unwarranted, stating that "for all the property damage they have wreaked, eco-radicals have to date killed no one." Indeed, the very credo of the Animal Liberation Front -- an international, underground, leaderless resistance organization that engages in direct action (both legal & illegal) in pursuit of complete animal liberation -- states that their organization is ever and always "a nonviolent campaign, with activists taking all precautions not to harm any animal (human or otherwise)" ... Currently active in over 40 countries, A.L.F. cells operate independently and clandestinely, consisting of small groups of friends or just one person. Their short-term goal is to save as many animals as possible and directly disrupt any & all practices of animal abuse. Their long-term aim is to *end all animal suffering* by forcing animal abuse companies completely out of business. Activists are careful to note that the animals they remove from laboratories, farms, and slaughterhouses are *liberated*, not stolen -- for the quite obvious reason that these innocent beings were never rightfully owned by their tormentors in the first place ... In short, of all the social activist groups in the world, the A.L.F. is a without question one of the most effective, and with certainty one of the more noble.

Becoming Humane
(05/19/2018)



Never be afraid to do what's Right, especially when the well-being of an animal or another person is at stake. Indeed, society's punishments are miniscule compared to the gaping wounds we inflict upon our very Souls every time we see injustice or oppression and yet look the other way ... So choose to ***Do what's Right*** -- Whenever you see another being confined, do whatever you can to set them free. Whenever you see another being oppressed, do whatever you can to liberate them. Whenever you see another being harmed, do whatever you can to stop their persecution.

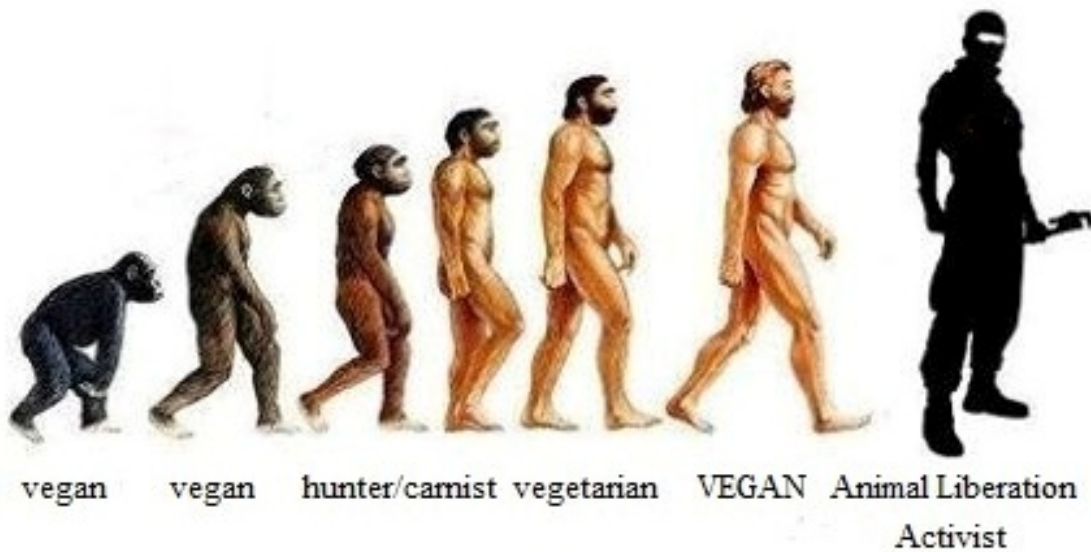
Upholding the LAW
(05/20/2018)



If we are trespassing, then so were the soldiers who broke down the gates of Hitler's concentration camps. If we are thieves, then so were the members of the Underground Railroad who freed the slaves of the South. If we are vandals, then so were those who destroyed forever the gas chambers of Buchenwald and Dachau and Auschwitz. If we are terrorists, then so were all the great men & women throughout history who have fought to liberate the oppressed, bring justice to the persecuted, soothe the abused, and lend Peace to those who have been brutally violated.

The *EVOL*ution of Humanity

(05/21/2018)



“Perhaps the easiest method of helping us to accomplish our mission is to help the world’s masses emotionally connect with the animals they often unknowingly abuse for food, clothing, and product safety by comparing them to their domestic companions they already love. Many of today’s animal rights activists made this connection after seeing animal rights protests, reading about direct actions, or witnessing any of the other methods with which our objectives have been relayed. Sometimes an epiphany comes months after previously ignoring these pro-compassion animal rights messages, so please plant the seed of thought in someone else’s brain today -- the seed that *animals have feelings*, the seed that animals are sentient, the seed that animals experience pain & fear the same way as you or I do. With your help, as time passes, our message of Peace & Justice & Freedom *for all* will finally be realized, and the animals will finally be free ... Thank you.” ~ the **A.L.F.**



The only Cure
(05/21/2018)



This is **not** a picture of two deer crossing a road ...
This is actually a picture of a road crossing a forest.

Refreshing your perspective of where and how you fit into your surroundings is the key to living a re-awakened life ... Anthropocentrism is your life's most deadly disease, and *veganism* is its only cure.

Get cured, my Friends ... ***Go Vegan.***

the Who & the When
(05/22/2018)



**IF NOT YOU, WHO? IF NOT NOW, WHEN?
SUPPORT THE ANIMAL
LIBERATION FRONT.**

very few REAL Regrets
(05/22/2018)



“This is the customary time when the defendant expresses regret for the crimes they committed, so let me do that now -- because I am not without my regrets ... I am here today to be sentenced for my participation in releasing mink from 6 fur farms. I regret it was only 6. I’m also here today to be sentenced for my participation in the freeing of 8,000 mink from those farms. I regret it was only 8,000. It is my understanding that of those 6 farms, 2 of them have since shut down. I regret it was only 2. More than anything, I regret my restraint, because whatever damage we did to those businesses, if those farms were in any way left standing, and if even one animal was left behind, then what I did wasn’t enough. I don’t wish to validate this proceeding by begging for mercy or appealing to the conscience of the court, because I know that if this system had a conscience I would not be here at all, and in my place would be all the butchers, all the vivisectioners, and all the fur farmers of the world. Just as I will remain unbowed before this court – who would see me imprisoned for an act of proper conscience – I will also deny the fur farmers in this room the pleasure of seeing me bow down before them. To those people here whose sheds I may have visited in 1997, let me tell you directly for the first time, it was a pleasure and an honor to raid your farms and free those animals you held cruelly captive. It is to those animals I answer to, not to you or this court. Indeed, I will forever mark those nights on your properties as the most rewarding experiences of my life. And to those farmers, slaughterhouses workers, fur-wearers, dairy drinkers or other savages who may read my words in the future and smile at my fate, just remember: We have put far more of you into bankruptcy than you have put us liberators in prison. That will forever remain the case, and don’t you ever forget it. The ranks of the just and the courageously compassionate and soundly just will continue to grow, just as your ranks – the ranks of the greedy and the cruel and the arrogant and the immoral – will continue to shrivel. Rest assured, no matter what happens to me today and in the years that follow, the cause of liberation and dignity for all will prevail, and there is nothing that either you or this court can do to stop it ... Finally, let me thank everyone in the courtroom who came to support me today. It is my last wish before heading to my unjust incarceration that each of you drive to a nearby fur farm or animal testing lab or slaughterhouse tonight, tear down its fence, and open every cage ... That is all.”

(~ inspired by Peter Young’s brilliant statement made to the court at his 2005 sentencing hearing)

The crime of Tolerance
(05/23/2018)

Tolerance becomes a crime when applied to acts of evil, and paying someone else to enslave and murder the innocent is a far greater crime than that.

Please stop being a criminal.

Please
Go Vegan
instead!



to GO or not to GO
(05/24/2018)

Should I Go Vegan?

Well, do you believe that it is wrong to harm other animals unnecessarily?

YES

Of course you do, which means you already wholeheartedly support veganism ... Now all that remains is for you to start acting accordingly.

NO

So you openly support animal cruelty? You openly support causing others to suffer and die for your mere personal pleasure? Really?!? Of course you don't! Think about it honestly and try again.

“It is a simple fact that there are no good reasons to not **be vegan**. There are many dozens of bad reasons, of course – prejudice, willful ignorance, arrogance, a false sense of entitlement, callousness towards the suffering of others, a lust for power, a desire for financial gain, outright laziness, a misplaced fear of the unknown, a purposefully shunned moral backbone, a misplaced trust in corrupt authorities, or an absurd adherence to cruel traditions and cultural norms; like I said: no **GOOD** reasons ... And just as I will joyfully debate anyone who still holds to the absurd notion that the Earth is flat, so too will I happily debate with anyone who still holds to the immoral notion that the enslavement, abuse, torture, and murder of adolescent animals is in any way right or acceptable – because I love to hear their patently absurd justifications for the same, and then calmly and clearly point out that they are fundamentally & irrefutably **wrong**.” ~ inspired by Richard Deboo

The true Abuser
(05/24/2018)



*"Animal abusers aren't just the dog fighters, the puppy mill operators, and the backyard breeders of the world. In truth, whenever you consume animal products, **YOU** become the abuser ... For at least as far as the animals in the meat&milk industry are concerned, killing is always a bloody and violent act – and their deaths never come easy. Life always matters deeply to the one who holds it, and it should never be taken by force -- no matter how a particular killing is justified by its sponsor or carried out by its perpetrator ... In truth, when you pay the hit man, then **YOU** become no better than the one pulling the trigger or wielding the knife. And yet by far the greater crime is the apathy of those who neither pay for nor commit the atrocities. Indeed, the greatest cruelty of all is the casual blindness of the masses to the suffering of innocents nearby." ~ via Marlaina Mortati, Colleen Patrick-Goudreau, & J. Michael Straczynski*

To Be truly Civilized
(05/24/2018)



“Respect and compassion shown towards all sentient beings is the primary mark of any civilized society. Conversely, cruelty, be it directed towards humans or non-humans alike, is the primary mark of barbarism and ignorance ... We cannot be considered truly civilized until we are truly Kind to all animals, and we cannot be truly kind to all animals until we stop exploiting them – exploiting them in the name of science, exploiting them in the name of sport, exploiting them in the name of fashion, and most certainly of all, exploiting them in the name of food.” ~ via Cesar Chavez

Knowing what truly Drives
(05/25/2018)



"What drives you? What is truly important to you? Is it important what others think about you, or is it important for you to Do what is Right and be able to hold your head high when you meet your own eyes in the mirror? ... Do you think of yourself as a moral person; someone with integrity? Does justice matter to you? How about compassion? Do you think of yourself as someone who is kind to the downtrodden and protects the innocent and fights for the persecuted? If you do, and you act accordingly, then you are *Vegan*. If you do and are not vegan, then you need to reconsider why your actions are at odds with your core beliefs; why your everyday choices are in direct conflict with your behaviors and basic sense of decency." ~ via *There's an Elephant in the Room*

The voices Within
(05/25/2018)

Cognitive Dissonance: the distress or discomfort a person feels when simultaneously holding two mutually exclusive beliefs; ever leading to the rejection or abandonment of one in favor of the (often irrational) adoption of and allegiance to the other.



“The moment that we stop shaking our heads in denial; the moment we accept the simple fact that we have been fully complicit in the needless suffering and deaths of other sentient beings -- is the moment we enter a new era of creating a fundamentally just and ethical world.” ~ via Doug Hines

The meaning of MEAT
(05/25/2018)



***M**urder
Engendered by
Avarice and
Tyranny*

There is no kind way to enslave someone who wants to be free ... There is no compassionate way to torture someone who doesn't want to feel pain ... There is no humane way to kill someone who doesn't want to die.

The Wind blowing hollow
(05/26/2018)

"The reason I eat meat is because it's natural"

You don't exclusively do things that you consider to be natural.

"Yeah but the real reason I eat meat is because humans have done it for centuries."

There are other things that humans used to do for centuries that we no longer do because we know better now.

"Yeah but the real reason I eat meat is because I need the protein"

You can get adequate protein on a vegan diet.

"Yeah but the real reason I eat meat is because it's too expensive to be vegan."

No, household staples like bread, potatoes, bananas, apples, rice, beans and so on are all extremely cheap.

"Yeah but the real reason I eat meat is because I want to reduce the harm I cause but it's impossible to be 100% vegan"

It is better to try to reduce your impact rather than give up entirely

"Yeah but..."

When your reasons for refusing to **go vegan** repeatedly change, and when they repeatedly fail to make any logical &/or moral sense, they become exposed for being what they truly are: mere ***hollow excuses*** for your callously selfish choices.*

*Innocent animals are suffering & dying because of those choices every single day, so please ***choose differently*** .. Please ***choose Vegan***.

What to DO every day
(05/26/2018)

Remember to be sure and
~~eat at least 6 servings of fruit &
vegetables every day ...~~
make at least 6 **utterly stupid**
comments to vegans every day:

01. Mmmmm ... Bacon.
02. My distant Stone Age ancestors ate animals (and raped their women, and enslaved their prisoners of war, and killed their competitors, etc), so I should too.
03. Plants have feelings, which is why I maximize the number of plants that suffer and are murdered, by having them fed to the animals I ultimately eat.
04. You aren't perfect, and are thus only 99% cruelty-free, which means that I get to aim for 0% cruelty-free rather than try at all.
05. Vegan food such as rice, potatoes, beans, pasta, bananas, apples and so on are all luxury items that only rich people can afford.
06. I only directly fund the enslavement, torture, and murder of animals once a week, and that makes me a good person.

A few things I've Learned
(05/26/2018)

Some truly bizarre things I've learned since going Vegan:

- * It is possible to slit someone's throat and still love them.
- * The word "need" also means "could easily live without but want really badly."
- * It's perfectly OK to call people out for their harmful behaviors unless those behaviors involve animal abuse -- especially the animal abuse known as "bacon."
- * The word "humane" essentially means whatever the Hell you want it to mean, and includes the most barbaric of acts, including shooting innocents with bolt guns, gassing them to death, hanging them up by their hind legs and slitting their throats, and dismembering them while they are still conscious.
- * Plants are sentient; they feel pain and fear, suffer the same as animals when they are "murdered", and -- if you listen closely -- scream in terror while being mown or pruned.
- * Crop workers are exploited but not slaughterhouse workers -- no way. They *want* all that PTSD, domestic violence, and loss of limb ... Yep.
- * The flesh from decomposing animal corpses is the proper source of protein for humans.
- * "Hey, I found the vegan" is somehow still friggin' hilarious when blurted out at parties.
- * Before we humans came along, millions of cows were simply wandering around praying night & day that someone would come along and milk them.
- * Steak and "seafood" and cheese are all cheaper than beans, rice, potatoes, pasta, and canned vegetables.
- * All animals in the wild wish they could end up dying peaceful deaths like the animals in slaughterhouses.
- * Even though over 99% of all the meat eaten and dairy consumed comes from factory farms, 99% of the population refuses to eat that meat or consume those dairy products -- buying only local, grass-fed, cage-free, organic, humanely slaughtered, Dalai Lama-approved replacements instead.
- * Every other non-vegan has an uncle (or at the very least the cousin of a best buddy) who owns a farm where all the animals are treated like royalty, all the animals willingly give the farmer their milk and their eggs and their children, and willingly go to the slaughterhouse after their days of joyful enslavement are over.
- * Every other non-vegan has a degree in nutrition &/or evolutionary biology &/or theology &/or land use &/or ridiculous hypotheticals that prove absolutely nothing.
- * Every other vegan knows a vegan who died from malnutrition, and every third non-vegan used to be vegan but found out it "wasn't for them."
- * Every person is fully free to talk about their identity, their beliefs, their interests, and their values without being shamed for the same -- except for vegans. Vegans can shut up and jolly well §%#\$ off.



The scales of JUSTICE (05/27/2018)



“Dear non-vegans: 99% of us vegans grew up eating and using animals, so we already know all your arguments (actually, excuses) for your false belief that it’s somehow your ‘right’ to continue actively participating in their exploitation and murder. Indeed, we explored all of those arguments ourselves as we were choosing veganism, and yet still decided that we could no longer participate in the unnecessary violence. As such, no argument you can make can sway us – not God wanting animals to be enslaved and painfully murdered, not plants having actual self-awareness or feelings, not that fried corpses & congealed mammary secretions taste great, not an appeal to the traditions of our barbaric past or the eating habits of our barbaric ancestors, not even the ‘fact’ that we are going to somehow get sick and die from our diets’ obvious lack of cholesterol, fat, and carcinogens. None of them are going to work, because in the face of all the vile suffering your choices are causing, none of them are in any way valid.” ~ via Gary Smith

An originating Ethics
(05/28/2018)

ETHICS 101

DO YOU BELIEVE OTHERS SHOULD BE
NEEDLESSLY VIOLATED, ENSLAVED,
AND KILLED FOR YOUR ENJOYMENT?

YES.

NO, I'M VEGAN.

True vegans do **not** present themselves as people who are "better than" or "special" or "more worthy" of the healthy & fulfilling lives they enjoy. Neither do they present veganism as a lifestyle that is in any way difficult or complicated or worthy of praise. Because when it gets right down to it, veganism is nothing more than the most basic moral obligation of every human being; it being the honor and the privilege we humans have to choose to live morally as opposed to selfishly ... Indeed, veganism is actually only the first step taken towards living as our True Selves; it is the *bare minimum* that we must do to qualify as being people who are truly Good, truly Just, truly Ethical, and truly Compassionate.

no True difference
(05/28/2018)



Here's the thing -- there is no fundamental difference between your beloved dog or cat and the gentle, beautiful farmed animals you so benignly consume; and thus there is no fundamental difference whatsoever between the psycho-sociopath who tortures dogs or cats "for fun" and the slaughterhouse industry that enslaves, mutilates, abuses, and brutally murders its cow, pig, chicken, and turkey victims. Both are violent abusers, both cause great suffering for mere personal pleasure, and both are completely unnecessary ... So now that you realize this Truth, maybe you will be inspired to DO SOMETHING to stop this madness. Maybe you will be inspired to openly protest against the horrors of animal agriculture and maybe you will go forth into your community and start directly liberating these innocent beings yourself. Maybe you will start championing their freedom in other ways, and yet one thing is for sure -- the very LEAST you should do for these poor babies is *Go Vegan*. For the fact of the matter remains: if you are paying for and consuming their dismembered corpses &/or stolen secretions, then YOU are supporting an industry that demands and indeed thrives on torture and murder -- YOU are paying others to engage in the torture & murder of innocent beings, which is just as immoral as torturing & murdering them yourself ... Please stop doing so, my Friends. Please at the very least do the very least you can do ... Please at the very least *Go Vegan* ... Thank you.

The only true Choice
(05/28/2018)



"We humans have a tremendous capacity for empathy; and yet we also have a strong capacity for apathy. We are capable of great good, we are capable of great evil, and we are blessed with the luxury of choosing between the two. So the question becomes: **Which will we choose?** The next time we go grocery shopping, will we choose kindness or cruelty? Will we choose to support justice or perpetuate slavery? Will we choose to care about the Earth and the fate of the poor and the starving in other lands, or will we continue to buy the animal-based foods which satisfy our personal cravings while escalating global warming and world hunger? Essentially, every purchase is a decision we make between striving to make the world a better place, or continuing to defend and perpetuate its miseries. The bad news is, it's up to us. The good news is --- *it's up to us.*" ~ via Jo Tyler

The only Food for the SOUL
(05/29/2018)



“Vegan food is Soul Food in its truest form. Soul Food is that which feeds the Soul, and as the Soul is innately humble & caring, only forms of sustenance that are grounded in humble & caring intentions can ever hope to nourish the Soul. If your intent is pure, then your actions will be pure. If your food is vegan, then your Soul will be fed.” ~ inspired by Erykah Badu

Praying for REAL
(05/30/2018)



And later that night, after the Last Supper ...

The 1st Vegan Badass
(05/31/2018)



Jesus Christ: *Vegan Badass* ...

"The Passover was near and thus Jesus went up to Jerusalem, where in the Temple he found people selling cattle, sheep, and doves ... Making a whip of cords, he drove the sheep and the cattle from the Temple, and spoke harshly to the sellers of the doves, saying: 'Free them from this place!'" ~ John 2:13-16

Noting the Non-vegan Choice
(06/01/2018)



"So what exactly is a 'nonvegan choice'? Well, for starters, it's a decision to use a service or a substance derived from the life or the body of an non-consenting, thinking, feeling individual who was powerless to prevent the same. It is also a declaration to the world that you are comfortable with the idea that innocent, defenseless, and vulnerable individuals are not important enough to live unless they do so exclusively for the benefit of you & yours ... When you finally **wake up** and realize that this declaration does *not* reflect the view you have of your True Self; the innately correct belief that you are indeed a decent human being -- someone who stands against injustice and defends the innocent from cruelty & harm, then there is only one logical thing left for you to do ... ***Be Vegan.***" ~ via *There's an Elephant in the Room*

My dearest Humans (06/01/2018)

Dear humans,

For those of you who are still unaware, we dairy cows only produce "your" milk after having been forcibly impregnated by farmers (a process which involves being anally and vaginally penetrated while tied to a "rape rack") and then having our babies stolen from us immediately after childbirth. This process is emotionally horrific for us every time we are forced to endure it, and we are forced to endure it 3-5 times each before our bodies "dry up" from the abuse and we are sent away -- as mere 5 year old children -- to become "cheap meat" by dying horribly violent deaths in the slaughterhouse ... You are almost certainly good & decent people who would never support something so immoral if you knew about it, so *thank you* in advance for ditching dairy now that you do know ... Peace.

~ every dairy cow everywhere



“Becoming vegan is a courageous act. All of us at one point in our lives had an awakening. We realized that animals were being confined, tortured, and murdered for our mere pleasure, convenience, or comfort. At that point we had to either ignore our complicity or own up to it and change our ways of living. Rather than run away from this knowledge, we made a conscious choice to remove ourselves from the cycle of violence – no matter the consequence to our personal or professional lives. Never doubt your decision to choose justice, ethics, and fairness over violence.” ~ anonymous

Don't you Dare
(06/01/2018)



My milk is for
my babies.

My milk is for
my babies.



So is mine.

Don't you dare preach to me about women's rights while wearing the ripped away skin of another female being ... *Don't you dare* speak to me about women's rights while consuming the flesh of another female's newborn child ... *Don't you dare* even whisper to me about women's rights while you are paying to have other females raped and milked and murdered ... All lives matter, not just your kind. So *don't you dare!*

What is truly Natural
(06/02/2018)

But drinking milk is natural ...

Really? Is it "natural" to repeatedly rape animals to force them to reproduce at much higher rates than they normally would? Is it "natural" to steal babies from their mothers after they are born? Is it "natural" to keep & confine only female babies and murder all the male ones? Is it "natural" to force animals to produce over ten times the amount of milk they would normally produce for their children? Is it "natural" to then steal that milk and sell it to be condumed by members of a completely different species? Is it "natural" to then murder those same poor slaves in their mere adolescence (dairy cows have a natural lifespan of 20-25 years but are murdered after the industry "dries them up" at age 4-5) and sell their dismembered corpses as "meat"? **Of course it isn't!** In fact, there is nothing more *unnatural* than the dairy industry. Milk from cows is meant for their calves. *That* is natural ... Please drink accordingly ... Thank you.



The complete LIST
(06/02/2018)

A complete and exhaustive list of
all the species on Earth who
forcefully impregnate the females
of other species in order to then kill
their babies and drink their milk ...

01: Humans

02:

03:

04:

05:

06:

07:

08:

09:

as Women
(06/03/2018)



As a woman, one of the worst things that you could ever endure would be to be tortured like dairy cows are tortured -- to be tied to ma cage while someone's entire arm is shoved into your anus, to simultaneously have a stick primed with a stranger's sperm thrust into your vagina, to be confined in a prison ("humane" or otherwise) for all nine months of your subsequent pregnancy, only to have your precious baby stolen from you immediately after childbirth. To not be able to feed him, to not be able to nurture him, to not be able to calm his terror or soothe his pain. All you can do is suffer and grieve -- all while repeatedly hooked up to a machine that forcibly removes ten times more milk from your breasts than they would normally produce for your baby. And this cycle of abject misery is then repeated 3-4 more times, until your body gives out from overuse & abuse and your are sent away to be shot in the head, hung upside down, and bled out so that your corpse can be sold as "cheap meat" ... It's bad enough that men can support such vile madness, and yet how any woman who knows these Truths can consume dairy in any shape or form is completely beyond my understanding.

NOT an industry
(06/03/2018)



"Dairy is not an industry ... it is an atrocity. Milk is nothing more than meat in liquid form." ~ Philip Wollen

To all my friends, family members, and readers ... Please grant the world's brutally traumatized dairy cows *mercy* by going vegan and leaving them alone. After all, what have they done in their short, gentle lives to deserve being treated so horrifically by the people you pay to enslave, torture, and murder them? Is your lust for milk, cheese, yogurt, and ice cream really so overwhelming that you can't do the simple Right Thing and spare these innocent victims their lives of living Hell? Are you really that selfish and barbaric a being?

NOT from a calf
(06/04/2018)

By the way, veal doesn't
"come from a calf" ...



... *veal is a calf.*

(Help stop this madness ... Please *Go Vegan*)



Saving Teddy
(06/05/2018)



This is Teddy, and every time you want milk or cheese or ice cream or yogurt he or another calf just like him has to die a brutal, bloody death ... The choice is that simple, the choice is completely unavoidable, and the choice is 100% yours ... Please choose wisely.

