

Sanctifying the Sentient

(Volume VI ... June 2017 to Sept 2017)



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

via Scaughdt
an (i)am publication

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An Introduction to what Follows

I remember 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 at that moment confirmed for me that the vast majority of cheeses are indeed produced using stomachs “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 an 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.

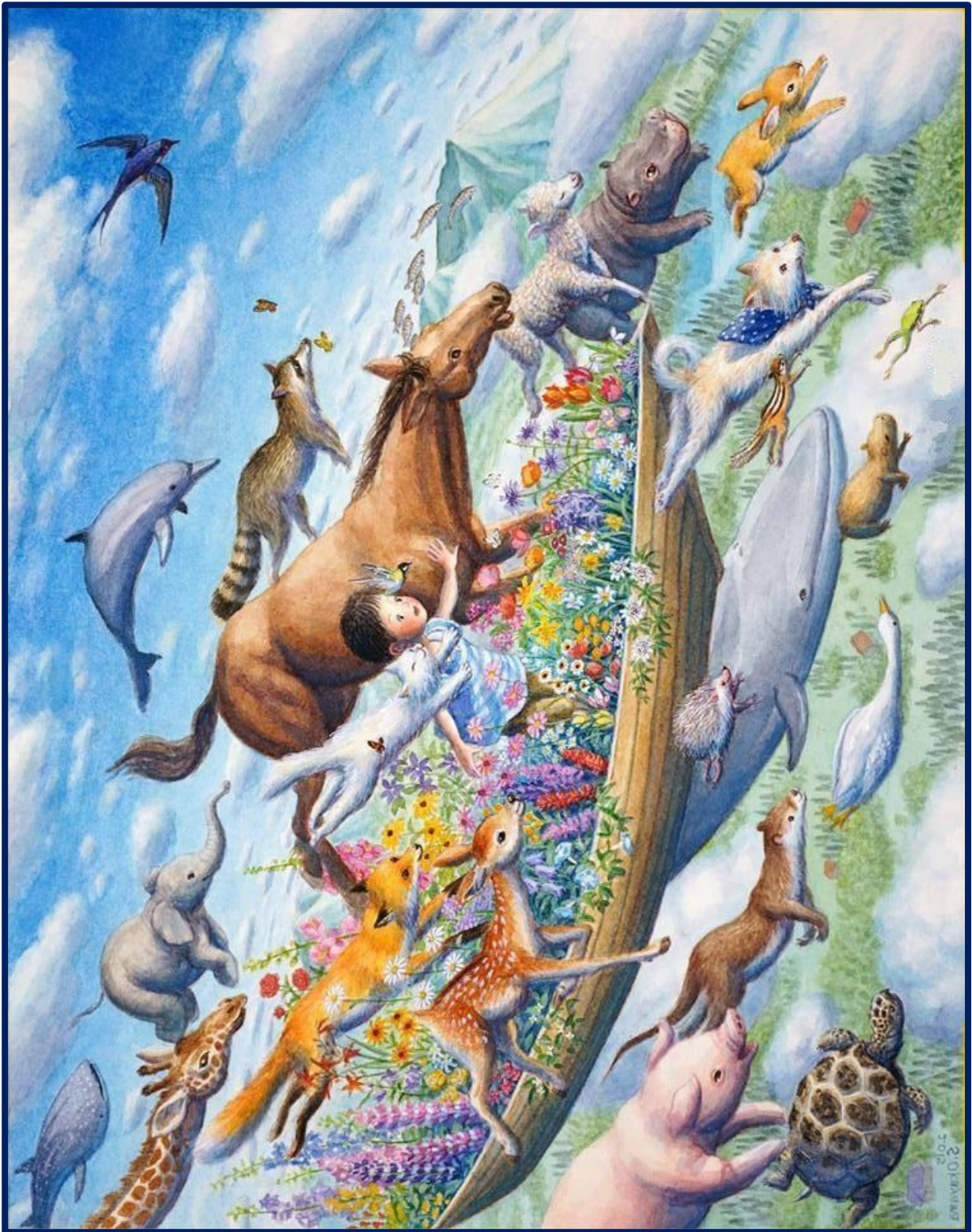
And so I went full-on vegan that June, and began writing about the facts related to the vile meat&milk industry thereafter; facts that had for so long been hidden from me. As such, here is the sixth collected volume of those articles & blog entries, those posts, and those paragraphs. May the facts &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

Peace to ALL ...