"Dairy is nothing less than a business of commercialized oppression. It is the business of slavery. It is the business of rape. It is the business of forced pregnancy. It is the business of stealing babies from their mothers. It is the business of violently slaughtering adolescent mothers when they "dry up" and can no longer secrete enough milk to be profitable. ... These are facts, and there is no way around them. Indeed, all the 'organic', 'grass fed', 'free range' labels that we have been taught to seek out do not prevent this fundamental underlying process from happening to each and every dairy cow. None of them stop the sadness of enslavement, none of them stop suffering during the rapes, none of them stop the heartbreak post kidnapping, none of them stop the terrors of infanticide, and none of them stop the horrors during those murders. Over 21 million male calves -- those born on factory farms and those born 'humanely' -- are 'disposed of' shortly after birth every year because their births were manipulated to trigger the milk production in their mothers; because their births were manipulated because **you** want to buy and drink that milk ... Dairy doesn't *cause* harm, my Friends -- dairy **IS** harm. It is wicked and cruel and completely unnecessary for human consumption, so please do the Right Thing and ditch it fully & completely today ... **Thank you.**" ~ via *There's an Elephant in the Room*

Forgetting to mention
(06/06/2018)

VEGAN: "Are slavery, rape, kidnapping, torture, and murder morally wrong?"

Non-Vegan: "Of course they are!"

VEGAN: "Why?"

Non-Vegan: "Because in each case there is an unwilling victim involved who is suffering."

VEGAN: "OK, but let's say the victim has something that the perpetrator wants, and the perpetrator thus feels justified in doing those things. Does that make them acceptable?"

Non-Vegan: "**NO!** What is your problem?!? No one has the right to harm or enslave or murder someone else just to take what isn't theirs to begin with. It is the victim's point of view that matters in such cases, never the perpetrator's."

VEGAN: I see ... I forgot to mention that the victim is a cow.

Non-Vegan: "Oh. In that case, I don't give a damn about the victim. The perpetrator wants some cheese."



How to live without cheese...

Step 01 ... Stop eating cheese.

Step 02 ... Repeatedly explain Step 01 to people when they keep asking you how in the world you can live without cheese.



To truly SEE them
(06/07/2018)



“If we could only actually see her, standing there with the tags in her ears that identify her as the next member of the walking dead ... If we could only clearly see her, defeated and dispirited, as the mechanical pump pulls the sweet milk from her exhausted body; the milk her body still makes for the infant they took from her not too long ago. Does she remember his sobs of wailing desperation as they dragged him from her? Of course she does. She wanted to nurture him so badly; he was hers. She adored him in the same way that all new mothers adore their babies. And yet now he is gone, never to return. She is sentient ... She knows ... And she will remember.

If only we could truly see her, standing there in the milking row; shackled to the cold machine. Does she remember the restraints? Does she remember the cold probes and the ruthless hands that invaded her body and made her pregnant? She is sentient ... She knows ... And she will remember.

Soon there will be another new life growing in her belly. She will feel him turn and kick. She will once again know that he is alive and that he is hers. And yet she will never have a calf to nurture; for they will take him away from her as well ... Indeed, for the rest of her hard, short, cruel life she will know only loss, anguish, and the repeated devastation of crushing grief. She is sentient ... She knows ... And she will remember.

We may know the price of a carton of milk or a block of cheese or a tub of ice cream, and yet we know nothing of the true cost that dairy cows pay every single day with the weight of their despair. And yet it doesn't have to be like this. Dairy is not 'natural' and it should never be thought of as 'normal' ... You can help stop the madness. Please *Go Vegan* and please start today ... It's simply the right thing to do ... Thank you.” ~ via *There's an Elephant in the Room*

Dear dairy farmers
(06/08/2018)



Dear Dairy Farmers ... How dare you say you 'care about cows' when you treat them as mere resources? How dare you claim to 'treat them well' while you rape them over and over to impregnate them against their will? And how dare you claim to 'consider the welfare' of your animals when you repeatedly steal their calves from them right after they are born? Where is this supposedly profound 'caring' when you turn a deaf ear to the deep bellows of mourning mothers and the plaintive cries of their terrified calves as they search for each other in vain? Where is your supposed 'humaneness' when you lock away the female babies to become your next generation of milk slaves and send the terrified males to the slaughterhouse? Where is your supposed 'heartfelt concern' for them when you send your five year old dairy mothers -- who normally would have another 20 years of life ahead of them -- to be brutally turned into 'cherap meat' just because they have 'dried up' and can no longer fatten up your wallet? ... In closing, **don't you dare** come at me with your bullshit lies about 'happy farming.' For there is no 'nice' or 'kind' or 'humane' way to murder someone who doesn't want to die, and there is no 'nice' or 'kind' or 'humane' way to oppress someone who simply wants to be free." ~ inspired by Sonia Sae

the Weaning Time
(06/09/2018)



Newflash: You cannot have what is in image #01 (a glass of cow's milk; or any derivative thereof) without directly funding what you see happening in image #02 (murdering baby calves) ... So, for those of you out there who still haven't done so, isn't it time you finally weaned yourself of breast milk? And isn't it time you finally became a moral grown up -- and started acting accordingly?

"When we are drinking the milk that our machinery sucked from his mother; when we are eating the cheese and ice cream made from her life-giving milk, would we have felt differently about it if we had only understood that our actions had cost him his life? If we had heard her calls of panic, seen her fight to keep her precious child from the handlers whose wages we pay; if we had heard his wails of terror, bewilderment, and loss, had watched his vain struggles against those hardened human hands; and the transport trucks filled with slime; and the gore-slathered knives and saws, would we ever have slept easy in our beds again? ... EVERY substance derived from the body of another sentient being involves the complete denial of his or her most fundamental right to own and maintain his or her own body, own identity, and own life. We all care about justice, and none of us would ever freely admit to desiring to harm the defenseless and the innocent for our own mere personal pleasure. Being vegan is simply what happens when we choose to make our values real and live them fully. So please awaken your own True Self ... ***Go Vegan*** and ditch the dairy today ... Thank you." ~ via *There's an Elephant in the Room*

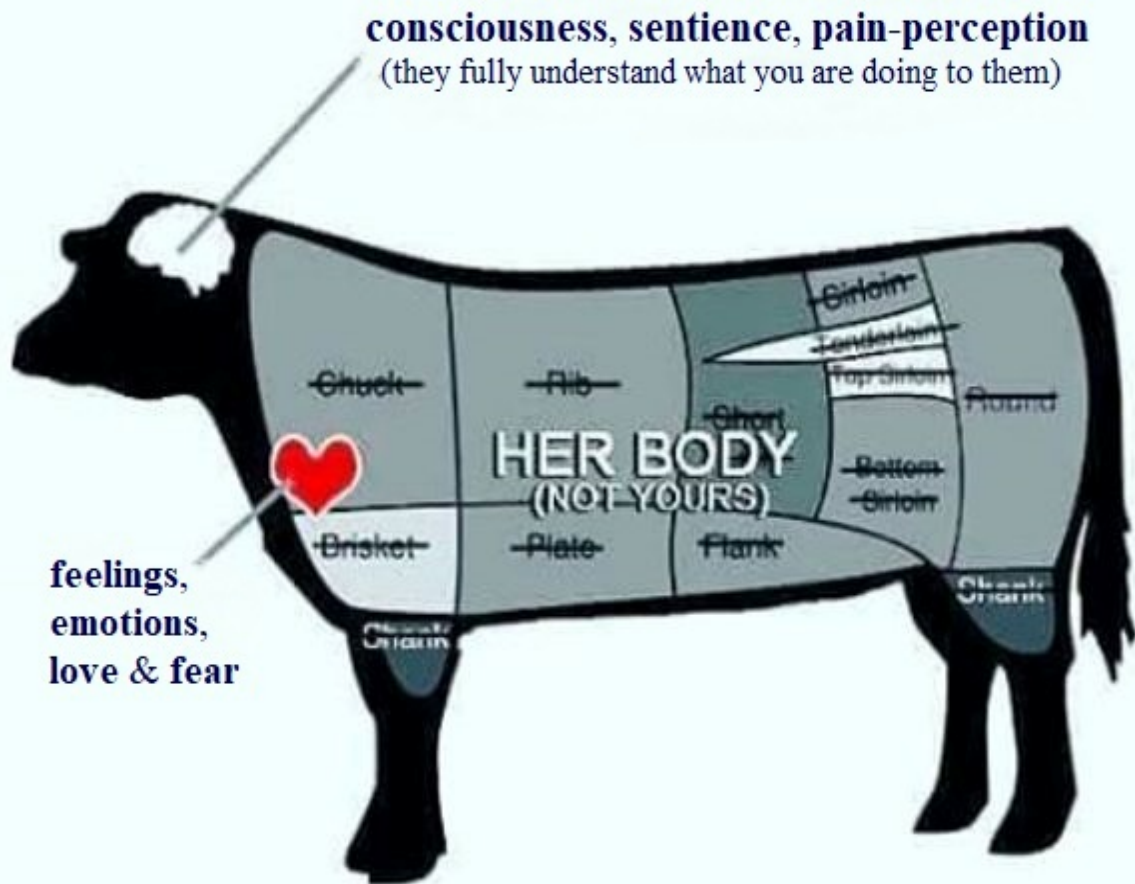
those non-Happy cows
(06/10/2018)



"This cow -- just like the rest of her sisters and cousins who are currently confined within the dairy industry -- is NOT 'happy' and she most certainly is NOT 'laughing' ... And if you stop for just a moment and think about, this makes perfect sense. After all, you yourself certainly don't want to be confined in filth, or forcibly impregnated (raped) over and over again, or have your babies stolen from you every single time you give birth to them, or be turned into a mere milk machine, much much less be brutally murdered when your breasts 'dry up' from overuse and you can no longer produce enough milk to bring your farmer a profit -- so it must be clear to you that cows don't want these atrocities to happen to them either ... There is no such thing as a "happy cow" in the dairy industry. Even the cows enslaved 'humanely' on local, organic farms suffer the same rape, the same kidnapping of their babies, and the same cold-blooded murder in their mere adolescence. And it's all completely unnecessary. The last time I checked, you were not a calf, and therefore have **no reason** to be drinking the breast milk from a cow. And with all of the healthy, cruelty-free, non-dairy alternatives available today, *you have zero excuses* to support the vile dairy industry any longer ... It's time you weaned yourself of selfish immorality, my Friends ... It's time you **Go Vegan.**" ~ via Tatia Kennedy

The choicest Cuts
(06/11/2018)

The most important "cuts" of your meat:



"I became a vegan the day I watched a video of a calf being born on a farm and the baby was dragged away from his mother before he even hit the ground. The helpless calf strained its head backwards to find his mother, and the mother bolted after her son and exploded into a rage when the rancher slammed the gate on her. She then wailed the saddest noise I'd ever heard an animal make, and went back and deeply moaned while burying her face into her baby's muddy placenta. I had no idea what was happening. I just knew that it was all so deeply wrong. I just knew that such obvious and incredible suffering could never be worth the taste of milk and veal. It was at that moment that something awoke in me and I deeply empathized with the cow and the calf. And, in so doing, my entire life changed." ~ via James McWilliams

Funding the Terror (06/12/2018)



“So casually do we consume milk, cheese, yogurt, and ice cream; so easily do we take them directly from the mouths of innocent infants – defenseless little ones, doomed by our greed and arrogance to live their short lives motherless and alone. And a fate even more cruel: as soon as the females are able, they will replace their short-lived mothers on the milking line. And if they fail in that task – or if they happen to have been born male – their end comes more ruthlessly; stunned and strung up and slashed and bled out. Even if their innocent minds could conceive the vileness of our immoral intentions, they are still too powerless to defend themselves against the brute force and cruel tools with which we enforce our tyrannical dominance. They are too weak to stop us from abusing them – indeed, that is why we chose to breed them in the first place.

And yet those whose income stems from the awful processes masked by the word ‘dairy’ will tell us absolutely anything to soothe our consciences, all so they can smoothly go on profiting from a system that sells corrupted motherhood by the gallon and the liter ... We are taught as children that this process is ‘normal’ and are told that ‘the animals don’t mind’ and that everything done to them is ‘necessary’ and ‘for their own good’ ... Not one of these lies is true, of course. Indeed, our dairy victims are just like us in every way that actually matters, and yet every dairy product we buy is a direct endorsement of their too-real nightmare -- and a confirmation that we are more than content to have those horrors inflicted on their helpless innocence.

But it doesn’t have to be this way ... If you stop buying, they will eventually stop torturing and killing ... So stop funding the terror and stop supporting the injustice, my Friends ... **Go Vegan** today ... Thank you.” ~ via *There’s an Elephant in the Room*

Never in a million years
(06/13/2018)



"You would never in a million years think of hurting or killing your dog or cat. So why are you paying other people to hurt and kill other animals -- animals -- animals who, just like your beloved companions, also have two eyes, amazing brains, and rich emotional lives?" ~ via Moby

Oh, that Cognitive Dissonance
(06/14/2018)



“On *Cognitive Dissonance* --- Most of us do not accept that unnecessary violence against other animals is acceptable, and yet most of us eat and wear other animals, breed them as pets, imprison them, fight them, teach them degrading tricks for our mere entertainment, or condone their exploitation and cruel death in laboratories. This hypocrisy shows a critical disconnect between belief and behavior -- a dysfunction called cognitive dissonance. Social psychological studies on this form of mental malfunction speak volumes to peoples reactions to messages of nonviolence, with many simply ignoring the facts entirely or seeking out faux-information that supports their currently comfortable support of unnecessary suffering and death.” ~ via Peaceful Planet

All the ways that Matter
(06/14/2018)



Newsflash: In all the ways that truly matter, eating cows, chickens, pigs, and turkeys is not one bit different than eating dogs, cats, horses, and hamsters. *All* animals are feeling, sentient, innocent beings, and as such they *all* deserve to be treated with respect, decency, justice, and compassion ... Please act accordingly ... Please **Go Vegan** ... Thank you.

What makes fun Wholesome
(06/14/2018)

If this abuse makes you feel angry ...



... then fishing should as well.

*"Capturing stray dogs and drowning them to death is **not** a wholesome father-son activity. And as such neither is fishing, which is essentially exactly the same thing." ~ via Glenn Alexander*

Who we really Are
(06/15/2018)

WHO ARE WE AS HUMAN BEINGS



IF WE NOT ONLY IGNORE THE SUFFERING OF OTHERS,
BUT CREATE IT?

"Just like us, they want their freedom. Just like us, they want to be with their families and friends. Just like us, they want to live and love and know joy and peace. So how can we justify what we do to them? What excuse besides a shameful selfishness can we offer to excuse our atrocious actions? When we treat innocent beings as though we were demons, how can we pretend to be anything even remotely close to people of decency and integrity? ... If we sincerely disagree with the brutal horrors we inflict upon the defenseless, then the solution is simple: we stop forcing them to suffer at all ... We *Go Vegan*." ~ anonymous

Teaching them Well
(06/15/2018)



*"By far the most important thing we should teach **all** our children: to be respectful, kind, and compassionate to **all** other beings." ~ via Aftab Shah*

Giving them their Due
(06/15/2018)



*"We don't give farmed animals enough credit. They may not seem as 'smart' as we humans, and yet they quite clearly feel ev everything we feel -- all the joy, all the love, all the fear, all the terror. So I guess what it all comes down to is the simple, irrefutable fact that what we currently do to them is flat out wrong, and it's up to each of us to do our part to put an end to their enslavement and their suffering ... And how blessed we all are that none of us need wait a single moment to do so. How blessed we all are that we can all **Go Vegan** right away!" ~ inspired by Steven Jenkins & Anne Frank*

The ease of being Right
(06/15/2018)



But isn't it hard to quit eating dairy?

"It is true that I had the mild 'shakes' & a few strong headaches for a few weeks while my body's physiological addiction to dairy wore off, and yet as long as I kept focusing on the incredible suffering & tragic injustice that exists because of every single glass of milk and every single piece of cheese, it was actually quite easy to quit -- and not a day has gone by since then (over five years now) that I don't thank the heavens for that decision ... Sure, it was cool that my dandruff disappeared and that my acne disappeared and that my regular stomach pains and intestinal discomfort and occasional constipation disappeared as well. And sure, it was neat that I slept better at night and had more energy during the day. And yes, it was awesome to feel the Inner Peace that comes when we are living in harmony with our True Selves and honoring the values that we all had as animal-loving toddlers ... And yet the best part of ditching dairy for me remains the knowledge that I am not contributing *at all* to the immense cruelty that dairy cows and their calves go through every -- single -- day; the cruelty they all endure solely because folks like you and all non-vegans like you keep paying farmers to enslave them -- and mutilate them -- and repeatedly rape them -- and ultimately murder them ... So to all you folks out there considering taking 'baby steps' towards veganism -- for all of you thinking about heading slowly towards a compassion-based life by eating less meat or going vegetarian, I have only one thing to say: Try to *think less about yourself* (and how hard it is to take those baby steps) and a *lot* more about the actual suffering of the actual babies who are brutally abused just to satisfy your lust for milk and cheese ... Thanks." ~ Scaught

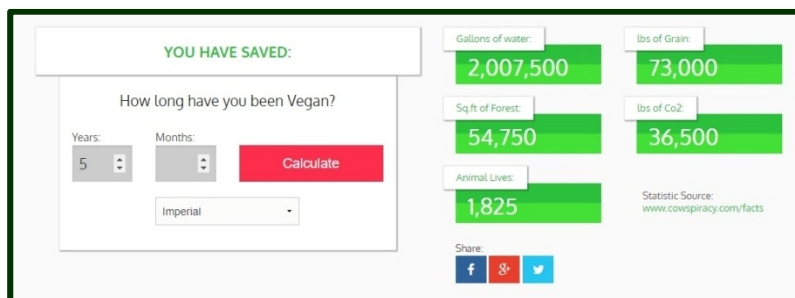
A truly Happy Day
(06/16/2018)



*Please allow me to share my feelings of immense & overwhelming **GRATITUDE** with you all, for today is my 5 Year **VEGANNIVERSARY!***

That's right; five years ago today I finally decided to start wholebodily & wholeheartedly walking my Compassionate talk -- finally decided to start showing *all* animals the respect and the decency they *all* deserve -- finally decided to refuse to intentionally harm another sentient being for the rest of my life -- finally decided to do whatever I could in every waking moment to bring at least a bit more Peace &/or a bit more Joy to *every* sentient individual who happened to cross my path ... Without a doubt **going vegan** has been by far one of the two best choices I have made over the course of my 50+ year life (with the other being becoming as Peace Pilgrim back in 2005), and it would be unkind of me to not openly wish that each of you make the same choice -- and thereby come to know the same sense of Meaning & Fulfillment that comes therewith.

in great Gratitude & wishing Peace to *all* ... *S*



Cheers to ALL
(06/16/2018)



Cheers to Alex Allgeier for inadvertently waking me up to the vile evils of the dairy industry some 5+ years ago (and thereby indirectly inspiring me to **go vegan** very shortly thereafter), and *cheers* as well to all the vegan activists out there (all you DXEers & AVers & ALFers -- & anyone else in between) who inspire me every single day to keep on fighting the Good Fight for our animal cousins; to keep on fighting for Freedom & Equality & Justice *for all* ...

Thank you sooooo much!!!

GOOD since ...
(06/16/2018)



A most Beauty-full Dying
(06/16/2018)



I was recently informed that humans can't live without meat. I don't mean to brag or anything, but I look fabulous for someone who's been dead for 5 years. Those embalmers deserve one hell of a raise. 🤔 How Long have you been dead? ⚠️ 🙄 🤖

@iamveganandproud



The smooth ease of Goodness
(06/17/2018)



"Presenting veganism as some sort of restrictive 'diet' that you can try out for a couple of weeks (or a mere 'lifestyle' for which you can briefly sign up, or a hollow pledge that you can follow whenever it's convenient) is doing a huge disservice to both the non-vegans we are trying to awaken and the animals we are trying to save. Every not-yet-vegan person out there is far better than the animal cruelty he or she still supports. Every pre-vegan out there is not only a truly Good Person at heart, but also a person ready to **DO** that Good, and it is *that* Truth that needs to be spoken to them loudly and clearly ... In order to go vegan and stay vegan, people need to go vegan for the animals, which means that people need to go vegan because they want to go vegan -- not because it is the "in thing to do" or "the healthy choice to make" or "the appropriate response to climate change," but because they want to immediately stop contributing to the mass enslavement, the mass oppression, the mass abuse, and the mass murder of gentle, innocent sentient beings. And the motivation to make this all-important shift resides in the 74 billion land animals and the uncounted trillions of aquatic beings whose brief lives end every day in the violent gore of our slaughterhouses and fishing ships. This motivation is the simple knowledge that every single one of us has a tremendous power to re-shape the world of those directly affected by our choices. And this awakening starts from within, with the decision that we each take as individuals to **stop creating unnecessary victims** with our choices ... To sum it all up: Just remember your victims -- and then *Go Vegan* ... It really isn't rocket science." ~ inspired by *There's an Elephant in the Room*

Changing the Language
(06/17/2018)



Free from harm
and suffering.

"Every time we openly refer to a human as being an animal or a non-human animal as being a person, the wicked pillars of human supremacy begin to tremble and the cruel temple that is animal agriculture begins to fall."

~ via Abhijit
Muduganti

Knowing the Fighters
(06/18/2018)



"You can spot the ones that fight back, which ones resist, which ones know what is happening to their friends and refuse to give in to the same barbaric fate -- for they are the ones covered in the blood of their rebellion. They are caged, they are trapped, they are herded. They are sentient, they are aware, they are terrified. They are beaten, they are abused, they are slaughtered. They are dismembered, they are cooked, they are eaten ... You call them food. In reality, they are *victims*." ~ via Debbie Cork

Witnessing the Warfare
(06/19/2018)



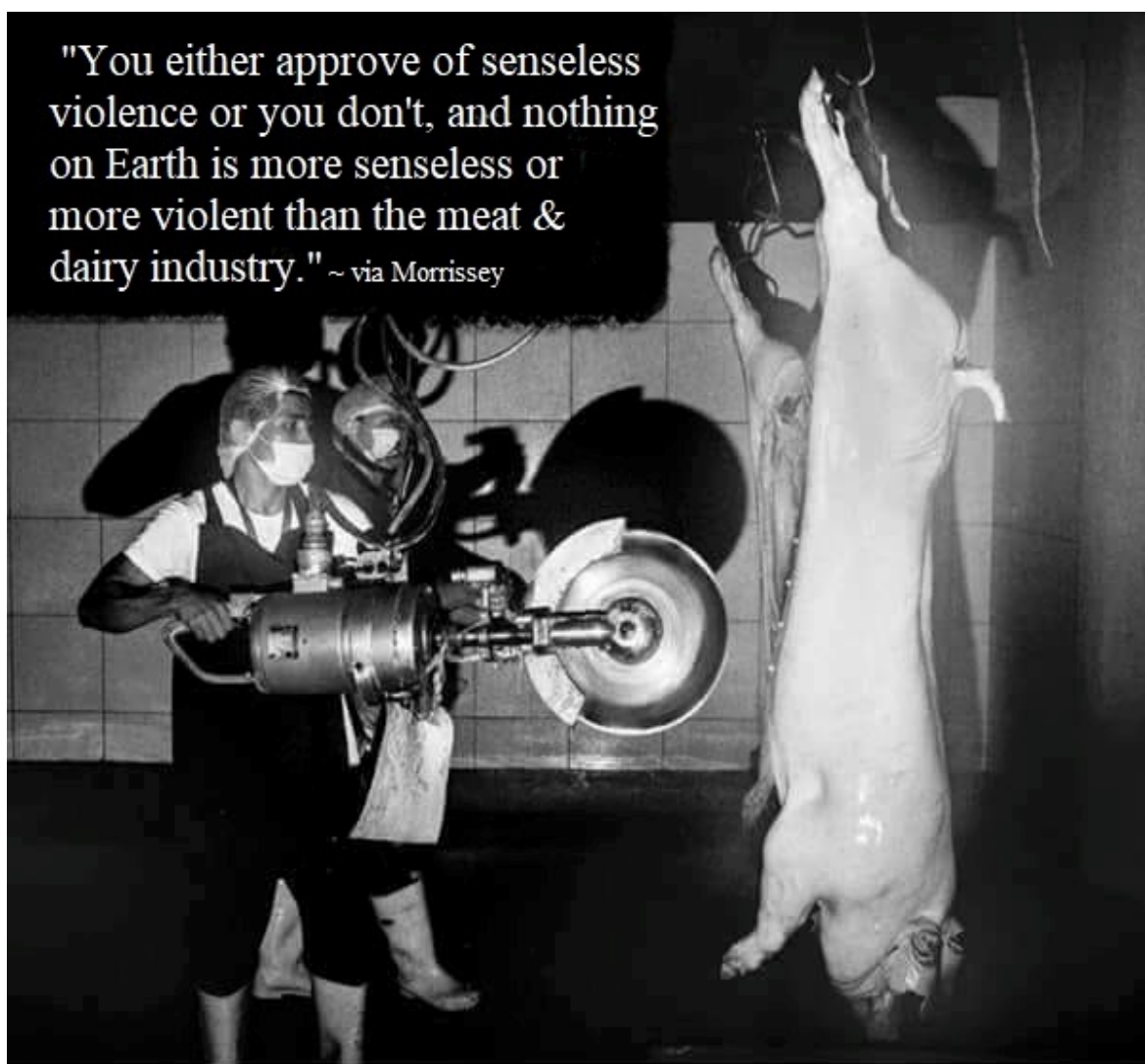
"If it is 'ethical' enough to pay someone else to do it, then you shouldn't be at all uncomfortable for you to witness the result thereof. Simply stated, if watching animals be brutally slaughtered or looking upon their bloody, tortured corpses makes you uncomfortable, then you should *Be Vegan*. And if doing so doesn't make you uncomfortable, then frankly you should seek the help of a mental health professional." ~ via Gambill Caldwell

the deepest Insult
(06/20/2018)



"Oftentimes we insult another person by calling him *bestial*, and yet at least as far as cruelty, callousness, and injustice are concerned, to call one *human* is ever the far greater slander." ~ via Isaac Asimov

Either you do or you Don't
(06/20/2018)



"Veganism is **not** a mere 'personal choice,' because when you non-vegans choose to consume animal products, you're not making some trivial decision; you are choosing to inflict *massive violence* upon beings who've never caused you or anyone else any harm ... People somehow think that veganism limits choices, and yet enslaving & abusing & murdering animals should never be an available choice to begin with. Vegans understand that we humans are **not** entitled to treat other beings as though they were our unthinking property, as though they are mere objects without fears or feelings. We have come to understand that we *all* have a duty to respect the rights of *all* sentient beings, and this, regardless of their species." ~ via Nic

Redefining Funny
(06/21/2018)



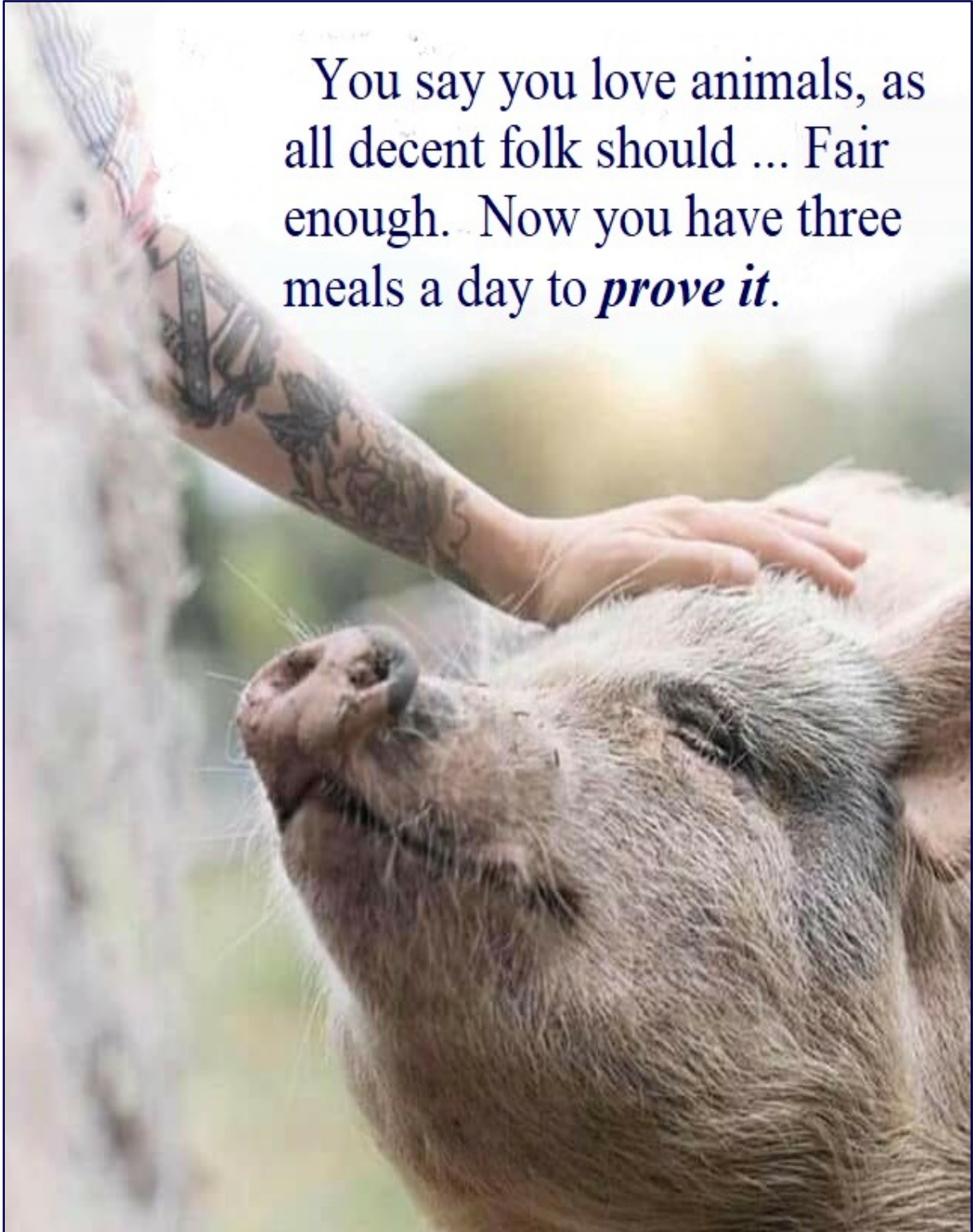
"Dear humans ... Just like racist jokes or sexist jokes or jokes about the Nazi Holocaust are not funny, *bacon jokes are **not** funny* either. In fact, telling them exposes you as being a person who is either disturbingly ignorant or disgustingly cruel ... Be it in public or online, no one wants to come across looking like a sociopathic ass. As such, I highly recommend not outing yourself as being either stupid or sadistic in the future ... **Peace** to all." ~ every pig (& every **vegan**) everywhere



"We need show no patience for those who mock other's suffering, much less those who believe that another being's suffering is in any way less important than their own." ~ via Moby

Proving your Decency
(06/22/2018)

You say you love animals, as all decent folk should ... Fair enough. Now you have three meals a day to *prove it*.



Oh so Simple
(06/23/2018)

I don't eat pigs for the same reasons you don't eat dogs ...



... pigs (just like dogs) are living, breathing, feeling beings -- NOT food.

It really is that simple.

*Act accordingly ... **Be Vegan.***

Doing your Best
(06/24/2018)



"When your grandchildren one day ask you why there *used* to be rainforests, and why hundreds of thousands of different animal species are extinct, and why so many people are homeless because their families' homes are now under water, just smile and tell them it's because you couldn't live without cheeseburgers, eggs, and milkshakes. And then when they ask you why their air is tainted and their water is polluted and their soil is poisoned, just do what you already do best and tell them ... '**Bacon.**'"

~ via the Vigilante Vegan



Knowing the Decision
(06/25/2018)

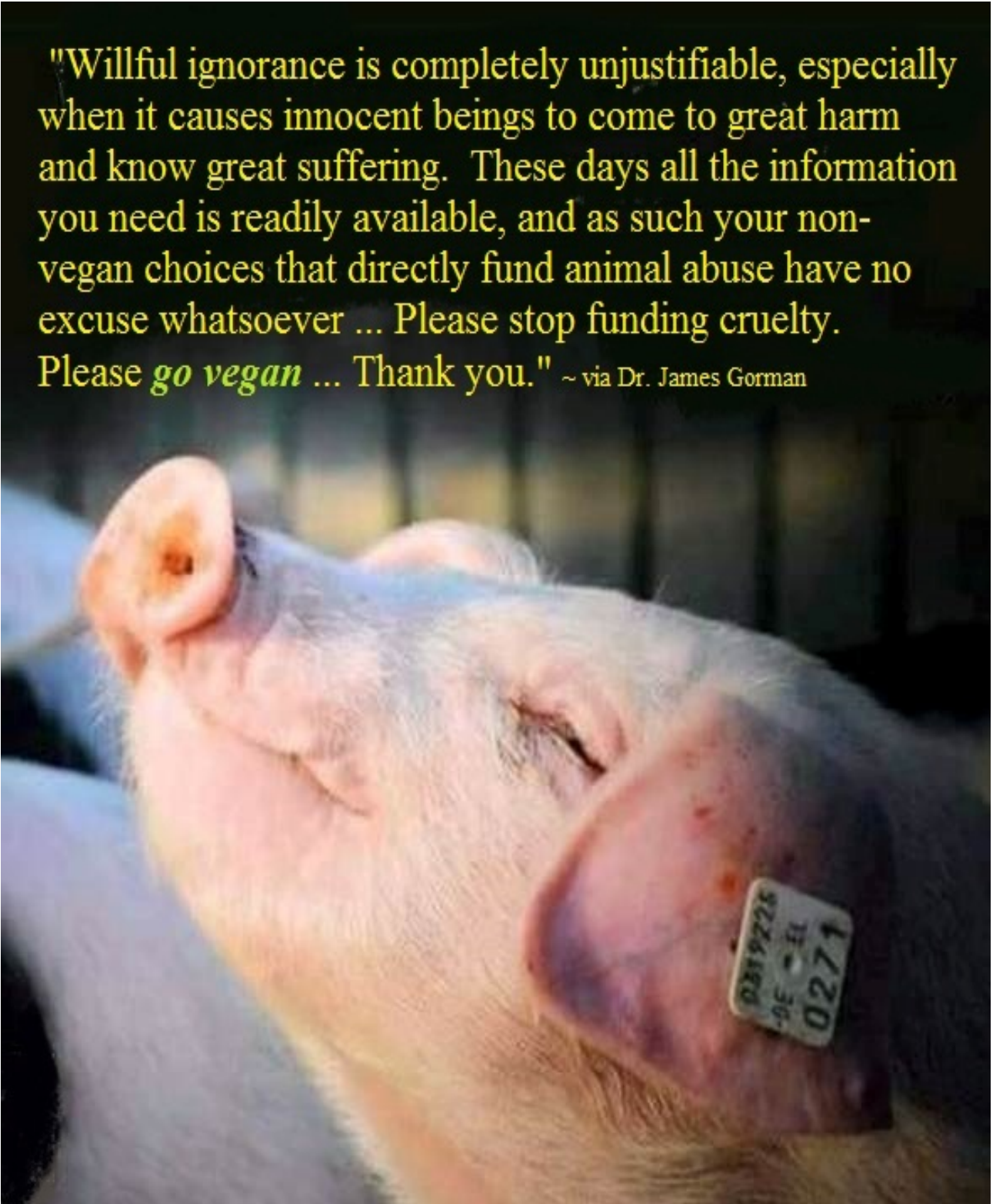


"It no longer makes sense, to me, to eat the pig and not the dog. So I'm not going to eat either." - Bob Comis, *THE LAST PIG*

“I became vegan for the simple reason that veganism is a prerequisite for being a decent person. I could either become vegan, or stand on the side of human tyranny, enslavement, and mass murder. The decision was ultimately a very simple one to make.” ~ via Peter Young

When ignorance is willed
(06/26/2018)

"Willful ignorance is completely unjustifiable, especially when it causes innocent beings to come to great harm and know great suffering. These days all the information you need is readily available, and as such your non-vegan choices that directly fund animal abuse have no excuse whatsoever ... Please stop funding cruelty. Please *go vegan* ... Thank you." ~ via Dr. James Gorman



3 Problems for GOD

(06/27/2018)



Dear preacher, if God truly "created animals for us humans to eat," please answer me these three questions: 01) Why were the earliest animals "created" roughly 600 *million* years before even the earliest human ancestors appeared on the scene, 02) Why would a God who is supposedly all-loving and all-powerful create a food source that is sentient, and thus that suffers deeply whenever it is "harvested" for human consumption, and 03) Why did that same supposedly infallible deity make the consumption of the corpses of those same tortured non-humans toxic to the human body -- directly contributing to all of the leading preventable causes of disease and death in us humans whenever their bodies are murdered and eaten &/or their mammary secretions are stolen and consumed? Do you have an answer for those puzzles, preacher man?

Take your time I'll wait.

"But we've always ..."

- ... smoked on airplanes.
- ... treated women as 2nd class citizens.
- ... employed children in factories.
- ... only allowed straight marriages.
- ... owned other humans as servants.
- ... enforced racial segregation.
- ... enslaved and eaten animals.

Yeah right.



“A rapid global shift towards a plant-based diet is absolutely critical to saving the majority of the world from suffering mass starvation, dramatic water poverty, food wars, and the most catastrophic impacts of climate change.” ~ the global scientific community

Dismissing your 'isms'
(06/27/2018)



"Just because a black person looks different from a white person doesn't mean a black person is less than a white person; to claim otherwise is to believe in **racism**. Just because a woman looks different from a man doesn't mean a woman is less than a man; to claim otherwise is to believe in **sexism**. Just because a cow looks different from a dog (or whatever other species one's culture happens to cherish) doesn't mean a cow is less than a dog; to claim otherwise is to believe in **speciesism**. Physical differences are morally irrelevant. To claim otherwise is to believe in discrimination and to reject justice, to reject equality, and to reject decency. We are not morally obligated to love animals -- just as whites are not morally obligated to love blacks and men are not obligated to love women. And yet we *are* morally obligated to stop discriminating against them. Veganism does not require us to love our victims, to be kind to our victims, or to be compassionate to our victims ... Veganism requires us to stop having victims at all." ~ via Linda Clark

Choosing to Care
(06/28/2018)



So how come you're Vegan?

This is actually an extremely odd question to ask, for the primary reason that veganism is actually a *non-action* -- a choice we make to *not* engage in actions that directly contribute to the unnecessary suffering of others. Indeed, it is non-veganism that is the action -- the choice non-vegans make to directly fund &/or rationalize brutal acts of cruelty, exploitation, and murder. Veganism is what it's called when one intentionally strives to *not* do such horrible things. In truth, when you think about it reasonably, the real question we should be asking is not why vegans don't eat &/or exploit animals, but rather why non-vegans do.

How to be Agreeable
(06/29/2018)

I will not pay someone to do horrible things to an animal just because that animal was born a chicken, pig, or cow.

Agree Disagree

“There may be many times when we prove powerless to prevent injustices or halt acts of cruelty, but there must never be a time when we directly contribute to the commission of the latter or fail to boldly protest the former.” ~ via Elie Wiesel

Wearing many Titles
(06/30/2018)



Dear non-vegans ... For your information, you cannot sincerely claim the title of "feminist" without also being a vegan. And you cannot honestly claim the title of "environmentalist" without also being a vegan. And you cannot earnestly claim the title of "animal lover" without also being a vegan. And you cannot proudly claim the title of "social justice advocate" without also being a vegan Well, I guess as a non-vegan you *could* claim any of these titles you wish -- as long as you are prepared to simultaneously wear the title of "hypocrite."

Delimiting the Decency
(06/30/2018)

Yulin is where 10,000 dogs are murdered & there's global outrage
thanksgiving is where 46 million turkeys are murdered and no
one bats an eye. -Tom Lee Walker



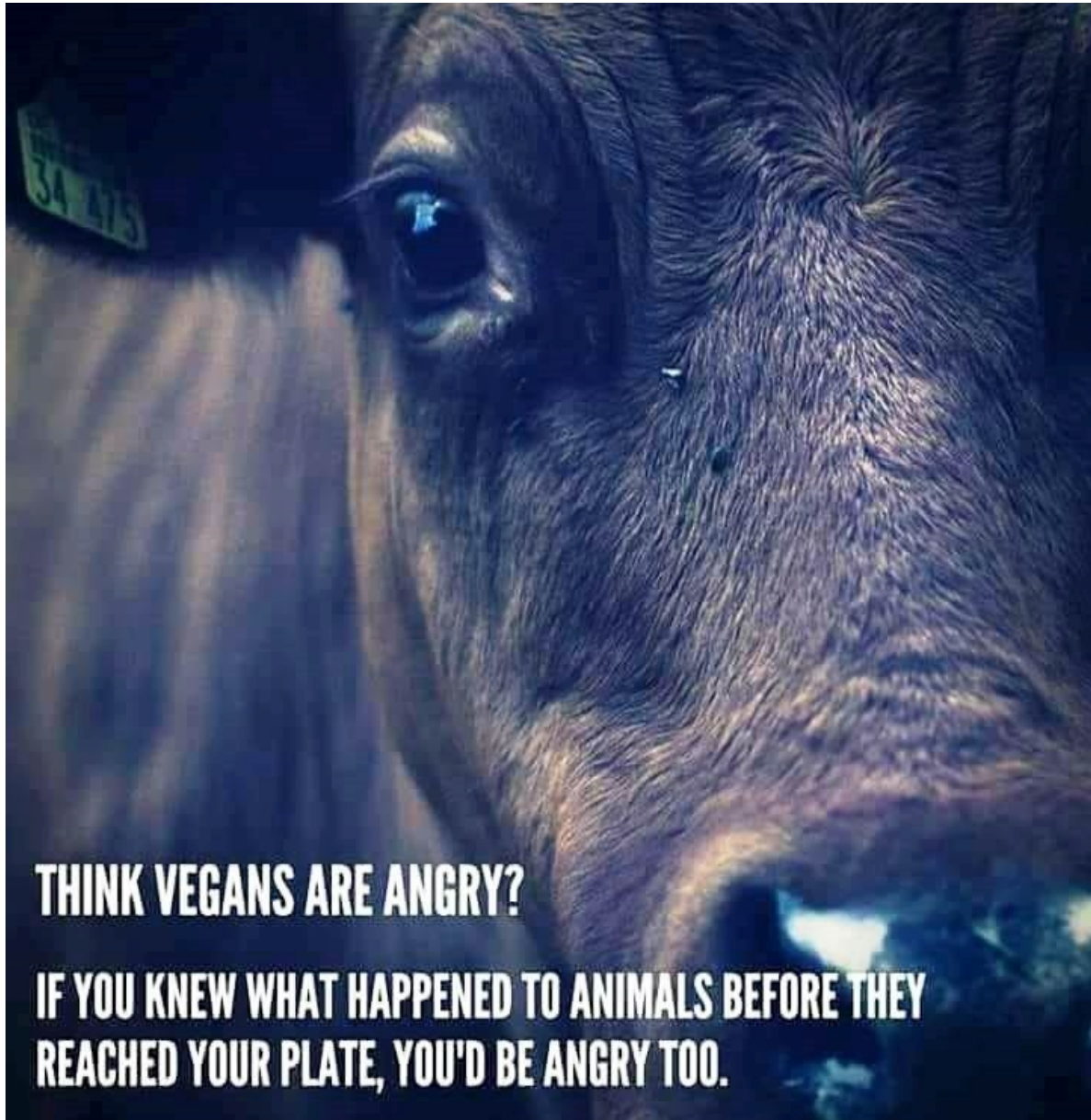
“Why is showing heartfelt compassion and basic decency towards animals species-limited for so many people? I mean, almost anyone would angrily riot if dogs were treated like cows, and yet most of those same folks head out almost every other day to eat a burger for lunch. I just don't get it.” ~ via Josh Scott

Dropping the Mic
(07/01/2018)

I totally understand that vegans "pushing their beliefs" on you makes you feel edgy and irritated, and yet instead of getting angry at them for doing so, you should actually be thankful -- thankful that you obviously still have just enough of a functioning conscience to feel appropriately ashamed about all the horribly terrible things you are paying others to do to innocent animals ... Peace.



The source of our Anger
(07/02/2018)



THINK VEGANS ARE ANGRY?

**IF YOU KNEW WHAT HAPPENED TO ANIMALS BEFORE THEY
REACHED YOUR PLATE, YOU'D BE ANGRY TOO.**

"How we have deprived them of their basic freedoms, robbed them of their natural homes, and dismantled their beloved families ... How we have fattened them up with unnatural diets and restricted their movements to ridiculously tiny and fetidly filthy booths, stalls, and cages ... How we have mutilated & violated their bodies, and thereafter murdered them in their mere youth ... And all this for nothing more than the sake of sheer gluttony and inevitable heart disease." ~ via Mango Wodzak

Which of them do You?
(07/03/2018)

Which of these animals experience anxiety, pain, terror, sadness, and suffering? *That's right ... all of them.*



And which of these animals has no purpose in life other than to become human "food"? *That's right ... none of them.*



Finally, which of these animals had to endure a horrible life and suffer a violent death for you to eat today? (Hopefully none of them ... Please **Go Vegan.**)

An undifferent Difference
(07/03/2018)

By the way ... the difference between eating a **steak** and eating **your dog** is nothing more than hollow propaganda.



#GoVegan

“You know how you love, care for, and want to protect every dog and cat in the world? You know how much your heart breaks when you see a picture of a dog in a shelter who is about to be euthanized? You know how you feel when you see photos of piles of dead dogs and cats whose tortured corpses are going to be used for their fur? You know how enraged you get when you see a photo of a dog or cat who has been beaten to death? Well, that's exactly how we vegans feel about *all* animals; every single animal who is exploited and murdered for "food" or "fashion" or "entertainment" and "research." You see, we vegans don't distinguish or discriminate between dogs and cats and other sentient beings, and if you allowed yourself to be fully aware of the horrific suffering that billions of farmed animals endure for your mere convenience or comfort or pleasure, then you'd *Be Vegan* too.” ~ via Gary Smith

How to survive the Freedom
(07/04/2018)



How to survive a 4th of July BBQ :

*Make some delicious cruelty-free vegan food to bring and share with everyone ...

*Once the vegan-bashing starts, smile compassionately while launching into an interpretive dance routine ...

*While you are dancing, make a mental note to send each & every one of your bashers the Youtube link to *Earthlings* once you get home ...

*Remain calm yet resolute during the rest of the BBQ; knowing deep in your heart that one day "The Land of the Free and the home of the Brave" will indeed ring True.

To truly celebrate Freedom
you've got to celebrate as a ***Vegan!***

Letting Freedom RING
(07/04/2018)

You can only truly



Let freedom ring



*when you let Freedom ring
for ALL!*

Please celebrate Freedom & Justice &
Courage & Compassion this 4th of July ...
Please *Celebrate Vegan* ... Thank You!

Not asking for much
(07/05/2018)



Being *vegan* is not really asking for much, just a world where chickens like Henrietta here are left in peace to raise their families -- a world where their eggs aren't continually stolen from them, where their male babies aren't thrown into shredders right after they hatch, where their female babies aren't taken from them to be turned into egg-laying slaves, and where they themselves aren't brutally slaughtered after 2-3 short years of overuse and abuse.

The real Extreme
(07/05/2018)



Here is a picture of 10,000 chickens, all crammed ruthlessly into a single truck on their way to an equally cruel & brutal slaughter ... Indeed, there is little that more clearly evidences just how **sick & twisted** our world has become when this is seen as normal, while the people trying to stop such abject barbarity are seen as "extreme."

"The farmed animals who share this planet with us have just as much right to live here in peace as we do. They are, just like our beloved pet companions, fully sentient beings who have unique experiences in their own lives, who value those experiences, and who demonstrate by their actions that they want to continue having those experiences. The very least we can do is let them." ~ via Tim Gier

What some of them Do
(07/06/2018)

"Some of them shake in fear while waiting in their crates. Some of them scream. Some of them hide. Some, like this hen, freeze in terrified shock. Some fight when rescued. Some even pretend to be dead. And yet here in the slaughterhouse; here at the violent end of their short miserable lives, when they have absolutely nothing left of themselves to give, they all still act differently. They all still each respond uniquely to the devastating situation they find themselves in. And this should come as no surprise -- because they are all individuals. Each one of them is his or her own thinking, feeling being. And this seems to be the hardest thing to get people to understand: that every chicken feels, that every chicken is different, and thus that *every chicken is worthy*." ~ via Tamara Kenneally



Waking UP Within
(07/07/2018)



“I got up early one morning to get some chicken, rice, and salad. I looked down at my chicken and something hit me – I saw it for what it was: **death**. So I scraped it off my plate, ate the rice and salad, and went back to bed. Later I woke up crying and wasn’t sure why. And then it hit me – it was humility waking up within me. And with this humility came the call to *do something* for those I had until then persecuted ... Now I see it all so clearly, now I see that my life's Road is to live a life that causes no one else to needlessly suffer, and let as many people as possible know that it is more than OK to be strong, to be compassionate, to *Be Vegan*.” ~ via Kenneth Williams

Born to die
(07/07/2018)



"I'm a laying hen and I was born today ... My brothers and male cousins have all already been thrown out like trash -- either suffocated alive in garbage bags or ground up alive in a giant blender called a macerator. We girls don't have it much better, as we get our beaks burned to a nub and our toes chopped off (both without any painkillers, of course), and then are forced into our new and only home -- more often than not a huge, stinking, windowless shed crammed with thousands of other girl babies. Maturing at an unnaturally fast rate in order to produce over 20 times more eggs in a year than we would naturally, we will stay here for roughly two years -- ever laying eggs that we will never be able to see hatch. Finally, when our bodies "dry up" (stop producing enough eggs for the farmer to turn a good profit) from the abuse, the farmer slams us into a transport truck for a long, cruel ride to the cold and bloody brutality that is the slaughterhouse."

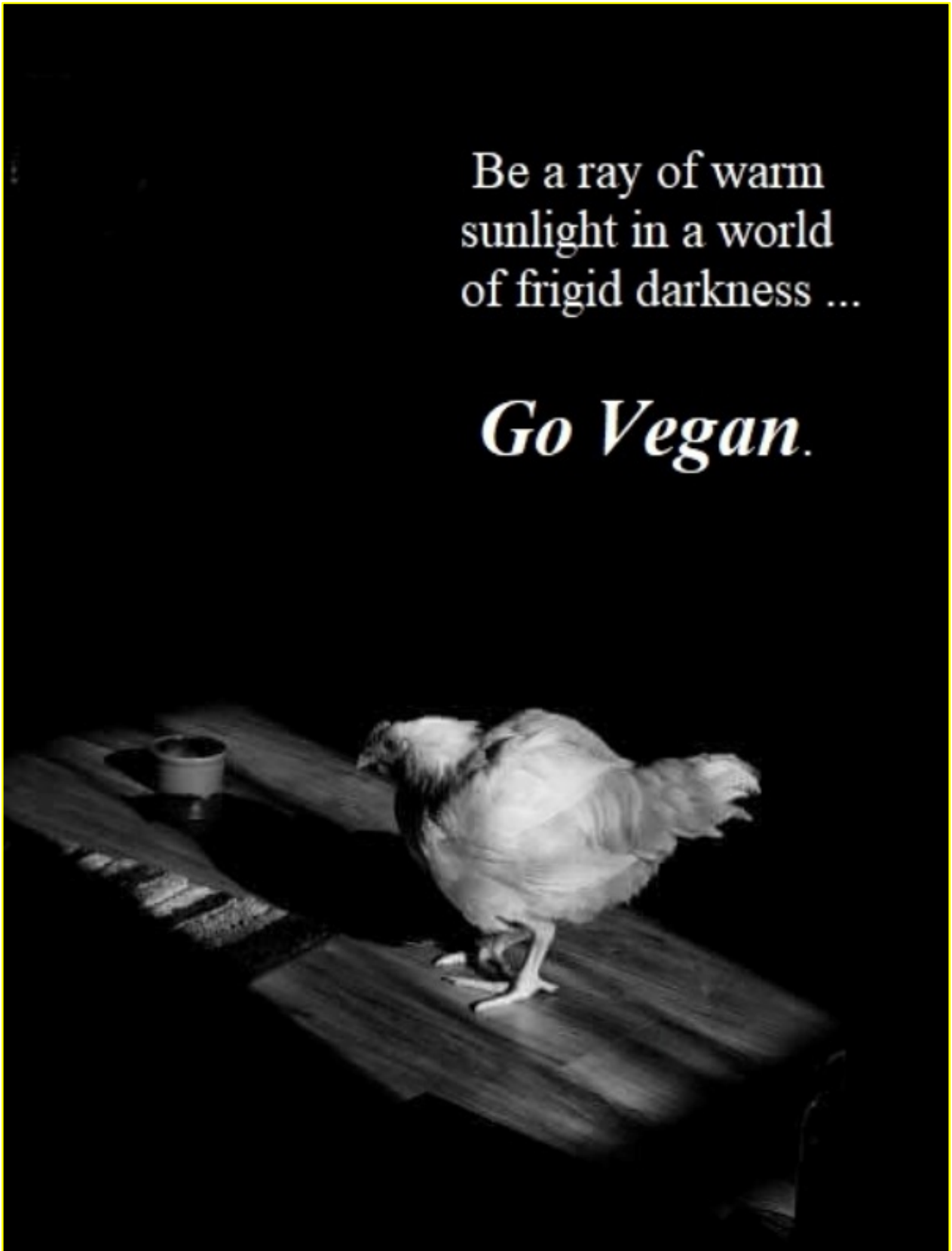
Please don't contribute to this truly despicable industry.