Scaughdt

(November 2017)





(art by Shinya Okayama)

*“**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*

Learning what we once Knew ...

(06/18/2017)

Vegans are often accused of forcing their animal equality "agenda" on others or shoving their animal liberation "propaganda" down others' throats, so to be fair I thought I'd also make a list of all the animal agriculture propaganda that has forced the animal-abuse agenda upon us all since we were very young ... Consider:

*We were all taught that "Old MacDonald had a Farm," and yet we were never once told what actually happens to the animals on that farm ...

*We were all taught the words to "Bah Bah Black Sheep" and learned that the sheep therein says, "Yes Sir. Yes Sir. Three bags full!", and yet none of us were told of the immense suffering that farmers inflict upon sheep to bring us that wool ...

*We were all asked to complete exercises in school where we were required to "Match the animal with the products they give us" and we were rewarded when we matched cows with the milk, chickens with the eggs, and sheep with the wool that we in actuality forcibly *steal* from them ...

*We were all taught that the correct pronoun to use for an animal is 'it' – the same pronoun we use for inanimate objects - when in reality the correct pronoun to use when referring to any sentient being is always either "he" or "she", seeing as how sentient beings are individuals to be respected, not mere commodities to be used ...

*We were all taught the "Balanced Diet Pyramid" and thereby told that we needed to regularly consume the corpses and secretions of other animals to be healthy -- essentially (and quite incorrectly) that protein primarily comes from meat and that calcium primarily comes from milk. Indeed, we were told not to exclude any of the food groups shown in that Pyramid otherwise we would get sick. We were never told about the plant-based sources of protein and calcium, we never taught that it is meat & milk products that actually make us sick when consumed, and we were never taught to ask why humans are the only animals on the planet who drink milk beyond infancy and the only animals on the planet who drink the breast milk of other species ...

*We are each of us even to this day inundated with commercials and advertisements showing images of happy animals -- of farmed animals smiling -- of farmed animals actually enjoying selling the cut-up body parts of their own friends and family members, when in reality farmed animals scream and moan and shiver and tremble when they see their loved ones abused & murdered ...

*We have been taught to use euphemisms like "beef", "pork", "mutton", "ham", "bacon", "leather", "wool", "down", and "gelatin" -- terms that make it easy for us to look away from the fact that these items are *actually* the dismembered parts of dead animals; the corpses of previously living beings who had a family, who had friends, who had a face, and hopes, and a heartbeat ...

*We were given toy animals with our "Happy Meals" while failing to be told that these toys come with a meal made almost exclusively from the slaughtered parts of tortured and violently murdered beings ...

*We are still to this day told that words like "farm fresh", "organic", "local", "grass fed", "cage free", and "humane" somehow make the enslavement and the mutilation and the murder that happens to *all* farmed animals somehow morally acceptable -- that abuse is somehow OK as long as it is done "kindly" (?!?!?) or quickly and only if the victim is an animal (If we are told that a human was "killed humanely", the discussion is always *very* different) ...

*We were taught that the principles of justice, compassion, and peace don't apply equally to animals because "they're stupid" or "they're different" or "they're just animals." At the same time, we are told to respect all humans and uphold the principles of justice, compassion, and peace equally with all of them -- because individual humans being different does not mean that those individuals are in any way inferior or less worthy ...

So, now that you are aware of just some of the many ways by which we are all conditioned to disregard and denigrate animals, ***what are you going to do*** about it? Are you going to continue being the oppressor thereof by directly funding those who profit from animal abuse, **or** are you going to listen to what your Heart as known all along and start showing ***all*** animals the respect and the decency they deserve?

Get on the right side
of history, my Friends.

Get on the side of
Justice & Compassion.

Go Vegan!

Thank you.

(inspired by
Ritka Thomsa)



You currently eat animals solely because grown-ups told you in your youth that it was OK to do so ... and yet your own Inner Voice has known from the beginning that it is wrong to cause others to suffer and die for your mere comfort or pleasure.