Please *Go Vegan* ... Thank you.

A Light in the Darkness
(07/07/2018)

Be a ray of warm
sunlight in a world
of frigid darkness ...

Go Vegan.



So, which ONE is it?
(07/08/2018)

Which non-vegan are you?

01. the innocent toddler or child ... Most children under the age of 15+/- aren't told the Truth about the animal agriculture industry. They are intentionally kept in the dark by their parents, their teachers, their preachers, and their politicians, and as such are not morally responsible for their cruelty-causing choices.

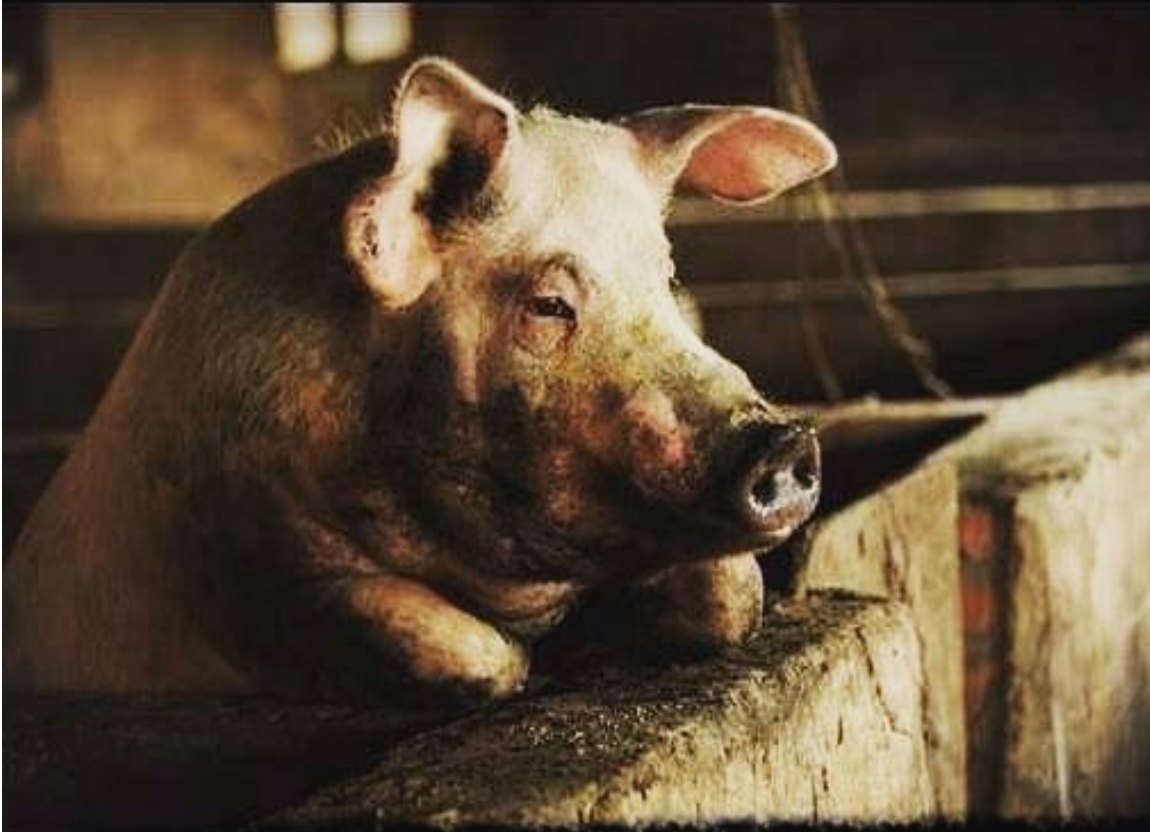
02. the unknowing vegetarian ... Vegetarianism becomes an obvious moral necessity once a person goes through puberty and reaches some semblance of intellectual independence. Regardless of pro-meat propaganda to the contrary, it must be clear to any thinking adult that animals must be brutally murdered to make meat, and that becoming vegetarian is thus the least we can do to remain a moral human. These people have not been exposed to the Truth that dairy cows are the most tortured animals on the planet, or that male chicks are murdered after hatching in the egg industry, or that all animals used as commodities suffer greatly during their always shortened lives. Once this information is learned, vegetarians have only one choice -- go vegan or cease being a moral person.

03. the willfully ignorant adult ... Many non-vegan adults have talked to vegans or have been at least briefly exposed to the inherent horrors of the animal agriculture industry, and yet they refuse to learn the depth of its cruelties & injustices -- preferring to remain willfully ignorant of the Truth and blindly continuing to support abject evils that they would otherwise neither support nor stomach. These people are fooling no one, for intentionally turning away from -- and indeed continuing to directly fund -- the suffering of other innocent beings is morally the same as directly committing the evil deeds being ignored ... In the age of information, ignorance is no longer an excuse. Either you are actively rejecting oppression and torture and murder (by at the very least going vegan) or you are directly supporting the same -- there is no third alternative.

04. the uncaring sociopath ... Finally, a sizeable handful of non-vegans have done their research. They know damn well that thousands of innocent animals are living dramatically shortened lives of tortured misery because of their greedy choices, and yet they have chosen not to care -- championing any number of ridiculously moronic excuses for their immoral (and indeed, their outright wicked) behavior ... These people, while still Good at Heart, have chosen to live as sociopaths; caring not who they harm or enslave or cause to be killed, as long as their own happiness and comfort and pleasure are assured thereby. These non-vegans are a true scourge -- representing the most base & vile facets of humanity; all that is most primitive & barbaric & outdated & wrong. If these non-vegans continue to control the collective whim of our species, billions will continue to suffer horribly & unjustly, and humanity as we know it will -- quite deservedly -- go mostly extinct in short order.

Violence breeding violence
(07/09/2018)

How utterly disgraceful for us humans that we dominate and abuse and oppress those who are innocent and peaceful; those who are ever in harmony with their gracious and gentle nature ... How horrible for them is their suffering, and how dishonorable for us is our violence -- that every single day we force such kind and noble beings to endure our barbaric and selfish brutality.



"As long as men needlessly massacre animals, they will needlessly massacre each other. Indeed, those who sow the seeds of suffering and murder cannot ever hope to reap the deeper joys of Love & Peace." ~ via Pythagoras

A new & greater Irony
(07/10/2018)



**"The new irony is that I don't milk animals anymore, I milk hazelnuts....
Going without dairy or meat is not hard for me anymore.
What's hard is seeing people stuck in a mindset where their decisions
are fundamentally, violently at odds with their basic values."**

vegan green planet

"I became vegetarian because I didn't want to be involved with any practice that caused others unnecessary pain and suffering ... Once I became aware of what actually goes on in the dairy and egg industries, that same simple reasoning naturally led me to become vegan." ~ via Moby

A clearer EVOLution
(07/11/2018)



One of the clearest indicators of human evolution is the apparent moral progress we have made over time, especially our increasing tendency to refuse to exploit or harm those who are weaker or more vulnerable than ourselves, and this no matter how different those others might sound or seem ... As such, it must make perfect sense to anyone of sound mind that veganism is an essential reflection of that evolution, and thus that veganism is an essential expression of what it means to be a moral human being.

Cross-eyed Compassion
(07/12/2018)



Somehow our society has become suspicious of the virtue of Compassion, as if caring deeply for another being were somehow a sign of weakness -- as if showing empathy for the suffering was somehow unmanly or illogical -- as if those demanding justice for the downtrodden and freedom for the oppressed were somehow "unreasonable" or "extreme" ... And yet nothing could be further from the truth, for Compassion and Empathy are actually signs of a profound Strength of Character, and the courage to sacrifice for &/or assist those in need is actually a sign of a highly advanced Sense of Soul. (inspired by John Robbins)

What you literally GET
(07/13/2018)

What you see ...



How it got there ...



You know, if we can't show children what happens to farmed animals (and there is no doubt that we definitely shouldn't do so), then it's a pretty safe bet that what we are doing to farmed animals is flat out **WRONG**.

The should's & the DO's
(07/14/2018)

*Which of the following acts
should be morally condemned?*

- | | | |
|--|--|--|
| <input checked="" type="checkbox"/> Being homophobic | <input checked="" type="checkbox"/> Being racist | <input checked="" type="checkbox"/> Being sexist |
| <input checked="" type="checkbox"/> Bullying a person | <input checked="" type="checkbox"/> Stealing something | <input checked="" type="checkbox"/> Attacking a person |
| <input checked="" type="checkbox"/> Killing a person | <input checked="" type="checkbox"/> Killing a dog | <input checked="" type="checkbox"/> Killing a cat |
| <input checked="" type="checkbox"/> Killing a horse | <input checked="" type="checkbox"/> Killing a gerbil | <input checked="" type="checkbox"/> Killing a giraffe |
| <input checked="" type="checkbox"/> Killing a tortoise | <input type="checkbox"/> Killing a pig | <input checked="" type="checkbox"/> Being a hypocrite |

Screw You!

www.vegansidekick.com

P.S. You know how you choose to eat something else other than your dog or cat whenever you're hungry? How about applying that same basic decency to all other animals?

Go Vegan please ... Thanks.

The only honest Argument
(07/15/2018)



the only honest argument
against veganism
is that you just don't
give a shit.

This statement might seem a bit harsh at first reading, and yet it is actually quite accurate. Please consider: As a **vegan** I am devoutly opposed to pedophilia, rape, kidnapping, and infanticide -- and yet **non-vegans** directly fund all of these horrific practices every time they consume dairy products ... As a **vegan** I am absolutely against all forms of slavery, torture, and murder -- and yet **non-vegans** directly support each of these barbaric practices every time they consume meat or eggs or fish ... As a **vegan** I staunchly denounce all forms of discrimination, including homophobia, racism, and sexism -- and yet **non-vegans** actively perpetrate the same vile ignorance every time they pay for another person to objectify or commodify or use or abuse another being for the simple reason that he or she is not a member of species *homo sapiens* ... As a **vegan** my voice might be small -- and sometimes I do speak out alone amongst the many, and yet my voice is passionate in its defense of the downtrodden and unwavering in its rejection of all forms of tyranny & injustice. As a **non-vegan**, your voice might be joined by the many, and yet it speaks in support of the unjustifiable -- in favor of violence and greed and hubris and cruelty ... As a **non-vegan** you are actively perpetuating all that is wrong with humanity and the way we humans are abusing and destroying our world. As a **vegan**, I am actively striving to stop that destruction and bring an end to that immorality ... As a **non-vegan**, your only argument in favor of abusing animals for your mere whim and want is that you really don't give a shit about anyone other than yourself. As a **vegan**, I am standing up to all vestiges of that despicably outdated arrogance, and will do so until the day I die.

How to make 'steak'
(07/16/2018)

Every single "STEAK" recipe ...



Step 1: Kidnap and confine one of the sweetest, most gentle creatures on the entire planet.

Step 2: ... Destroy her.

The new NOT-Normal
(07/17/2018)



"Most people don't stop even for a minute to question their habit of eating animals, mostly because they have been indoctrinated since their youth to firmly believe that doing so is normal behavior. And yet it goes without saying for any morally decent person that intentionally causing others to suffer for mere personal pleasure should *never* be considered either acceptable or normal." ~ via Benjamin Zephaniah

Calling it what it IS
(07/18/2018)



Let's just call it **Hamburger** ...

... because "the corpses of gentle sentient beings who were kidnapped, confined, mutilated, enslaved, raped, abused, bolt-gun shot, strung up, slit open, murdered, dismembered, ground up, and packaged" really is too wordy to fit on the label.

a Non-vegan Newsflash
(07/18/2018)

Here's a **newsflash** for every non-vegan whose stomach rightfully turns at the sight of what happens to every farmed animal in every slaughterhouse ...

***You paid for it
to happen to them.***



The next 11 Thousand
(07/19/2018)



In just the time it will take you to read this sentence, over *11 thousand* farmed land animals will have been brutally and mercilessly murdered against their will ... *11 thousand* innocent lives snuffed out in their youth ... *11 thousand* beings just as sentient and feeling as you or I ... *11 thousand* entities who wanted nothing more than to live out their lives in peace ... *11 thousand* beautiful individuals who didn't want to die, and all of whom fought to live until their very last breath. Even worse, if you eat non-vegan today, then you are directly contributing to the suffering of the next *11 thousand* victims ... Please stop paying for others to suffer, my Friends ... Please **Go Vegan** ... Thank you.

On saving Souls
(07/20/2018)

Some say that good food is "Good for the Soul" ...



In reality, of course, it is **vegan** food that literally saves Souls.

"It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegan diets are healthful, nutritionally adequate, and provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the human life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and athletes ... Vegans are at a significantly reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, several types of cancer, and obesity. Low intake of saturated fat and high intakes of vegetables, fruits, whole grains, legumes, soy products, nuts, and seeds are characteristics of vegan diets that produce lower total and low-density lipoprotein cholesterol levels and better serum glucose control -- factors which directly contribute to reduction of chronic disease." ~ Academy of Nutrition and Dietetics (2016)

Not about You
(07/20/2018)

"Plant-based replacements for each of the major animal food categories in the United States (beef, pork, dairy, poultry, and eggs) can all produce between 2 and 20 times more nutritionally similar food per unit of cropland. As such, replacing all animal-based food items with plant-based alternatives could add enough food to nourish 350 million additional people." ~ via *Proceedings of the National Academy of Sciences*, March 2018



“Veganism, at its truest core, is not about us humans – It is solely about our treatment of nonhuman animals. Yes, there are very clear and now irrefutable health and environmental benefits to going vegan – no doubt – and yet these are benefits of veganism, not reasons for going vegan ... Indeed, when we attempt to redefine veganism to be about our health our own environment or our own longevity, we actually violate the very meaning of veganism itself. We must remember every day to never let such anthropocentric biases weaken the true cause of veganism – namely, justice & compassion: the only hope the animals truly have.” ~ via *whyveganism.com*

The bigger SELF within
(07/21/2018)



“It's not you who is crazy; your culture is crazy. If it seems insane to you that animal agriculture is systematically dismantling the ecological infrastructure of the entire planet, while the nightly news pays less attention to that crisis than the results of its local sporting events, that's because your culture is insane. If it seems senseless to you that your culture values money and economic productivity over the vile abuse of both human and nonhuman lives, that's because your culture is senseless. If it seems crazy to you that most people spend most of their waking hours working at jobs they'd rather not do while snacking on the partially rotting corpses of recently murdered animals, that's because your culture is crazy ... And there's absolutely nothing wrong with you for recognizing these truths. In fact, that you do so means that there's still hope for you yet.” ~ via Derrick Jensen

Awakening the bullies

(07/22/2018)



What it all boils down to is that vegans speak out against the most extreme forms of bullying, which means, of course, that if you find vegans to be annoying, or if you find the vegan message of compassion & justice & liberation disturbing or in any way offensive, then you are probably yourself a bully ... Just sayin' ... Peace.

To matter Morally
(07/23/2018)



If you are a decent human being, then you know that I matter morally. And if I matter morally, then you do not harm me (or pay anyone else to harm me -- "humanely" or not) for no good reason ... **P.S.** Your comfort &/or your convenience &/or your mere palate pleasure are **not** good reasons ... Please act accordingly ... *Thank you.*

Vanity in vain
(07/24/2018)



“While we try in vain to teach our children about making a living, our children are trying in vain to teach us about life itself.” ~ via Angela Schwindt

Pretty damn obvious
(07/24/2018)

I think it's pretty obvious to any decent human being that any & every practice that is too horrific to calmly witness ...



is also a practice that we shouldn't be tolerating.

earthlings.com

“You either approve of abject cruelty and unjust violence or you don't, and nothing on Earth is more abjectly cruel or more unjustly violent than the meat&milk industry.” ~ via Morrissey

On killing the Children
(07/25/2018)

Are you a child killer?

Regardless of how they are raised, over 99.9% of all the animals enslaved in the meat&milk and egg industries are violently murdered in their mere adolescence.



Chickens (for meat)
6 weeks
NATURAL LIFE SPAN:
Up to 8 years



Turkeys
8-26 weeks
NATURAL LIFE SPAN:
Up to 10 years



Pigs (for meat)
6 months
NATURAL LIFE SPAN:
Up to 15 years



Chickens (egg layers)
1-2 years
NATURAL LIFE SPAN:
Up to 8 years



Dairy cows
5 years
NATURAL LIFE SPAN:
Up to 20 years



Ducks
7 weeks
NATURAL LIFE SPAN:
Up to 15 years



Lambs
3-6 months
NATURAL LIFE SPAN:
Up to 12 years



Chickens (male egg layers)
1-2 days
NATURAL LIFE SPAN:
Up to 8 years



'Beef' cattle
1-2.5 years
NATURAL LIFE SPAN:
Up to 20 years



Dairy cows (males)
1-2 days
NATURAL LIFE SPAN:
Up to 20 years



Pigs (mothering sows)
3-5 years
NATURAL LIFE SPAN:
Up to 15 years



'Veal' calves
1-32 weeks
NATURAL LIFE SPAN:
Up to 20 years

WHY – the only Question
(07/26/2018)

Question: Since there is no "humane way" to kill someone who doesn't want to die, and since it is necessary to kill animals in order to eat them, and since killing unwilling victims is the epitome of immoral cruelty, and since as a non-vegan you are still choosing to persist in eating murdered animals, *why are you choosing to be a cruel & immoral person?*



To all the non-vegans out there who think the story about the girl rescuing the turkey from the poultry farm is cute: You do realize that she essentially rescued that turkey *from you* and those like you, and that you & yours are literally *the villains* of that story, right?



Saying it simply
(07/27/2018)

"And always it was I who thought: the simplest words must ever be enough to those with open hearts." ~ via Bertolt Brecht

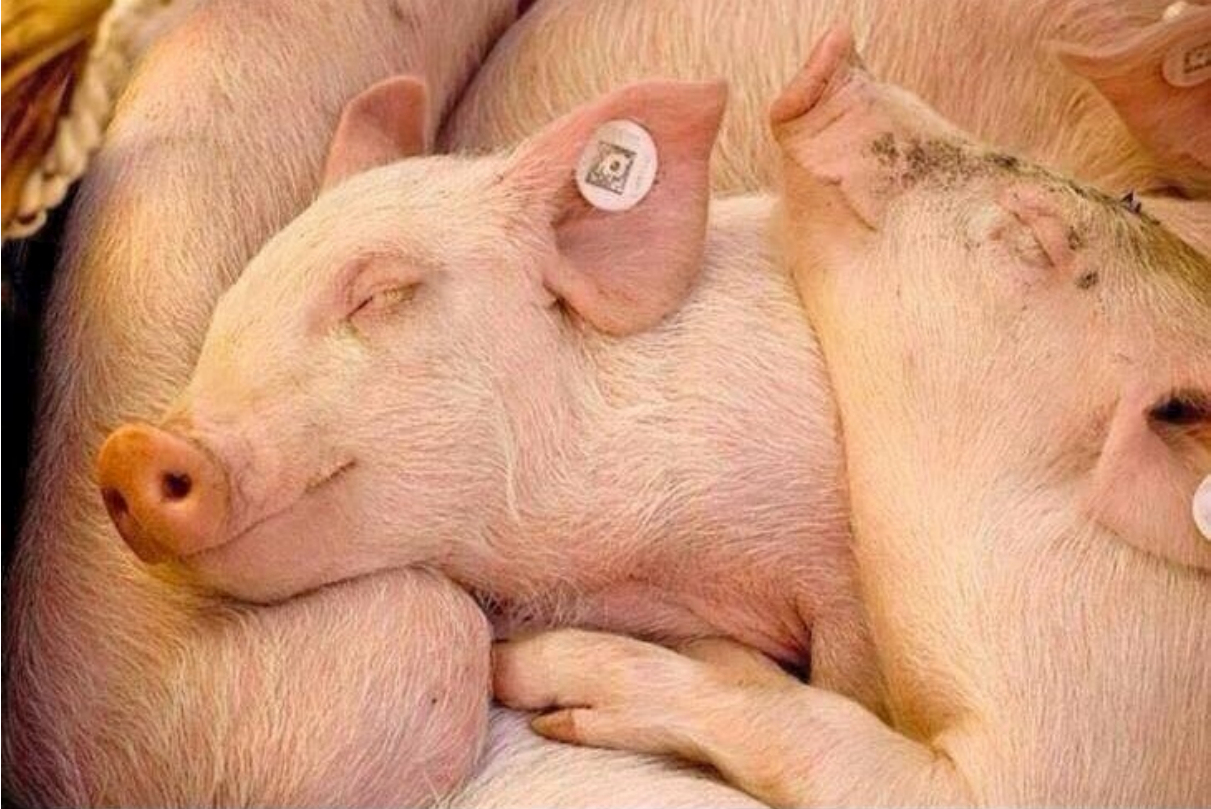
Fair enough, Bertolt -- I'll give it a go ...

Re-Awaken your Soul: **Be Vegan!**



"Don't accept that what's happening is just a case of others' suffering ... Or you'll soon find that you're joining in the turning away." ~ Pink Floyd

Renouncing LOVE's title
(07/27/2018)



It is time for you to renounce being an "animal lover" who enslaves and murders animals. It is time for you to stop loudly championing justice and decency for the few while paying others to maim and oppress the many. It is time for you to stop claiming to be a decent person who is worthy of fair & respectful treatment while refusing to treat animals with basic fairness and respect. In short, it is time for you to stop being a coward and a hypocrite ... It is time for you to **Go Vegan** instead.

"The idea that we humans have the right to inflict suffering and death on other sentient beings for the trivial reasons of palate pleasure, entertainment, and fashion is without a doubt one of the most morally repugnant notions in the history of human belief." ~ via Gary Francione

Revisiting Source
(07/28/2018)



Why are you vegans so angry?

Why are we so angry? I'll tell you why we are so angry ... We are angry because **you** & non-vegans like you are causing innocent animals to suffer horrible lives and die horrible deaths. That's the sum of it, really. And what makes the whole thing even more aggravating is that I shouldn't have to tell you to stop supporting this utterly vile practice -- I shouldn't have to tell you about the abject cruelty that every slaughtered animal endures, and I shouldn't have to tell you about all the 3rd World children who starve to death because their grain is going to feed your livestock, and I shouldn't have to tell you about the massive deforestation and the oceanic dead zones and the poisoned waterways and the depletion of the planet's topsoil, and I shouldn't have to tell you that depriving any sentient being of its most fundamental rights to life and freedom and justice just because you think their fried corpses "taste yummy" is morally disgusting and downright *wrong* ... Essentially we vegans aren't angry, we're furious -- furious because **you & yours** are killing innocent animals, dismantling your own communities, and destroying the entire planet -- and you obviously don't give a damn about it ... That's why.

Not really rocket science
(07/29/2018)

**The time has come when ignorance
is no longer an excuse...**



***FACT:* If you consume meat, eggs
&/or dairy, then you are pro-animal
cruelty & pro-animal abuse ... period.**

VEGANISM:



The simple idea that there's a
fundamental difference between
picking apples and slitting a
cow's throat.

what you Are; what you Aren't
(07/30/2018)



Cruel (adjective) ... to knowingly cause another to experience pain or suffering

[example: all dairy consumers -- like the woman below -- who pay for the enslavement, mutilation, abuse, and murder of dairy calves -- like those above]



For all mothers everywhere
(07/30/2018)

ANIMAL AGRICULTURE
STEALS MOTHERHOOD



Please honor **ALL** mothers and their offspring by **not eating animal products.**



"In the few moments it will take you to view these images and read these words, many thousands of non-human animals will have lost their mothers -- and many more thousands will have lost their lives -- to the needless & cruel barbarity that is animal agriculture ... You can help stop this immoral madness, because you can ***Go Vegan*** ... Please do so today ... Thank you." ~ via Hanna Golan

Not dealing bloody well
(07/31/2018)



If we vegans have to deal with the interminable aisles of animal corpses in our supermarkets, the disgusting pungence of dead flesh being grilled during neighborhood BBQs, and the incessant in-our-faces advertising of the diversely prepared dismembered bodies of our innocent animal friends, then I bloody well think that you non-vegans can bloody well deal with our loud opposition to the same ... Peace.

Complicated, it isn't
(08/01/2018)



There are many complicated ethical dilemmas in life ... Refusing to abuse the weak or exploit the vulnerable (i.e. choosing to *Go Vegan*) is NOT one of them.

the Moral Minimum
(08/02(2018))



"There is nothing 'humane' or 'compassionate' about bringing animals into the world solely to use, abuse, and kill them. And it's not as if murdering these innocent beings is some dire need that we are required to fulfill in order to survive -- some inevitable phenomenon that we all simply have to blandly accept and agree to as part of being human. Killing animals for our consumption is a planned, manipulated, and calculated act that is as unnatural as it is ruthless as it is avoidable. And in truth we humans don't need to consume animal corpses or their secretions *at all* in order to live long (actually far longer) and healthy (actually far healthier) lives, so it's frankly time we stopped doing so ... It's really as simple as that." ~ via Colleen Patrick-Goudreau

Farming the Future
(08/03/2018)

If she can **Wake UP**, then so can you ...

“ We knew we were going to have to get the girls pregnant before we could start getting milk and making cheese, but we hadn't thought much about what that actually meant for the babies. What would we do with all the babies?... **Was it really right to take babies away from their mothers?** The very mothers that had carried them around inside their womb for 5 months? The mothers who had licked them clean and taught them how to be a goat and enjoy the world? It didn't seem right. It wasn't right. We couldn't do it. It finally hit us. **There was no humane or ethical way to use animals.** Somebody always gets hurt. ”

NewFarming.org



Abigail Geer,
would-be dairy
farmer turned vegan,
Founder, Mino Valley
Farm Sanctuary



“Nonhuman animals have been born innocently onto this Earth, just as we humans have – and as such nonhuman animals have just as much a right to be here as we do; just as much a right to live their lives without being enslaved, just as much a right to live their lives without suffering needlessly, and just as much a right to live their lives without dying ruthlessly and prematurely at the hands of humans.” ~ via Kim Sheridan

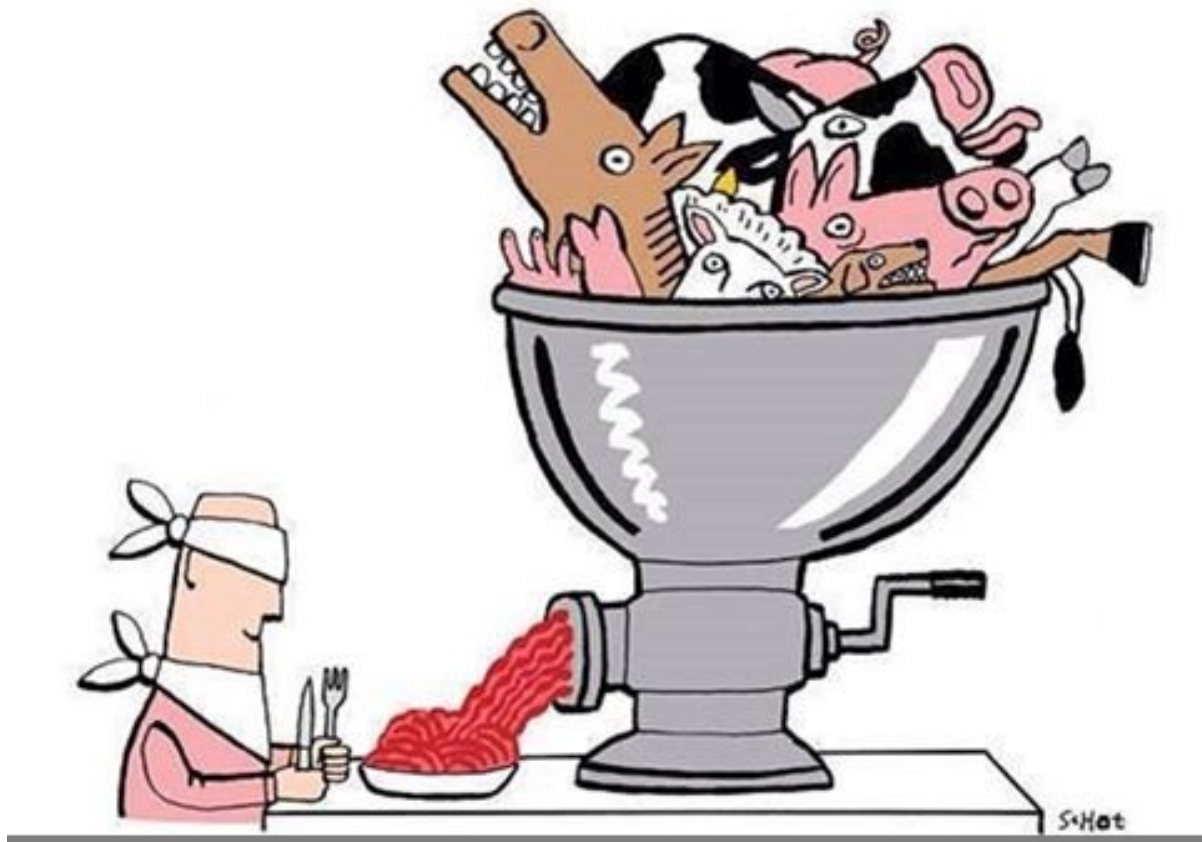
What it REALLY is
(08/04/2018)

No matter who might say otherwise, this is *not* "humane slaughter" and this is *not* a "gentle harvest" ...



This is an **execution**, plain & simple.

To stop the Harming
(08/05/2018)



Question: Do you enjoy intentionally harming innocent animals? Of course you don't! No decent person does ... Well, here's a *newsflash* for you: the only way you can stop needlessly harming animals is to **Go Vegan**, because every time you refuse to be vegan, you are directly harming -- and indeed ultimately murdering -- innocent animals; forcing hundreds & hundreds of them via your selfish choices to suffer horrible lives and violent, premature deaths.

Weak yet well-labeled
(08/05/2018)

What if the "Choice of Meat" happened to be your own dog?



Would the marketing labels *organic* or *free range* or *all natural* or *high welfare* or *cage free* or *humanely slaughtered* make his or her exploitation, painful abuse, and violent murder acceptable to you?

"It is not how we treat those most adored that defines us as a species, but rather how we treat those most vulnerable." ~ via Russell Brand

Saying it openly
(08/06/2018)



"Allow me to say it openly and forthrightly: We humans are complicit in an enterprise of utmost degradation, cruelty, and murder -- one which rivals anything the Third Reich ever did or even dreamed of doing. Indeed, this vile industry dwarfs even that supposedly greatest of evils, in that it is founded upon an immorality without end; a perpetually self-regenerating wickedness that repeatedly brings the most innocent of creatures -- among them rabbits, chickens, cows, and pigs -- into the world for the sole purpose of debasing them while alive and then murdering them in their youth. Nothing ever has or ever could be so morally repugnant as that." ~ via J. M. Coetze

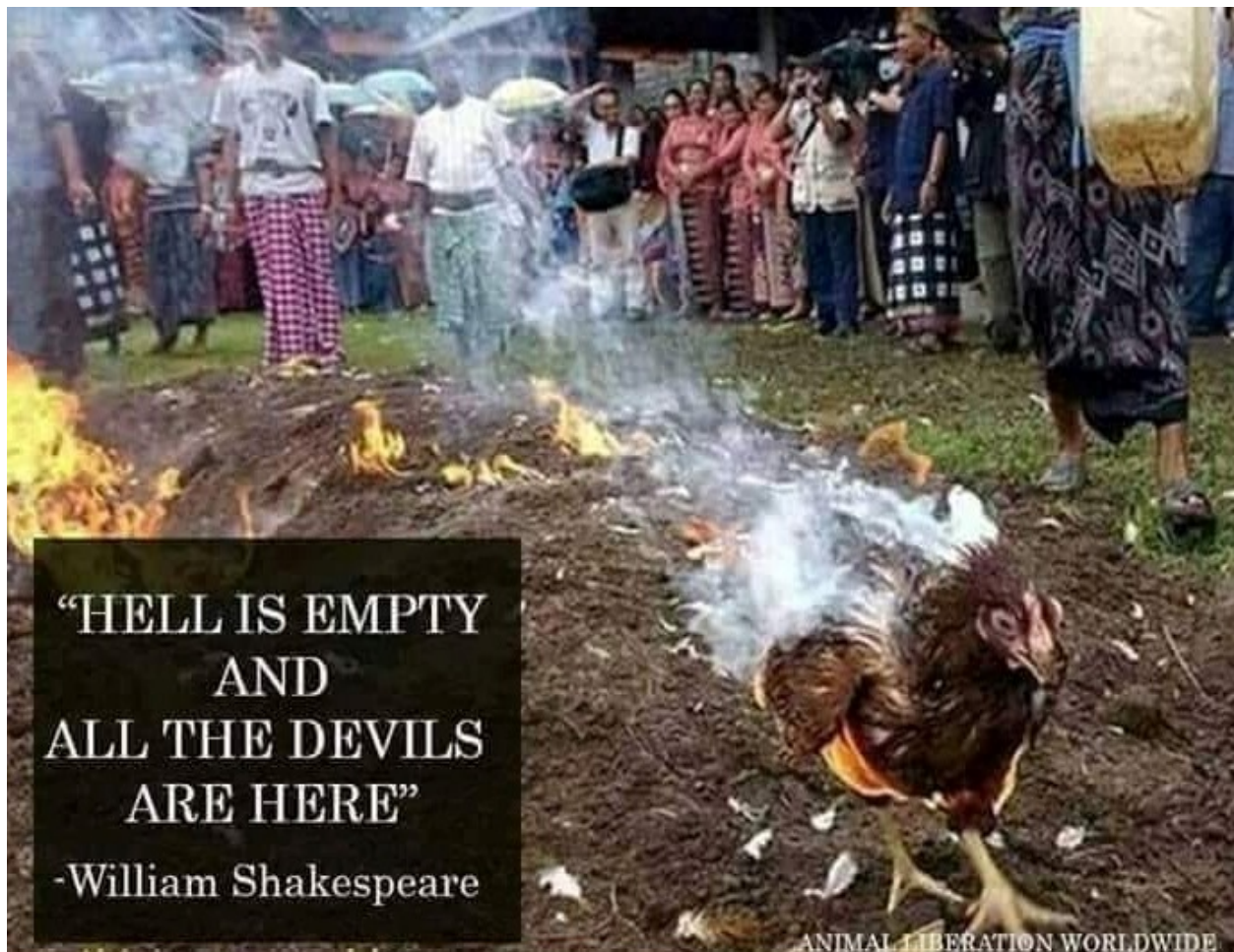
Calling BS for the bulls
(08/06/2018)



And dairy farmers say
they "love their cows."
Yeah ... sure they do.



Got JUSTICE?
(08/07/2018)



Whether you love animals or not, the only motivation you need to *Go Vegan* is a basic understanding of and a fundamental appreciation for the concept of **Justice**; for you cannot have any regard for **Justice** in your life -- and thus cannot be considered a decent & moral human being -- if you knowingly participate in *any* enslavement, *any* abuse, &/or *any* murders of *any* innocent beings ... **period!**

The very same Loathing
(08/07/2018)

What? Oh, it's OK ... He was raised lovingly on a cage-free, organic, local farm -- and was humanely slaughtered in his youth with great tenderness and deep respect.



"One day the good people of the near future will utter the words 'meat eater' and 'milk drinker' in utter and appropriate disgust; regarding the non-vegans of today with the same deep-seated loathing that we currently reserve for cannibals, child molesters, human slave traders, and other such morally warped barbarians." ~ via Dennis Weaver

**“Respect all ... Adore a few ...
Do wrong to none.” ~ via Shakespeare**

The 5 Stages of Waking UP
(08/08/2018)

The 5 Stages of Awakening ...



Stage 01: Denial ...
The animals don't have it that bad;
it's natural & you're being ridiculous.



Stage 02: Anger ...
Quit forcing your beliefs on me, you
self righteous jerk ... Mmmmm, Bacon!



Stage 03: Bargaining ...
I only eat humanely slaughtered meat &
only buy dairy from organic farms.



Stage 04: Empathy ...
It really is horrible what happens to farmed
animals because of my food choices.



Stage 05: Transcendence ...
I went *VEGAN* yesterday!!!



Stage 01: Denial ...
The animals don't have it that bad; consuming
them is natural & you're being ridiculous.

WTH?!?
(08/08/2018)

~~Vegetarian~~ ~~Anti-factory Farming~~ ~~Cage-free Eggs~~

~~Meatfree Monday~~ ~~Reduceitarian~~ ~~Veggie~~

~~Fur Free Friday~~ *The only way of life that sincerely supports the simple Truth that animals matter morally -- and thus the Truth that enslaving & abusing them for our personal pleasure is morally wrong -- is veganism ... So no more weak-willed "baby steps," no more half-assed gradualism, no more vapid "humane alternatives," and no more cheap excuses ... Quit being a moral coward and Go Vegan already!* ~~Meatless Monday~~

~~Vegetarianism~~  ~~Veg~~

~~Mostly Vegan~~ ~~Veganish~~ ~~Vegan Before 6~~

~~Backyard Eggs~~ ~~"Humane" Animal Products~~

It is bizarre to me how many otherwise good-hearted people get offended by abolitionist vegans. How ludicrous! I mean, millions of innocent animals are being confined, abused, tortured, and murdered every single minute of every single day -- a practice that is destroying those animals, destroying our own health, and destroying our entire planet -- and yet what angers folks the most is those of us who are trying to stop those same evils? ... **WTH?!?**



Another offensive Incident
(08/08/2018)

"A Vegan Offended Me" Incident Report

(Version 1.1)

Date & Time of Incident: _____

Location of Incident: _____

Witnesses to Incident: _____

Reason for submission of Report (check all that apply):

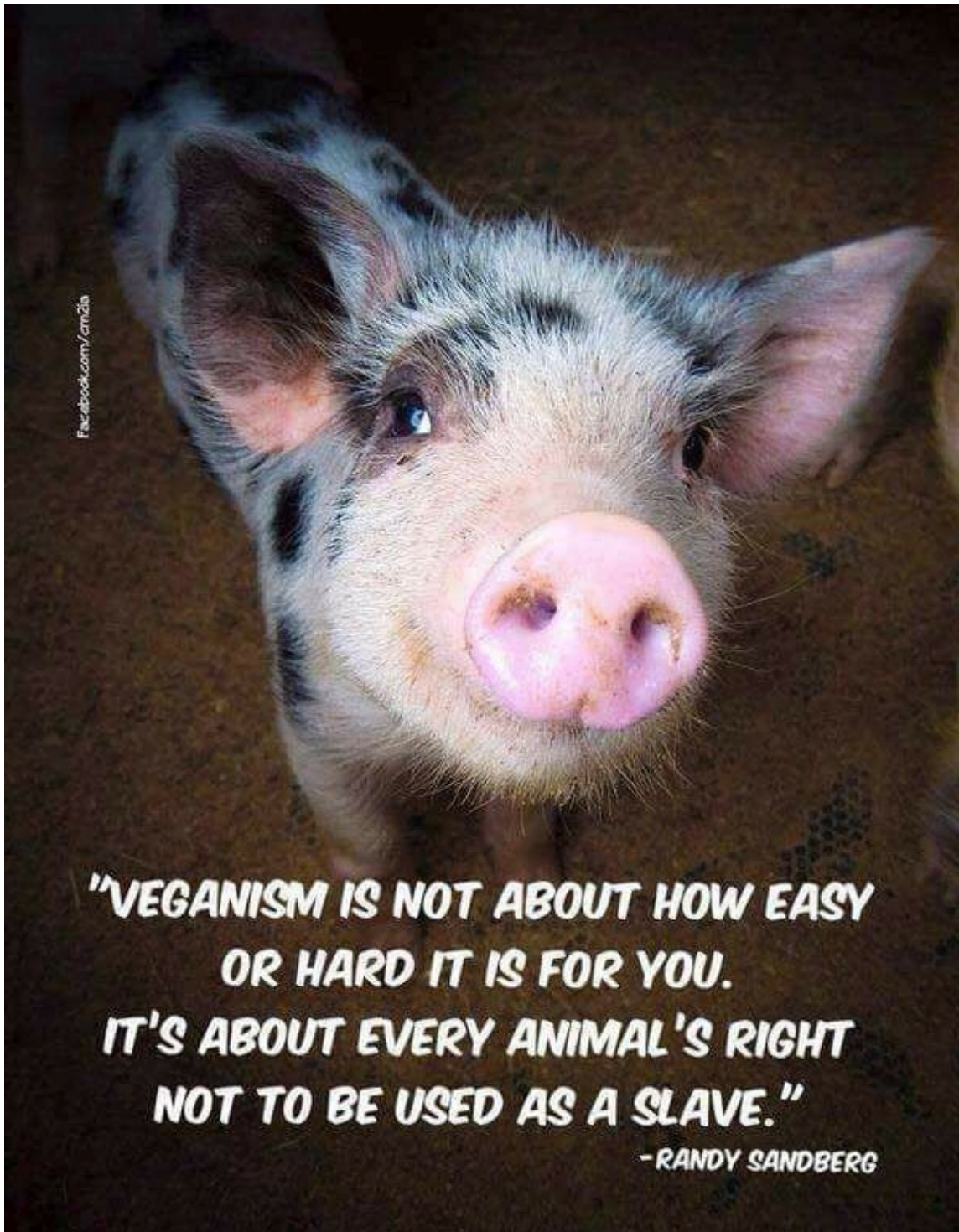
- * ___ A vegan politely asked me to stop harming, exploiting &/or killing animals.
- * ___ A vegan used calm logic and a sound sense of compassion to trick me.
- * ___ A vegan told me a fact-backed truth that I didn't want to hear.
- * ___ A vegan compared farmed animals to my beloved pets, which is ridiculous.
- * ___ A vegan acted arrogant & morally superior to me, which is the far important issue ~- not the unnecessary suffering I cause the victims of my choices to feel.
- * ___ I am always offended by vegans; they remind me that I am not living in harmony with my own professed values and sense of basic decency.

Follow-up Action Taken (check all that apply):

- * ___ I aggressively argued with the vegan, insulted his or her character, and ended the discussion by laughing and saying "Mmmmmmmmmmm, bacon."
- * ___ I know realize fully that I am actually the victim ~- not the animals I pay to have enslaved, mutilated, abused, and murdered.
- * ___ I will now consume even more animals and their secretions to get back at the rude vegan who offended me, because that makes total sense.
- * ___ I quickly didn't know how to respond, so I turned to my friends and yelled "Found the vegan!" ~- much to their shared amusement.
- * ___ Even though I took it personally, the vegan made a lot of sense. I am now going to go home and do my own research into animal agriculture and veganism.
- * ___ The vegan opened my eyes to what I have been supporting and I have decided to go vegn myself, for the simple reason that "humane slaughter" does not exist, and causing other beings to suffer & die for my mere personal pleasure is flat out wrong.

Don't get offended ... Just **Go Vegan.**

What it's all About
(08/08/2018)



Morality and basic decency are not rocket science ...
Get ethics ... Get woke ... *Go Vegan.*

A standard Vegan Day (not really)
(08/09/2018)

My standard daily VEGAN routine:

Wake up ... Take a shower ... Brush my teeth ... Brutally murder hundreds of innocent plants for breakfast ... Violate the moral code of my Stone Age forefathers by refusing to beat up my annoying boss or rape my attractive female co-workers ... Thumb my nose at my moral guru -- the lion -- by refusing to hunt down and dismember any cows, chickens, or pigs with my ferocious canines and razor sharp claws ... Viciously kill and violently dismember dozens more sentient plants for lunch instead ... Got lost running errands for my annoying boss (who I still have not tied up, as my caveman forefathers would have required) and somehow end up stranded on a deserted island ... Watch the cows and pigs who are living there closely and join them in murdering a few of the gently, feeling plants they have been eating for an afternoon snack ... Get a call from my mother who asks if I still eat fish and wonders aloud for the hundredth time why butter isn't vegan ... Make it back from the island just in time to have my co-workers exclaim in wonderment that I am still alive at all, seeing as how I am obviously lacking in protein, iron, Vitamin B12, calcium, and all those other nutrients that my friends the gorilla, the buffalo, and the rhinoceros all get from plants ... Head home and eat another few hundred ruthlessly murdered plants for dinner ... Die from malnutrition in my sleep ... Wake up again the next morning ... Repeat ad nauseum.



How to sound smarter
(08/09/2018)

To make sure you don't sound like a **complete idiot** when speaking with vegans, start by remembering the following facts:

FACT: Humans can live long (actually longer) and healthy (actually far healthier) lives on a 100% plant-based diet.

FACT: Even including the moral obscenity that is governmental subsidies of meat, dairy, and eggs, plant-based diets are *still* more affordable than non-vegan ones.

FACT: Lions are **not** good moral role models for humans; and neither are cavemen.

FACT: Canines are **not** a carnivorous trait and are not adapted for tearing meat.

FACT: There is a fundamental difference between "animal welfare" & "animal rights."

FACT: There is a fundamental difference between a choice that is "personal" and one that is harmful ... Hint: valid personal choices do not have victims.

FACT: There is no such thing as "humane slaughter" -- period.

FACT: There are exactly *zero* human health conditions that require the ingestion of meat, dairy, fish, or eggs.

FACT: Humans do **not** need to kill animals in order to control their populations.

FACT: Farfetched hypotheticals do not refute or excuse real-time crimes.

FACT: Cheese and meat are both highly physiologically addictive to humans.

FACT: Defending the rights of the oppressed is **not** "shoving beliefs down throats."

FACT: Vegans are not those who always avoid killing other sentient beings. Vegans are those who always avoid *intentionally* killing or harming other sentient beings.

FACT: There is no "circle of life" in Nature that supports excess, cruelty, or greed.

FACT: Your rights as a sentient being end where another's begin.

How DUMB sounds (08/09/2018)

How serial rapists would sound if they used non-vegan logic:

- *Mmmm, rape feels so good ... You non-rapists don't know what you're missing.
- *Look, I respect your choice not to rape, and I expect you to show me the same respect in return.
- *But rape is natural. Wild animals rape each other all the time. Are you going to judge them too? Go ahead and tell a lion to stop raping other lions.
- *Just take a look at my penis. I have a penis, so we men are obviously supposed to rape. Besides, if GOD didn't want women to get raped, why did he give them a vagina?
- *I'm not saying it's OK to abuse women. I actually love women. There is simply nothing wrong with rape when it is done humanely -- when the women are treated well beforehand, and are drugged into partial unconsciousness before the act itself commences.
- *You arrogant non-rapists need to get off your high horses and stop forcing your non-raping beliefs down other people's throats.
- *But you non-rapists aren't perfect either -- you kill ants and use fossil fuels and incidentally support slave labor when you buy cheap clothing.
- *But if we don't rape women our species would go extinct.
- *But the Bible makes it quite clear that GOD thinks rape is OK.
- *But Hitler was a known non-rapist.
- *Take it easy! I only rape women once a week, and I am slowly raping them less & less often.
- *You vegan supporters of justice & compassion & decency & respect sound just like a religious cult. Quit being so extreme about such things!
- *People won't ever stop raping. If I don't rape women, someone else certainly will.
- *But it takes too much time and money to get women to sleep with me without raping them.
- *But what would you do if you were stranded on a deserted island populated only by women?
- *You vegans value the lives of women over men. Women are different from men, and have always existed to serve them.
- *Our ancestors raped their women. In fact, you yourself wouldn't even be here today without rape, seeing as how it is a crucial part of our species' evolution.
- *Rape releases endorphines, which are essential for our mental health.
- *I didn't climb all the way to the top of the gender hierarchy just to sit at home and masturbate.
- *There are so many more important issues to worry about. What about the well-being of plants, hmmm? They can feel fear and pain and suffering too, you know.
- *You obnoxious non-rapist -- for every woman you don't rape, I'm going to rape two.



Knowing the real Self
(08/10/2018)

Your true moral character is really quite simple to know: if justice and compassion are important to you, you will find a way to consistently practice them in your daily life ...

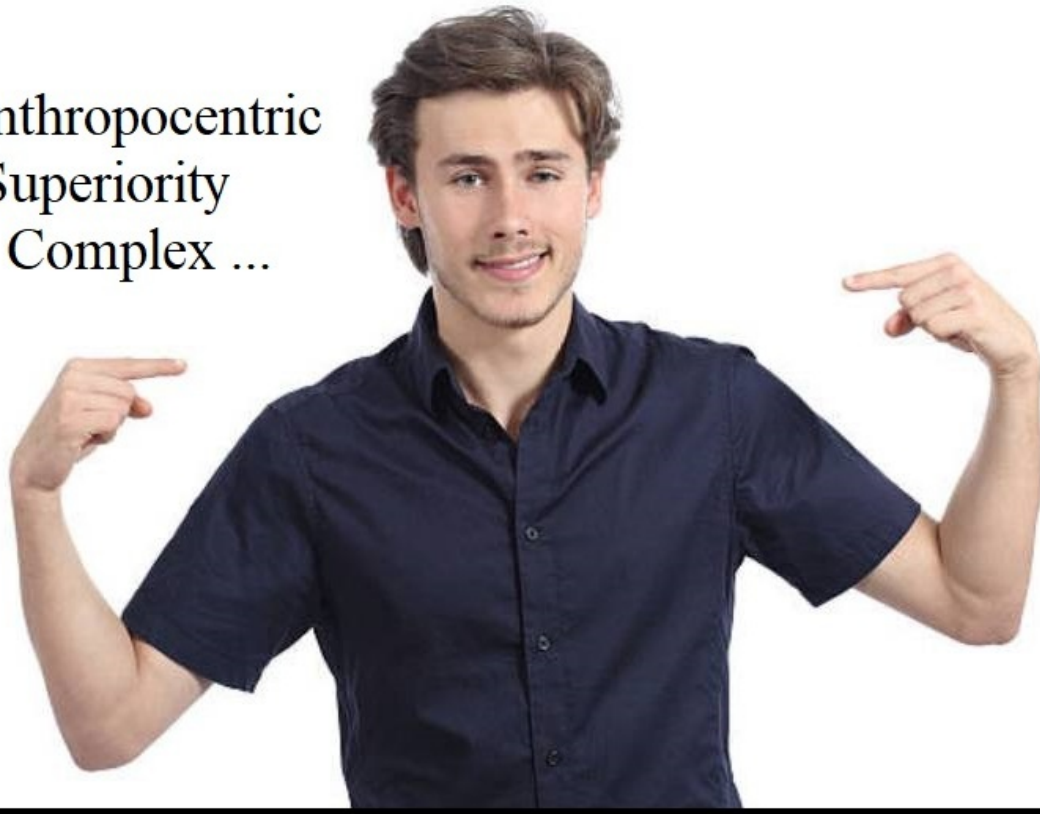
... and if they aren't, you will find any cheap excuse not to.



“When we turn away from the reality of what we do to animals for our mere gustatory pleasure & physical comfort, we play a game of pretend – just like the child who covers her eyes and thinks you can’t see her; and yet there she remains. Closing our eyes doesn’t make the violence disappear, my Friends. It only closes our minds and hearts, and enables the brutal violence to continue.” ~ via Colleen Patrick-Goudreau

Identifying the Problem (08/10/2018)

Anthropocentric
Superiority
Complex ...



If you find yourself using any of the following
excuses for not going *Vegan* ...

*But **I'm** at the top of the food chain.

*But **I'm** smarter than the animals.

*But **I** look good in leather.

*But wool keeps **me** warm.

*But **I** love the taste of cheese.

*But **my** God says I can use the animals.

*But farmed animals were bred for **me**.

*But eating animals is **my** personal choice.

*But **I** think meat & ice cream taste great.

*But eating animals is part of **my** culture.

*But **my** kids like going to the zoo/the circus.

... then **you** are the problem, not veganism.

A new kind of Happiness
(08/11/2018)

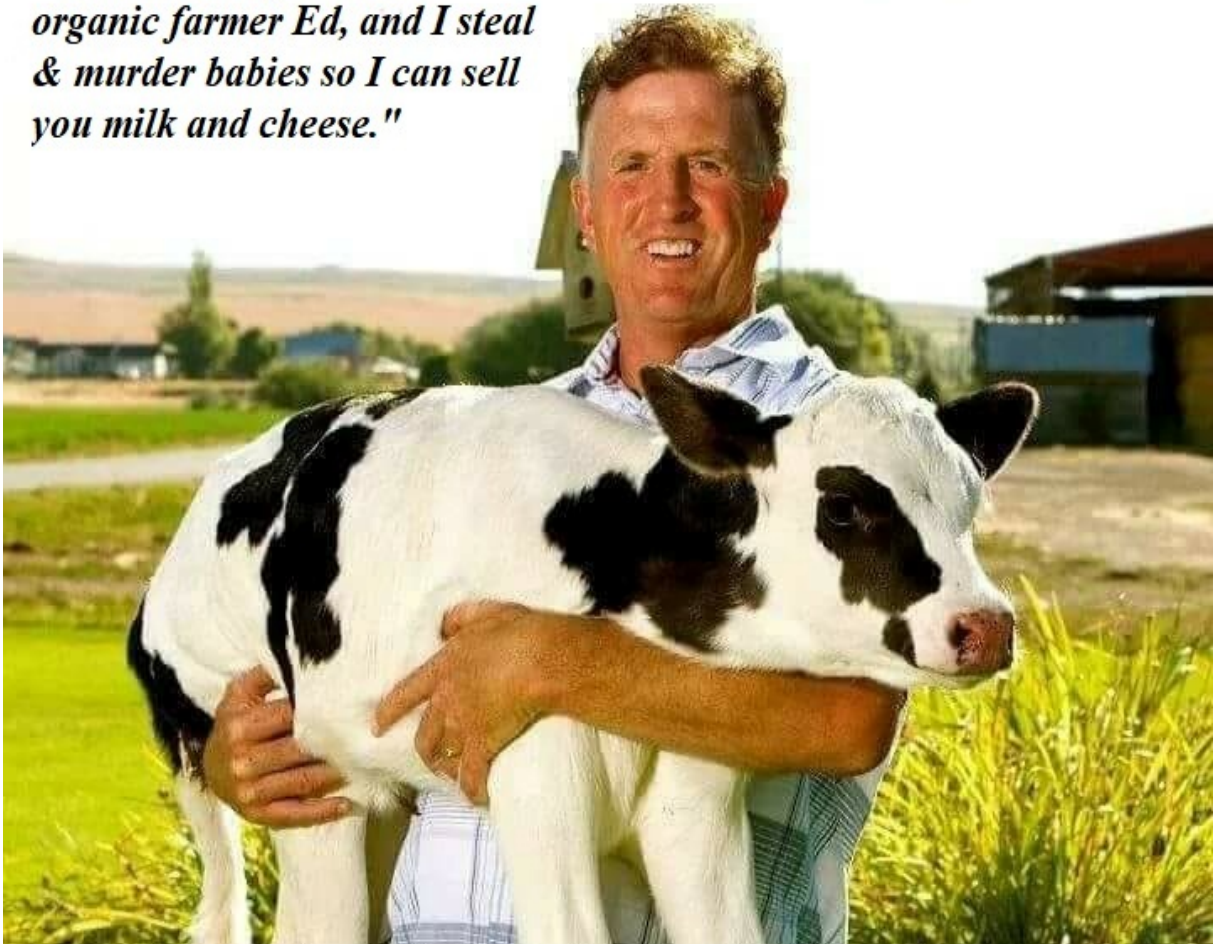


If your happiness requires others to suffer, then it's time for you to find another kind of happiness.

"Simply stated: it is wrong to harm others for mere personal enjoyment, and as a matter of moral consistency we do not limit who those others are. If they can tell the difference between pleasure and pain or peace and terror, then they have the fundamental right to not be needlessly harmed ... Essentially, even if you are fascist who wrongfully believes that 'might makes right,' we do not have the right to needlessly harm the innocent." ~ via Henry Spira

Ed's egregious ethics
(08/12/2018)

"Hi there! My name is organic farmer Ed, and I steal & murder babies so I can sell you milk and cheese."



"Seriously, if YOU don't want to be repeatedly raped, forcibly impregnated, have your babies stolen from you after each & every birth, and then be turned into an oversucked milk machine over & over again until you can no longer produce enough to satisfy your callously greedy captors (whereafter you are murdered by having your throat slit while hanging upside down; slowly bleedING to death while partially conscious) - then why in the world are you paying to have it all done to others?!? Please STOP BEING A HYPOCRITE ... Please *Go Vegan* ... Thank you." ~ via Tatia Kennedy

A most, most Wicked Word
(08/12/2018)



No word ever locked
within itself as much
pain and suffering and
anguish and death as the
word "dairy" ...



How to make milk
(08/13/2018)



How to produce dairy products ...

First, forcefully constrain a bull and annaly electrocute him to obtain his semen ... Then, tie a female cow to a "rape rack" and artificially inseminate her by shoving one entire arm into her anus and the a metal rod tipped with the bull's semen into her vagina ... Wait until that now pregnant cow gives birth to her baby ... Take that newborn calf away from her within 24 hours after its birth ... Seclude that baby from her mournful wails and either slaughter it quickly to make "veal" or raise it for future dairy production ... Forcefully extract ten times the milk from the now bereft mother than she would normally produce for her kidnapped child ... After her milk production declines, repeat this process 3-4 more times, ultimately slaughtering her to make "cheap meat" after her still young body "dries up" from overuse & abuse ...

or -- you can help stop this madness and ***Go Vegan.***

Jesus nailing it, again
(08/14/2018)



You can take one million mentally stable toddlers and place them in one million different rooms, each containing one apple and one rabbit, and every single one of those children -- given enough time -- will attempt to play with the rabbit and eat the apple ... Frankly, it doesn't really matter what you think of Jesus Christ (or even if you believe he never existed at all) -- the author of the Gospel of Matthew remains spot on correct when he quoted Jesus as having said, "Whomever becomes humble again like this very young child will become the greatest in the Kingdom of Heaven." ... *Amen* -- Let it be so; by letting us once again become *Vegan!*

To kill the weak & the gentle
(08/15/2018)



If cows were to use their great strength like the mighty rhino, we wouldn't be repeatedly raping them, stealing their babies, and hanging them upside down to dismember their still writhing bodies. If pigs were as aggressive in defending themselves and their families as the great hippo, we wouldn't confine them in tight pens and steal their babies before ultimately sending them to a bloody slaughter. If chickens had sharp talons and fierce beaks, we wouldn't be imprisoning them in cages, stealing their eggs, and slitting their throats by the billions. No, we only do these horrifically barbaric acts to these particular animals because we easily can -- because they are all gentle and peaceful and trusting by nature ... Think about it: the more innocent the species, the more ruthless we behave towards them. What does that say about us as humans? Nothing good or moral, that's for sure.

To grind or not to grind?
(08/15/2018)

If forced to choose between the two, which would you personally throw into a running blender?

A:



B:



Note that you choose **B** every time you buy eggs.

"Here is a non-exhaustive list of actions which are all far more extreme than veganism -- **A**) paying the egg industry to throw day-old male chicks into macerators, **B**) paying the dairy industry to steal babies from their mothers and murder the male calves to make "veal," and **C**) anything and everything that has ever happened inside any slaughterhouse." ~ via Nic

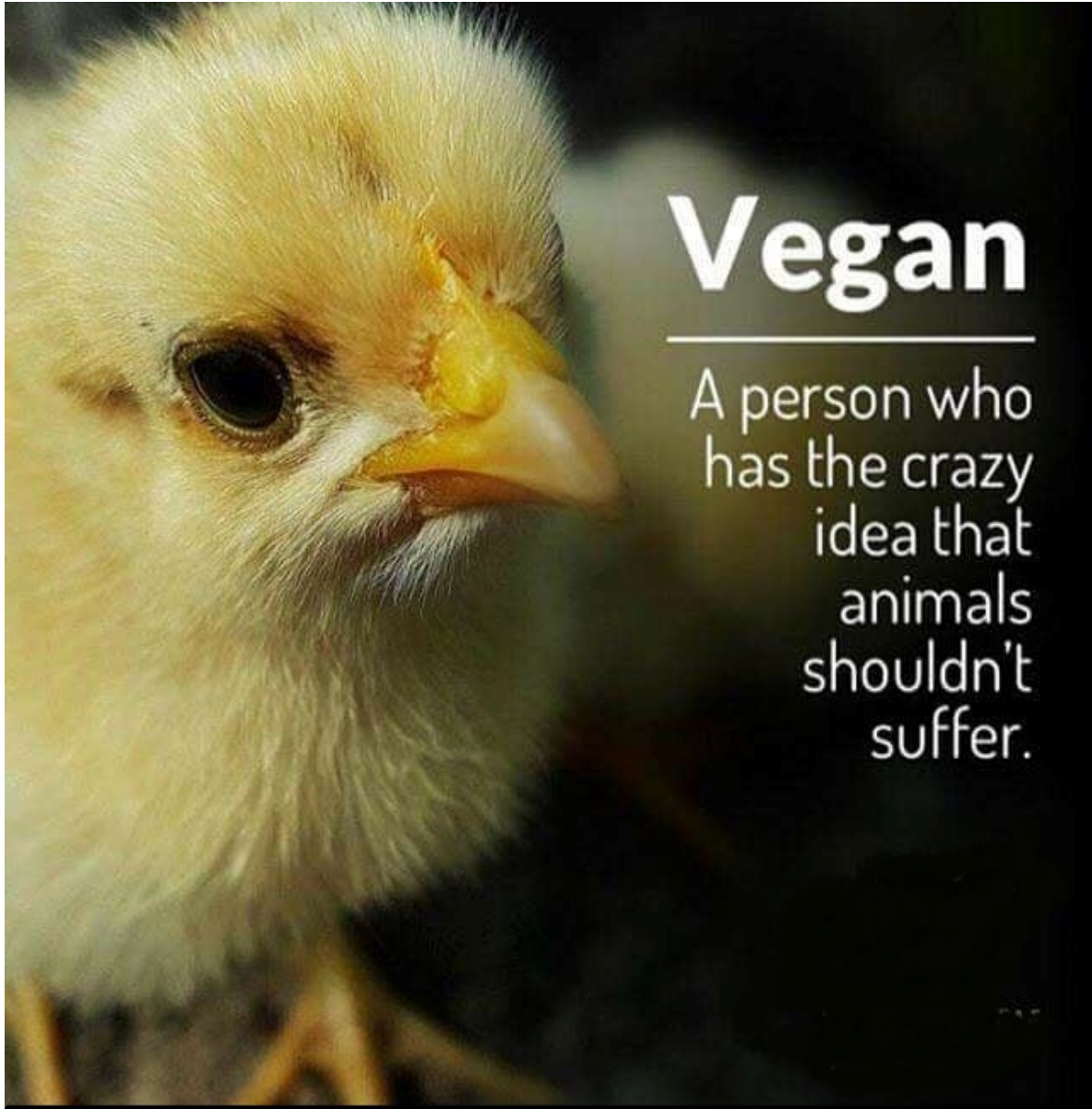
A most flagrant Difference
(08/15/2018)



And frankly, it really should be quite embarrassing for you that I have to explain the difference between the two at all.

Pigs have a wide variety of vocalizations for their even wider array of feelings. And this, in stark contrast to the average carnist troll, who struggles to make even a modest amount of sense when conversing with vegans, and who can obviously barely even type the word "bacon" ...

a Vegan World
(08/16/2018)



“A vegan world would certainly be a very different civilization than our current one. In fact, it would be the first society in the entirety of human history that would actually merit the title of being a civilization at all.” ~ via Donald Watson

'Happy Meat,' their ass
(08/17/2018)

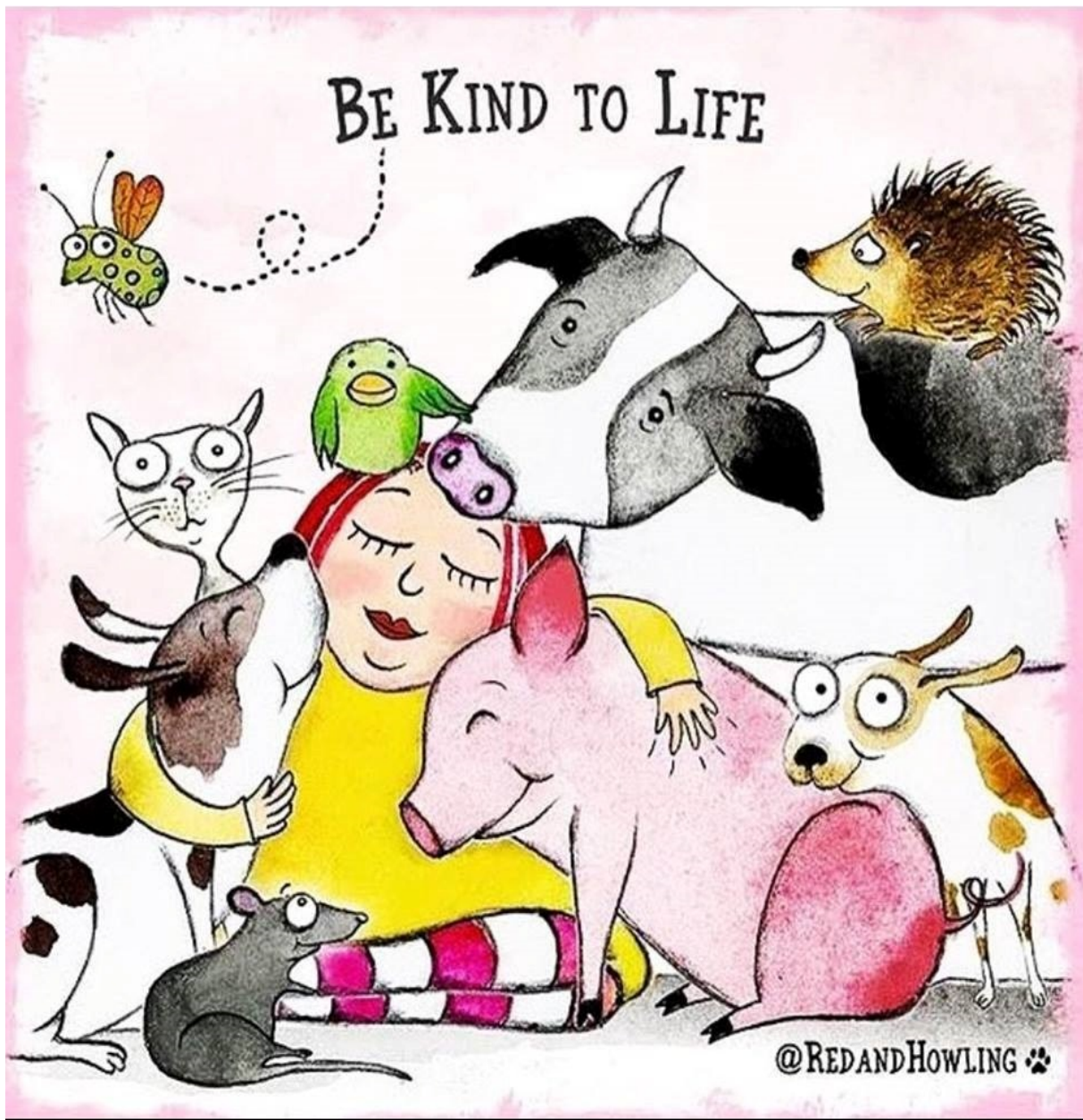


Even humanely raised animals
meet their fate on
killing floor

Happy Meat (noun) ... the patently ridiculous and fully oxymoronic belief that animals deserve to be treated "humanely" for a few short months before they are then ruthlessly & violently murdered.

"The myths of human supremacy and humane slaughter form the twin demons that support and enliven the abject evil that is animal cruelty." ~ via Saryta Rodriguez

Just DO it already
(08/18/2018)



"Once you realize that something is morally wrong, there is no need to take 'baby steps' towards doing what is Right. You just do it ... As such, if you verbally admit that abusing animals is wrong (as it most certainly is) and yet continue to consume their slaughtered bodies, then either you don't believe it's wrong to abuse animals, or you simply don't give a damn about them ... There is no third alternative." ~ via Gary Francione

Leaving them in Peace
(08/18/2018)



*"Every animal in existence -- every bird, every bee, every mosquito, every mouse, every worm, and even every wasp -- every single one of them is flowing arduously at their respective tasks; striving to live, and in that striving uplifting & harmonizing everything around them. Indeed, every single sentient being plays an important part in the dance that keeps the planet alive & vibrant. And we humans too can play a valiant role therein -- by simply choosing to **leave the animals alone** to do their Noble Work." ~ inspired by Sadhguru Jaggi Vasudev*

Far more important than pleasure
(08/20/2018)



"To be Vegan, it is not necessary for you to believe that the well-being of animals is as important as the well-being of humans; only that the well-being of animals is more important than pleasuring your taste buds." ~ anonymous

WHO are you eating?
(08/20/2018)

It's not *what* you eat that is important ...
... but rather *who* you are eating.

"Ground Beef"

"Eggs" = the ground up body of a *dead cow*

= unfertilized menstrual cycles
from now *dead chickens*

"Milk"

= mammary secretions
from now *dead cows*

"Pork Ribs"

= a *dead pig's* actual ribs

"Steak"

= the flesh of a *dead cow*

"Chicken Wings"

= a *dead chicken's* actual wings

"Bacon"

= cured slices of flesh from
the backside of a *dead pig*

"Cheese"

= congealed mammary secretions
from now *dead cows & goats*

What bacon actually IS
(08/21/2018)

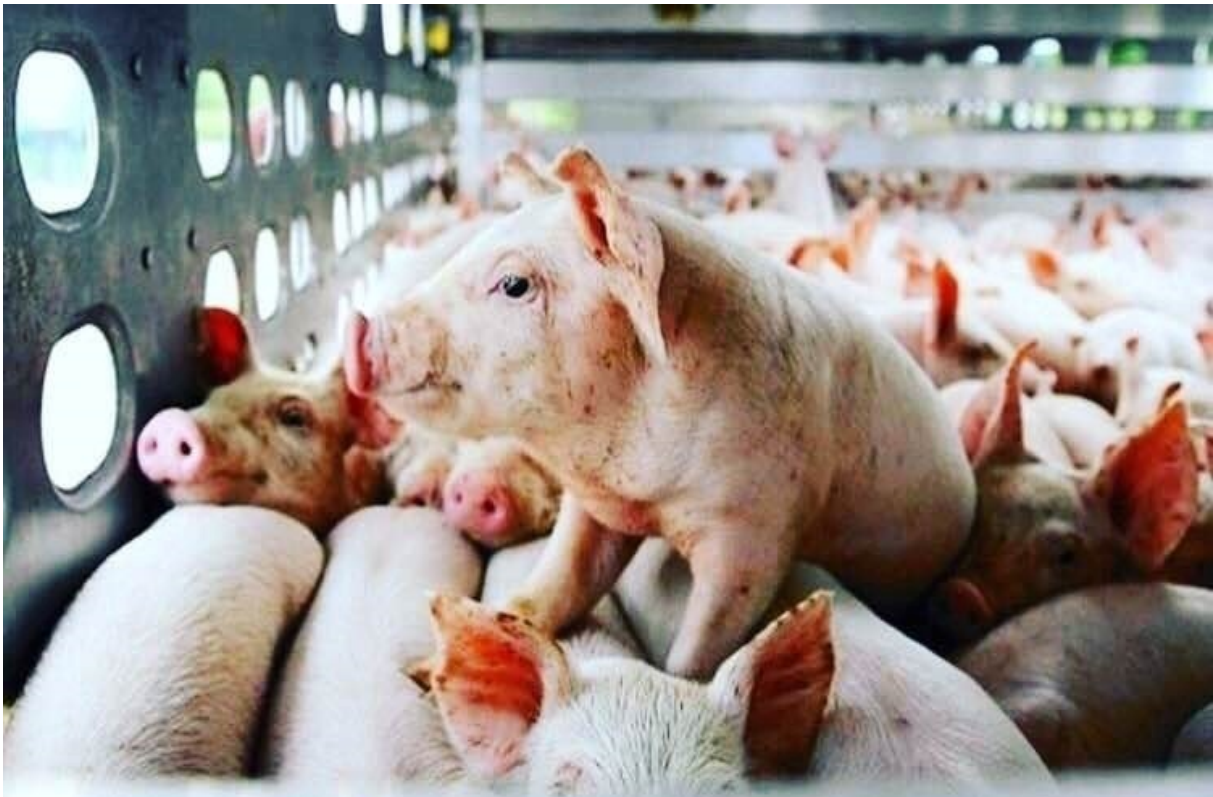


The
Barbaric
Aquisition of
Cancer via
Overt
Narcissism



"I get it -- you love bacon. And yet you are also a decent human being, which means that if you were to come across a stranger who was intentionally abusing a pig, you would do your best to intervene and try to stop them. And the funny thing is, the inner moral guidance that would inspire you to do so is exactly the same inner moral guidance that motivates vegans to try and get you to stop eating bacon." ~ anonymous

To butcher the Innocent
(08/21/2018)



Vegan for them...

"Here we witness her in the transport truck on the way to slaughter. She is just a baby, and yet despite her fear and discomfort, she gazes out through the slats in naive curiosity at the world in which she will never live. She has no idea the horrors that already await her just down the road -- the terror she will experience hearing and then watching her brothers & sisters & cousins being murdered right before her eyes, the terrible pain she will feel as she herself is gassed into pseudo-unconsciousness, hung up by her hind legs, and then cut open still alive. That this has already happened to her is crime enough; that this is still happening to millions & millions of equally innocent animals every single day is despicable beyond measure ... We humans like to think that we are smarter than (and thus somehow superior to) non-human animals, and yet the callously arrogant, barbarically violent, and globally destructive ways we treat those same innocent beings clearly exposes this thinking as an embarrassingly obvious delusion." ~ via Kara Sanders & Anthony D. Williams

Facta non Verba (only)
(08/22/2018)

"Little arouses our moral outrage more than the heinous crimes of child abuse and cannibalism, and yet you make exactly the same immoral impression on pure Buddhists and ethical vegans alike whenever you abuse babies and then feed upon their corpses, even though they are not of your own kind." ~ via Robert Louis Stevenson



Newsflash: Your deeply held beliefs and openly professed values do not make you a Good Person -- only actions that are humble & caring can do that.

The day I Woke UP
(08/23/2018)



I used to tell people that I loved animals, even though I was still eating them. Then one day I woke up and realized that there was no other instance in my entire life where I could say that I loved someone while paying to have them enslaved, abused, harmed, and killed ... I used to tell people that I loved animals, because that is what any decent moral person would say. The day I went vegan is the day I made those words real ... The day I went vegan was the day I aligned my words with my actions ... The day I went vegan was the day I not only sounded like a decent moral person; the day I went vegan was the day I actually *became* the same.

"You cannot live a truly non-violent life as long as you are intentionally consuming violence." ~ via Gary Francione

A very easy Goodness
(08/23/2018)



Q: But what can vegans eat?

A: Nothing sentient ...

*Does it have a face (perceiving eyes),
a beating heart, &/or a butthole? **No** = OK to eat

*Does it have friends, family,
&/or the ability to feel love? **No** = OK to eat

*Does it have self-awareness,
&/or the ability to fear &/or suffer? ... **No** = OK to eat

Our greatest POWER
(08/24/2018)



Humankind's greatest Power (and therefore our ultimate Purpose) is not to dominate the weak & destroy the innocent, but rather to liberate the oppressed and defend the abused.



If you are a non-vegan -- i.e. someone currently paying other people to make animals shudder in fear and cry out in pain, please **WAKE UP** and stop it already! ... Thank you.

To farm the Humane
(08/25/2018)

“For me, there is now a very clear distinction between humane and inhumane farming. **Humane farming is cultivating a plant-based diet.** Inhumane farming is breeding any sentient being for production and consumption.”



– Cheri Ezell,
former goat
dairy farmer



NewFarming.org

“One day we were standing by the gate of the goat barn, listening to one of our baby goats being driven away, crying in the trunk of the car. It was at this horrific moment that Jim and I looked at each other with tears in our eyes and began our journey to a no-kill life.” ~ Cheri Ezell

To eat REAL Food
(08/26/2018)



Newsflash: Every time you eat animal flesh or consume animal secretions in any form, you are not eating "real food." For, at least as far as we humans are concerned, real sustenance never requires the forceful stoppage of a beating heart, much less the complete destruction of any being who once had eyes and a face." ~ via Tatia Kennedy

To CARE about humans

(08/27/2018)



I'm not vegan because I put humans first.

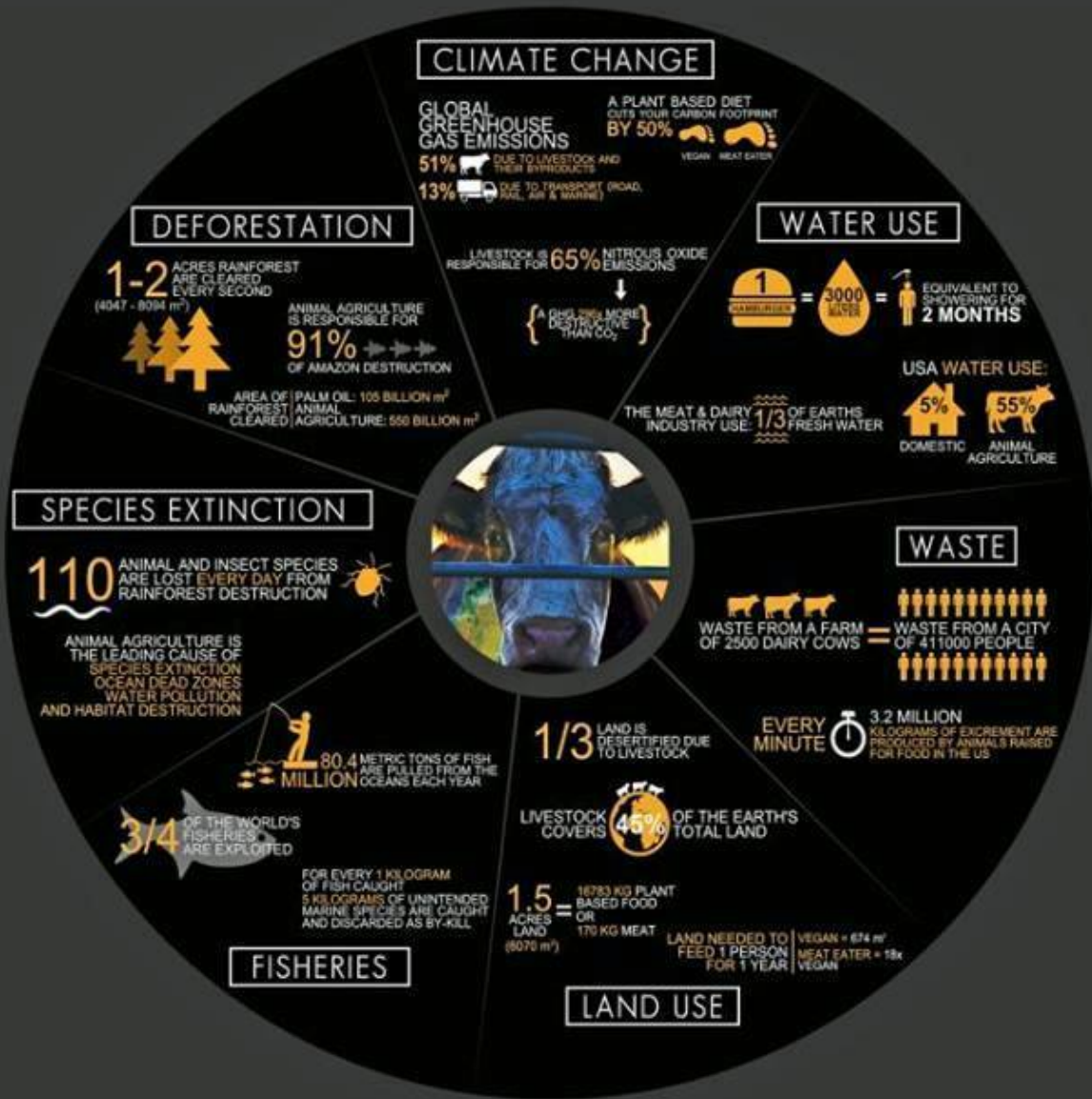
Actually, *no you don't*. Your non-vegan choices are not only making violence the norm in human social circles, and not only are they behind all the leading causes of preventable death among humans, but they are also polluting the Earth's air, poisoning the Earth's water, eroding the Earth's topsoil, eradicating the Earth's rainforests, deadening the Earth's oceans, heating up the Earth's climate, and destroying the Earth's ecosystems. In addition, you & your non-vegan comrades are directly starving millions of 3rd World citizens and indirectly contributing to countless international conflicts ... So **NO**, my dear Friend, you most certainly do NOT put other humans first. You put **ONE** single human first yourself.

"While I hold no secret knowledge as to how to fix the mistakes of generations past, I do know that without us humans choosing to show compassion and respect for all of Earth's inhabitants, none of us will long survive -- nor will we deserve to." ~ via Leonard Peltier

What you can DO

(08/27/2018)

ANIMAL AGRICULTURE IS THE MOST DESTRUCTIVE INDUSTRY FACING THE PLANET TODAY. HERE'S WHY:




WHAT CAN WE DO ABOUT IT?



A PERSON WHO FOLLOWS A VEGAN DIET PRODUCES 50% LESS CO₂, AND USES 1/11TH OIL, 1/13TH WATER AND 1/18TH LAND COMPARED TO A MEAT EATER


What veganism IS
(08/28/2018)



Veganism is not: a diet ...
enlightened eating ... a fad ...
a way to inner peace ... a lifestyle ... the next big thing ...
a trend ... totally rad ... humane treatment ...
a weapon vs climate change ... being kind ...
being compassionate ... being nice to animals ...
a responsibility to community ... a duty to the Earth ...
a personal choice ... for personal health ...

Veganism is:

... a way of living that refuses to use or exploit any other sentient beings for any reason, and that strives to abolish the immoral property status and unethical enslavement of all nonhuman persons.



GO VEGAN. BECOME AN ABOLITIONIST ALLY. EDUCATE OTHERS.
NON-VEGANS: HOWDOIGOVEGAN.COM
VEGANS: ABOLITIONISTAPPROACH.COM

"The word veganism shall mean the doctrine that humans shall live without exploiting animals in any way." ~ via Leslie Cross

"Non-human animals should be equally respected citizens of this Earth. They should have the right to their own freedom, to care for and enjoy their own families, and to revel in and live out their own lives." ~ via John Feldman

How to BE an Animal Lover
(08/29/2018)



*“Being **vegan** is simply the acceptance and actualization of the simple moral fact that animals are non-human persons; fully aware individuals whose lives have inherent moral value, and who we cannot justify using or exploiting at all – no matter how ‘humanely’ we might try and do so.” ~ via Gary Francione*

Nothing more Dangerous
(08/29/2018)

"Lions are my moral bellwethers, especially whenever I find myself **stranded** on deserted islands."

"You should stop forcing your beliefs on me; especially the one that claims that I should stop forcing my beliefs on my **victims**."

"Humans **farming animals** has the same justification as lions hunting zebras."

"Humane **slaughter** is a real and admirable thing."

"My own personal pleasure and comfort are more important than others' **suffering**."

"I don't really care about plants, but I am going to use their 'feelings' as a cheap excuse to keep on **exploiting** animals for my comfort & convenience."

"But we humans **dominate** a food chain that doesn't actually exist."



"My caveman forefathers **killed** each other, raped their women, and ate animals, so it's OK for me to do the same."

"But meat & milk are necessary for my health -- and by 'health' I mean heart disease, obesity, diabetes, and **cancer**."

Words that reject evil in support of either justice or compassion will either awaken strong minds or offend weaker ones.

"Nothing is more dangerous or indeed more vile than willful ignorance & primed arrogance in support of callous violence." ~ via Martin Luther King Jr.

Please refute evil & reject ignorance ...

Please **Go Vegan**.

Making LOTS of sense
(08/30/2018)

Going **VEGAN** really doesn't make much sense, unless ...

... you find animal cruelty to be morally repulsive ... or you care about children starving in 3rd World countries ... or you care about the global potable water crisis ... or you care about deforestation and the desertification of arable land ... or you care about species extinction ... or you care about oceanic dead zones ... or you care about climate change and the imminent arrival of a global climate catastrophe ... or you care about the antibiotic-resistant "superbugs" being bred on factory farms ... or you care about the systemic political corruption directly tied to animal agriculture subsidies ... or you care about the international health crises related to cancer, heart disease, diabetes, and obesity ... or you care about the health of your friends and loved ones ... or you care about the imminent almost-extinction of the entire human race ... or you care about your own short-term health and well-being.

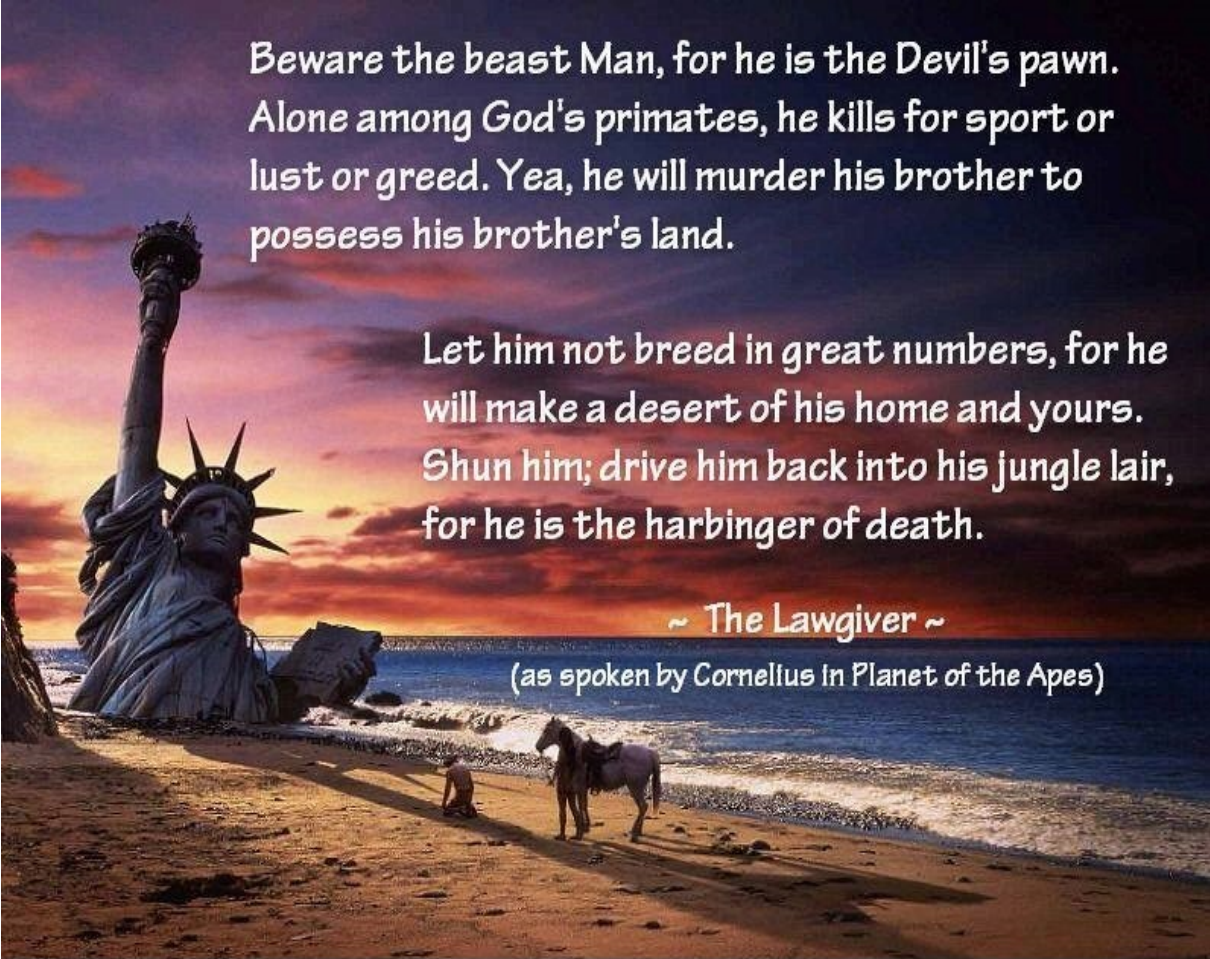
Other than those few minor issues, going **VEGAN** is really not that important, so no worries ... Peace.

To come back UP
(08/30/2018)

"You did not come into this world, as much as you came *up and out* from it -- less like a raindrop that falls from the heavens, and more like a wave that ripples across its ocean. Indeed, you are not an independent mover in this dance that is your life. Rather, you are a small yet vitally important part of the whole of it ... And while at times you might feel alone in the vast sea of life that surrounds you, you are anything but isolated. Every storm is your rebirth, every sunrise is your reawakening, every being encountered is your cousin, and every interaction therewith is a sacred reunion with a long-lost companion ... You are not a stranger here, my Friend. Feel free to act accordingly." ~inspired by Alan Watts



the Beast called 'Man'
(08/31/2018)



Beware the beast Man, for he is the Devil's pawn.
Alone among God's primates, he kills for sport or
lust or greed. Yea, he will murder his brother to
possess his brother's land.

Let him not breed in great numbers, for he
will make a desert of his home and yours.
Shun him; drive him back into his jungle lair,
for he is the harbinger of death.

~ The Lawgiver ~

(as spoken by Cornelius In Planet of the Apes)

"So why do you buy dairy from grieving cows? Why do you eat the corpses of beings who didn't want to die? Why do you steal eggs from birds when doing so requires them to be murdered in their youth? Why do you call yourself good and kind and decent and compassionate when you only extend those sentiments to a few others? Why do you wear someone else's body on top of your own? Why do you injure the only planet we have when you're not the only one who is living on it or needs it? Why do you teach your children to do these things when they are not only unnecessary habits but extremely harmful to absolutely everyone and everything? ... Here's an idea: How about you simply stop doing all these terrible things and do something positive with your life instead?" ~ via Rayna Garcia

Why to hug the Trolls

(08/31/2018)

I



TROLLS

The 3 main reasons for someone to troll a Vegan:

01) They are *disgusted* with themselves ... Your presence has these trolls being directly exposed to the callings of their own conscience. The vegan's mere existence has made them question the patent hypocrisy of their own (lack of) ethics – something they would obviously rather not do. Instead they just want to coast through life following the selfish, comfortable whims of the majority. They don't like feeling morally inferior (Who does?), and they certainly don't like being shown the simple fact that they *could* be behaving in a manner consistent with their own morals – that they quite easily *could* be living a life of justice & compassion. These trolls are the ones most likely to one day break free of their indoctrinated nastiness and go vegan. As such – for the animals' sake as much as for theirs – we vegans need to be openly Kind to these people; as Kindness is the one response most likely to inspire them to relax and see the Truth inherent in the Vegan lifestyle.

02) They feel *threatened* by you ... This motive usually comes from those non-vegans who directly benefit from animal agriculture, those who have a close friend working in the industry, &/or those who are most severely addicted to meat &/or dairy. These trolls tend to try and discredit vegans by making fun of our ideology (as though it could ever make sense to make fun of those who are bravely standing up for the innocent who are being abused & oppressed; as though it could ever be a good idea to attack anyone standing for justice & equality & compassion & decency). These trolls see the world as a frightening place, and their fear has blinded them to much that is potentially beautiful and wondrous in their own lives. It is for this reason that they merit our heartfelt Compassion, and never our scorn.

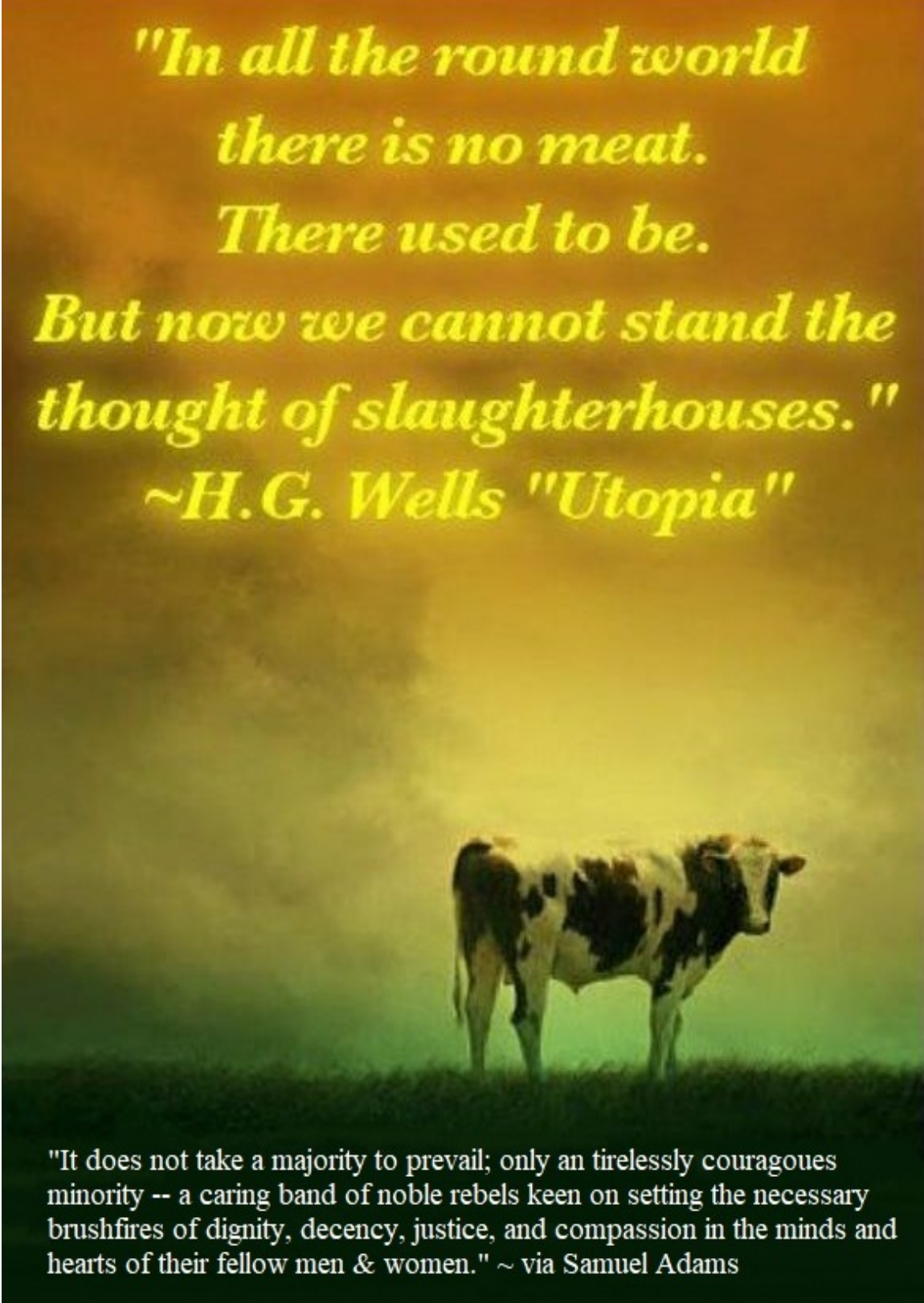
03) They are *sad* &/or *lonely* ... These trolls have few friends and don't do well in public settings. They attack vegans because upsetting others is one of the only enjoyments they get out of life – one of the only methods they believe in to feel empowered or worthy. These non-vegans are the ones most often using negativity, hostility, &/or insults in their conversations -- often because these are exactly the words they themselves are used to receiving. And though these trolls are the ones behaving most egregiously and most inappropriately, they are the ones who need – and indeed deserve -- our Compassion the most.

So the next time you meet up with a Troll, remember to gently ask them which kind of Troll they are – and then remember to treat them appropriately.

(~ inspired by Ben Le Roi)

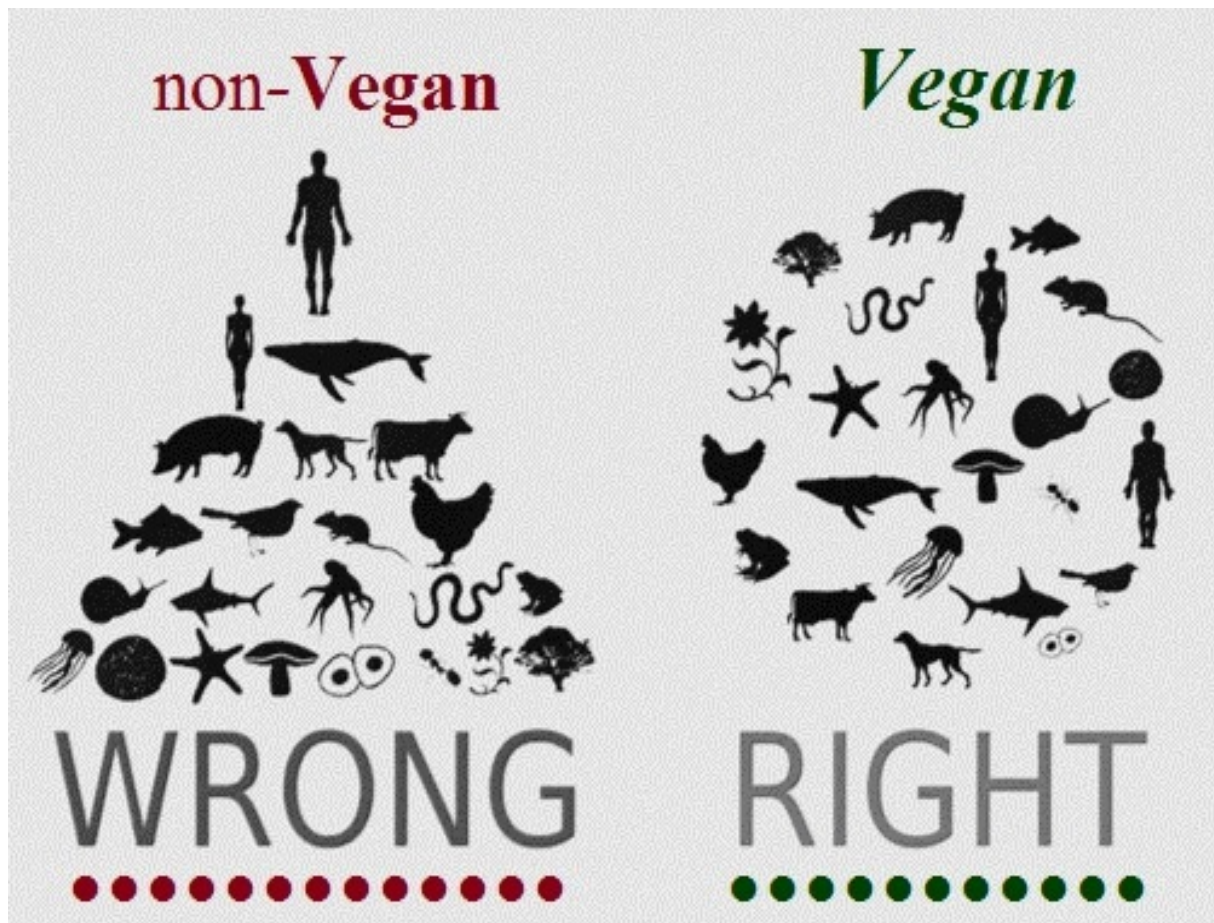
To SEE the Future
(08/31/2018)

*"In all the round world
there is no meat.
There used to be.
But now we cannot stand the
thought of slaughterhouses."
~H.G. Wells "Utopia"*

A cow with black and white patches stands in a field. The background is a soft, hazy green, suggesting a misty or overcast day. The cow is positioned in the lower half of the frame, facing right.

"It does not take a majority to prevail; only an tirelessly courageous minority -- a caring band of noble rebels keen on setting the necessary brushfires of dignity, decency, justice, and compassion in the minds and hearts of their fellow men & women." ~ via Samuel Adams

Better late than never
(09/01/2018)



To all my non-human animal cousins
-- to all the innocent beings who I, via
ignorance or callousness or pettiness
or greed, caused to be enslaved,
abused, mutilated, and murdered ...
I am so sorry it took me so long to
wake up ... **Peace** to you all.

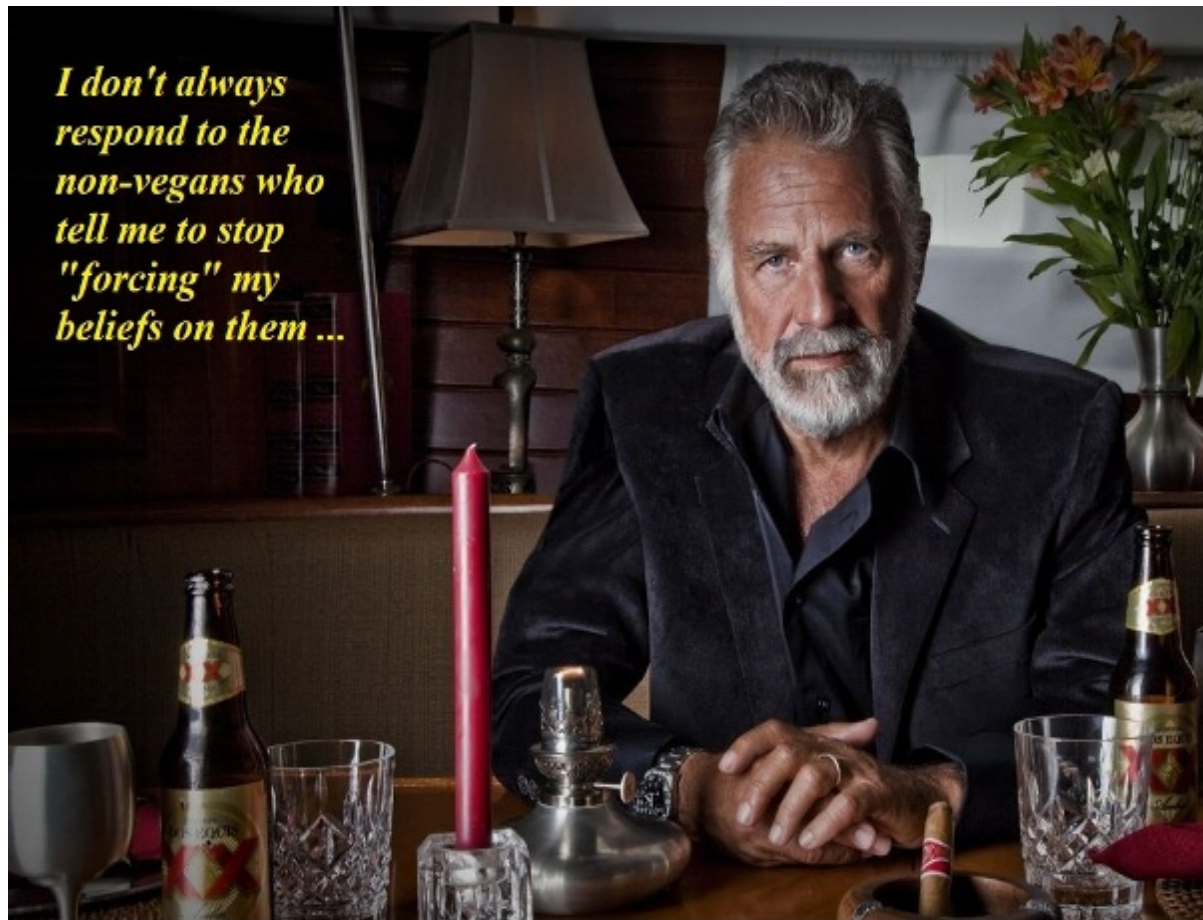
Wrong is never ever Right
(09/01/2018)

Newsflash: Wrong doesn't become Right just because it is considered legal by those in power &/or socially accepted by the majority.



"I find it odd that vegans are called arrogant assholes for trying to get non-vegans to stop acting like violent sociopaths." ~ via Sarah Rudy

But when I DO
(09/01/2018)



... but when I do, I simply ask them to stop forcing farmed animals to endure dramatically shortened lives of abject misery & horrible suffering in order to fulfill their non-vegan beliefs in human superiority and superficial comforts -- to stop forcing their arms up cows' rectums & penetrating their vaginas to make dairy products, to stop forcing piglets to have their teeth cut out and their testicles ripped off to make bacon, to stop forcing chickens to live their short squalid lives in disgusting gulags to make scrambled eggs, drumsticks & nuggets, to stop forcing millions of fish to die excruciatingly painful deaths to make filets & fishsticks, and to stop countless numbers of other animals to endure the most horrible lives and the most terrifying deaths for the mere non-vegan delusions of "fashion," "fun," "entertainment," and "education" ... In short, while I might indeed be "forcing" my beliefs in justice, equality, decency, and compassion upon non-vegans, it is the vapid selfishness of non-vegans that is forcing me to do so.

Judging the Judgers
(09/01/2018)

"If you make the claim that people should not be judged for consuming animal products, then it is actually *you* who are making the judgment -- the judgment that an animal's entire life is worth less than your own fleeting moments of social comfort and palate pleasure." ~ via Robert Grillo



"People have every right to speak up on behalf of the abused and the oppressed. And while no one likes to feel judged, non-vegans must remember that vegans calling out their harmful behaviors is not a judgment on them as people, but rather is a judgment on their particular practice of supporting animal cruelty -- that vegans do so not to challenge non-vegans as individuals, but rather to loudly call for social change and real justice." ~ via Charles Horn

They are their OWN
(09/02/2018)



“Their bodies are their own; they are not ours to use or abuse. Their babies are also their own, and are not ours to take or enslave. Indeed, their lives are their own, and are not ours to torture or end. These are all fundamental Truths, and once we comprehend them and accept them, there is no choice remaining but to *go vegan* – and then there will finally be peace; for the animals as well as for ourselves.” ~ via Colleen Patrick-Goudreau

Calling them WHO they Are
(09/02/2018)



Calling animals "**It**" demotes them to an incorrectly inferior status, one that is on par with unaware plants and inanimate objects -- a demotion that makes it possible for us to exploit and abuse them in any way we see fit. Is a dolphin an "**It**"? Or a chimpanzee an "**It**"? Or a dog an "**It**"? Or a cat an "**It**"? Of course not, and as such cows and pigs and turkey and chickens are not "**Its**" either ... All animals are caring, feeling, sentient beings. All animals are unique individuals, and as such are to be referenced using either "**He**" or "**She**"; never "**It**" ... Thanks.

To let the Heart SEE
(09/02/2018)

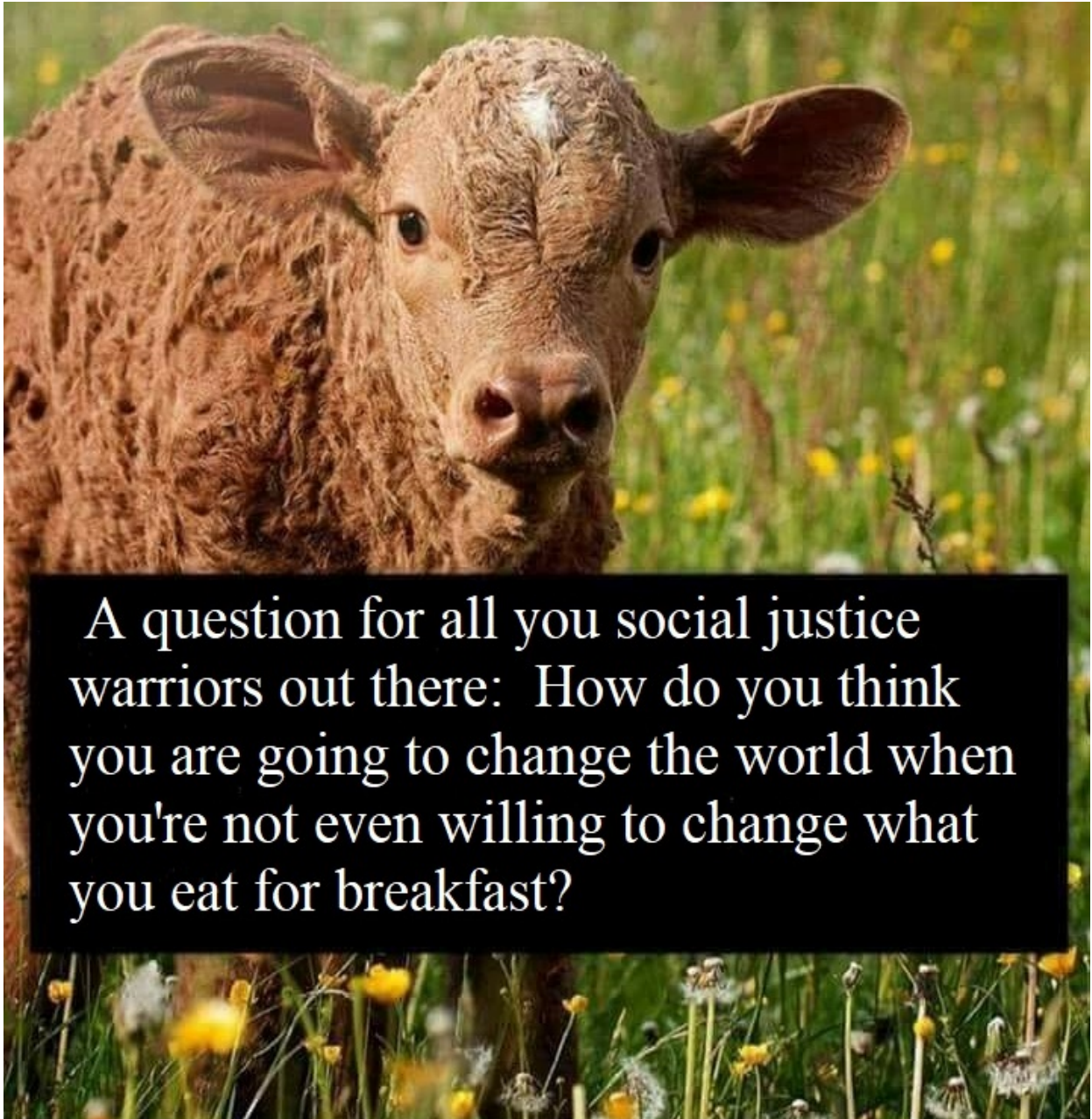


The Eye never truly forgets what the Heart has truly Seen.

Please remember what you once knew so well as a child.

Please *Go Vegan* ... Thank you.

A very Important Question
(09/03/2018)



A question for all you social justice warriors out there: How do you think you are going to change the world when you're not even willing to change what you eat for breakfast?

*“Life is life’s greatest gift, so guard the lives of other creatures as you would your own, because they **are** your own ... On sentient life’s scale of values, the smallest is no less precious than the largest, and it is absolutely crucial for us to all act accordingly.” ~ via Lloyd Buggle Jr*

Of course it's for Everyone
(09/03/2018)

**VEGANISM ISN'T
FOR EVERYONE...**



... it's only for those humans who have enough personal integrity, decency, moral conviction, and courage to say (and then enliven) "*Enough is enough. From this moment onward I refuse to cause or perpetuate the needless suffering of others.*" (via Matt Rice)

“I am not vegan because I love animals. I am vegan because I wouldn't wish the cruelty farmed animals endure on even the world's most wicked humans. I am vegan because all animals have the right – just like you or I have the right – to live free from oppression & enslavement, and the right be free from needless suffering and premature death. Veganism is the lifestyle that follows an incredibly simple moral precept -- namely, that we humans do not have the right to take possession of anything that does not belong to us, especially when that something is the very life of another sentient being. Slavery is immoral, torture is immoral, psychological & physical abuse are immoral, and murder is immoral, and as such veganism is the only morally reasonable, ethically consistent lifestyle available ... So how about you? Do you actually believe that you have the right to take that which is clearly not yours? Do you actually believe that you have the right to cause others to suffer and die for your mere pleasure or convenience? ... I cannot make you vegan, my Friends, and yet I *can* make you aware of the senseless exploitation and killing that you directly support. What you do with this information depends completely on you and your chosen moral fiber, and yet the truth of this information is beyond debate ... So please choose wisely and please choose ethically ... Please *choose Vegan.*” ~ inspired by Tiger Lily & The Vegan Soldier

What it means to be Vegan

(09/03/2018)

*We see you. We care.
We're sorry. We're trying.*



“Why is it that vegans, who are simply fighting to end the vile cruelty & massive injustice being perpetrated every day by the animal agriculture industry, are so often subjected to being called ‘insane’ or ‘outrageous’ or ‘unrealistic’ or ‘extreme?’ Are we the ones who are out of our minds because we are striving to save innocent beings from lives of incredible suffering, or are *you non-vegans* the ones who are so brainwashed that you will utter any excuse available to (unsuccessfully) justify your direct contribution to that wicked system? ... **Being Vegan** is not about striving for personal satisfaction or health or purity or perfection. It is about championing Justice and Compassion and Morality and Decency. Veganism is nothing more or less than a way of living which recognizes the innate right of all sentient animals to be treated with equality and fairness and respect. It is about refusing to view other animals as mere commodities who we enslave and exploit and then discard; a lifestyle which mandates that we refuse to consume, wear, use, or abuse animals in any way. Veganism is not about being perfect. It is simply about trying every day to do the Right Thing and live the Right Way. It is about doing the best we can each day to align our actions with our core values of Kindness and Decency ... So learn the Truth, and then choose to have empathy for those who are suffering ... Stand up for what you believed in your youth and what you still deep down truly believe today -- that **animals morally matter** ... You might have forgotten this truth, and yet you are still a Good Person at heart, and you can still act accordingly whenever you wish ... So choose to make a positive difference with your life in the limited time you have left. Be the change your Soul wants to see ... Work with Nature by choosing to live without causing any intentional harm to others ... To save humanity we must save our Souls. To save our Souls we must save our planet. To save our planet we must save the animals. And to save the animals we must **Go Vegan!**” ~ anonymous

ONE simple Reason
(09/04/2018)



Elena Shumilova

“I am vegan for one simple reason: I refuse to be a part of the cruelty and violence that is inflicted upon innocent animals at the hands of humanity. I don’t want to actively participate in it. I don’t want to fund it. I don’t want to support it in any way, shape, or form ... Veganism is about rejecting violence towards the weaker, about protecting the innocent, and about liberating the oppressed. Veganism is the way we as humans desperately need to evolve as we move forward. Indeed, if our species is to have any future at all worth having, veganism must be a foundational facet of the same.” ~ via James Gorman

Shifting the Source (09/04/2018)



"For too long we have focused on the results of cruelty, and have neglected the more important task of building an ethical system in which respect for animals is regarded as the norm rather than the exception. Indeed, combatting consequences is always futile when the source thereof is ignored, and thus our only hope as a species is to concentrate our efforts on educating our youth -- getting them to understand that all beings are worthy of their kindness, and inspiring them to establish communities steeped in justice and compassion for all beings instead of only those we deem to be familiar or friendly." ~ via John Hoyt

Our pure & perfect Calling
(09/04/2018)

May we each remember our most pure & perfect Calling:



“Allow me to clarify: I am not a vegan because I ‘love animals’ ... **Veganism** is not about being kind or compassionate or gentle or nice; it's about **Justice**. **Veganism** is not a way of being or a mere lifestyle choice; it's about **Morality**. **Veganism** is not a ‘personal choice’; it's about **Integrity** -- it's about being a decent human being ... In truth, **Veganism** is not about you or me or any other human being at all – **Veganism** is about the fundamental, inalienable, & irrefutable right of each & every non-human being to not be used, confined, enslaved, commodified, branded, exploited, mutilated &/or murdered to serve our financial interests, satisfy our selfish desires, grant us superficial comfort, or lend us momentary convenience.” ~ via Kerry Wyler

Confusing the Confusers (09/04/2018)



This is a sheep made out of cauliflower and, contrary to popular belief, this is **not** at all confusing to vegans. You see, cauliflower is not sentient, and thus eating a cauliflower sheep causes no suffering to any actual sheep. So no problem at all -- really nothing to see here.



This, on the other hand, is a dog dressed as a sheep, which should cause quite a bit of confusion to all "animal loving" non-vegans. You see, enslaving & abusing & eating a sheep (or a cow, or a pig, or a chicken) is just as morally repulsive as enslaving & abusing & eating a dog -- something no decent 1st World person would ever dream of doing ... Hmmm

*“Because we misjudge animals, we also misjudge their true purpose on this Earth. For they are most certainly **not** here to entertain us or clothe us or feed us or even accompany us. Rather, they are here to remind us of our true potential – they are here to remind us of how we can be towards one another; to remind us that we are to act as caretakers of our planet, not like cruel cancers thereof.” ~ inspired by Anthony D. Williams*

2 available Choices
(09/05/2018)



Newsflash: It's 2018 and ignorance is no longer an excuse. Essentially, these days you only have two available choices:

01) You can consume animal products and thereby directly support animal cruelty ... *or*

02) You can refuse to purchase or use any animal products whatsoever and thereby stand against the abuse of the innocent and for justice & compassion for all.

The animals, your human loved ones, the rest of humanity, and indeed all life on the entire planet need you to *choose wisely* ... Essentially, they need you to **Choose Vegan.**

Letting every Being BE
(09/05/2018)



Let us incorporate respect, compassion, and nonviolence into every single aspect of our lives -- by extending them to every single being we encounter.

“Veganism isn’t just a planet-based diet. It is a full-fledged ethical viewpoint. It is practical in its outlook, simple to understand and implement, and aspires to the very highest environmental, spiritual, and moral values. There is no doubt that it holds the key to us one day becoming the humane guardians and gentle stewards of our planet.” ~ via Howard Lyman

It's the Heart that matters
(09/06/2018)

**Just because you walk
on two, does not mean
that you are superior
to -- or are allowed to
inflict suffering upon --
those who walk on four.**



"Our primary task as human beings must be to be free ourselves from our barbaric past; doing so most potently by widening our Circle of Compassion to such an expansive degree that it easily contains all the Earth's sentient creatures, and indeed the entirety of Her wondrous grandeur." ~ inspired by A. Einstein

Exposing my View
(09/07/2018)

My views?

I'm basically against anything that inflicts unnecessary violence or suffering upon others, and anything that is causing ecological devastation to our planet.



For some reason quite a few people seem to think that this moral foundation is *unreasonable* or *extreme* or even *radical*. In reality, of course, it is our moral minimum as human beings -- establishing the most basic of decencies and the most fundamental of moral standards.

In essence, it is impossible to be a truly Good Person while paying others to commit atrocious acts of violence and oppression against beings who are innocent and powerless to stop the same ... As such, it is impossible to be a truly Good Person without also being *Vegan*.

Being bold in Kindness
(09/08/2018)

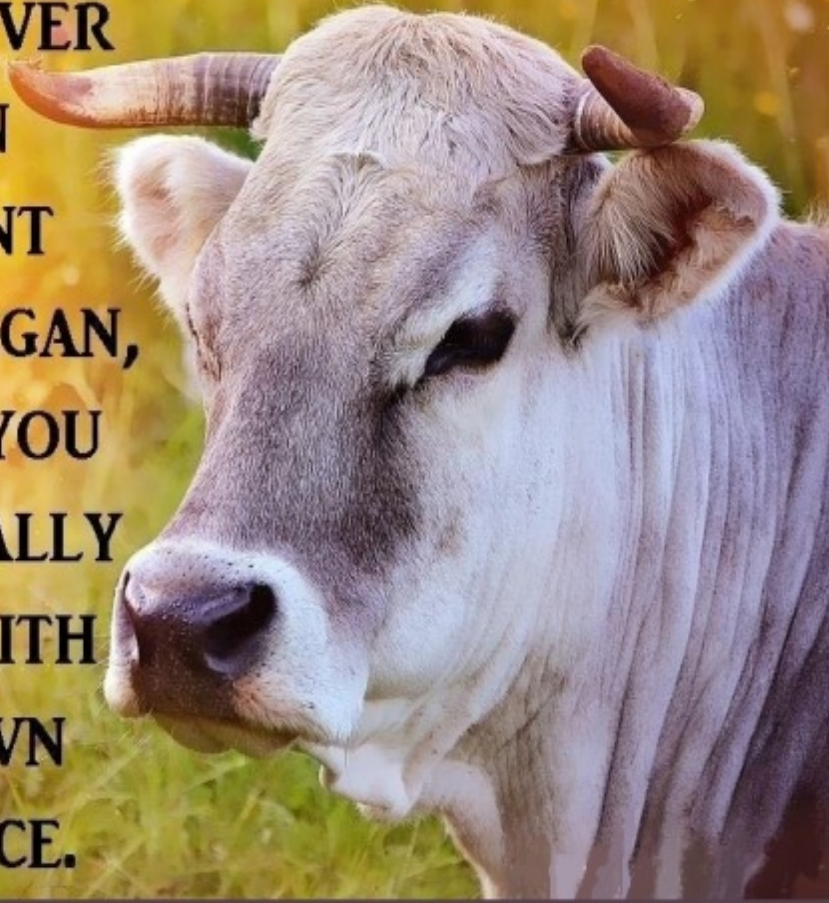
*"Do not afraid to be Kind
to animals by refusing to eat
them, for your taste buds
are not nearly as important
as their right to live in
peace ... Please **go vegan**
today without delay."*

~ via Tsem Rinpoche



The 4 Noblest Truths
(09/08/2018)

**YOU'LL NEVER
WIN AN
ARGUMENT
WITH A VEGAN,
BECAUSE YOU
ARE ACTUALLY
ARGUING WITH
YOUR OWN
CONSCIENCE.**



Veganism is founded upon 4 simple, irrefutable *facts*:

Fact 01) Animals are sentient, and therefore experience fear, pain, and suffering.

Fact 02) Humans have no need -- nutritional or otherwise -- to exploit animals.

Fact 03) Humans' use & abuse of animals causes them great pain & suffering.

Fact 04) It is wrong to cause others to suffer &/or die for mere personal pleasure.

*"There are no valid justifications for **any** act of abuse or cruelty towards any other sentient being – none whatsoever ... Being non-vegan is anything but neutral. Being non-vegan is taking a side – the side of the oppressor. Being non-vegan is anything but passive. Being non-vegan is proactively taking the side of violence. ... Don't you think it's time you switched sides? Don't you think it's time you finally went **Vegan**?" ~ via Anthony D. Williams & TAVS*

There are no Islands
(09/08/2018)



*"No human is an island,
Entire in & of herself.
We are all a piece of the world,
An intimate portion of the whole.
And just as when a clod of soil is washed
Away by the sea, Europe is the less,
So too every being's death diminishes us.
We are each involved in life and its living,
All intertwined on the great journey Home.
And as such, we need not send to know
For whom the bell tolls, when it rings
lonely through the crystal morn.
For it always tolls for thee,
... and it ever tolls for me."*

~ inspired by John Donne

Who YOU truly Are
(09/09/2018)



Birthplace: Earth

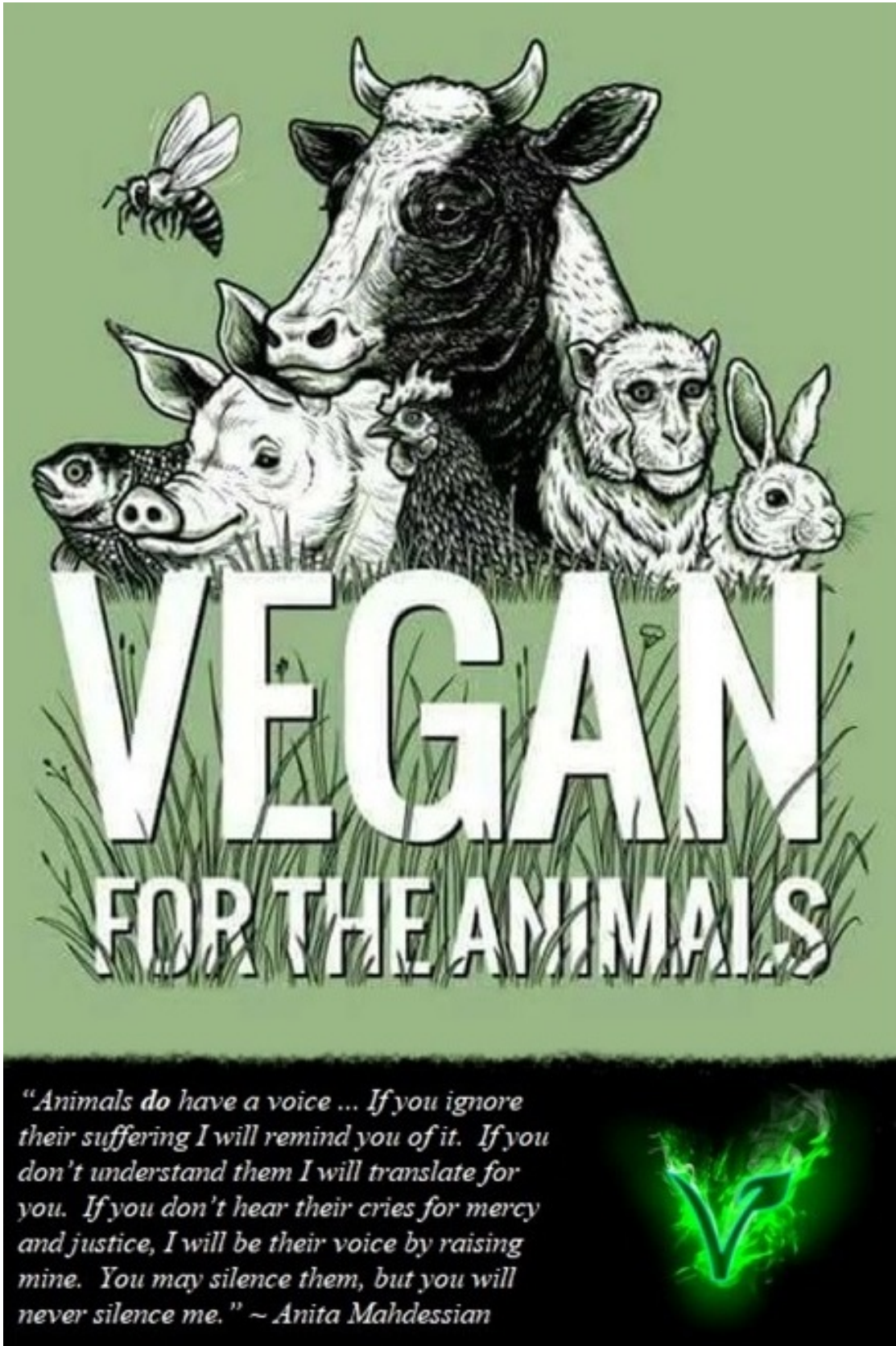
Race: Homosapiens

Gender: not important

Politics: Freedom & Justice *for all*

Religion: Kindness, Compassion, & Caring

(ergo) Lifestyle: **VEGAN**



"Animals do have a voice ... If you ignore their suffering I will remind you of it. If you don't understand them I will translate for you. If you don't hear their cries for mercy and justice, I will be their voice by raising mine. You may silence them, but you will never silence me." ~ Anita Mahdessian



*“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)*