My Friends, it is time once more for you listen to your own Inner Voice ... It is time once more for you to heed the call of your own Heart ... It is time once more for you to **GO VEGAN.**

Wanting to LIVE ...

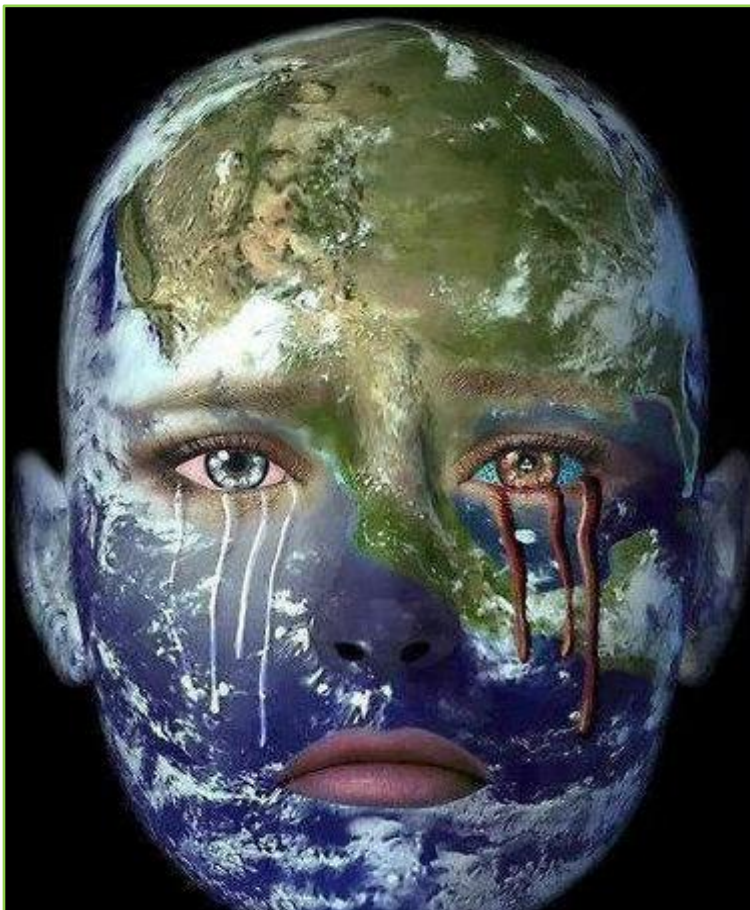
(06/19/2017)

Isn't it wonderful to hear that we can all even now do something powerful to halt injustice & crush oppression? And isn't it just as wonderful to learn that we can all do something significant right this very minute to not only heal our dying planet but save our species from a massive extinction event that is already on its way to you & yours as well? ***You bet it is!***

Of course, there is a huge gap between having the opportunity to do something wonderfully powerful & brilliantly significant and actually doing the same. Indeed, a capability -- no matter how wondrous it might be -- means nothing until it is courageously enlivened ...

And yet **YOU** have that very capability my Friends ... **YOU** have the capability to stand for Justice and **YOU** have the capability to help save not only yourself and your loved ones but the rest of humanity -- if not the rest of all the sentient life on Earth as well.

So now that you know that you have this amazing ability, won't you please take the next step and actualize it today?



The Worldwatch Institute is not the only organization to make it brutally clear that our appetite for confining, abusing, killing, & eating animals is the primary driving force "behind every major category of global environmental destruction" -- from deforestation to erosion to water scarcity to air pollution to water pollution to climate change to biodiversity loss to social injustice to the spread of chronic diseases; not to mention the millions upon millions of innocent animals who suffer enormously thereby every single day of every single year.

This is the only planet we have, my Friends, so please start treating it and its inhabitants with the appropriate measure of Respect -- the only measure of Respect that has any chance of allowing any of us to survive -- the measure of Respect that can only come by ***Going Vegan*** ... Thank you.

A small favor to ask ...
(06/20/2017)



*"Animals are not food. They are my friends,
they are my distant cousins, they are my family
... I don't eat your friends and family, so please
stop eating mine!" ~ Lidia Lidka*

Regan's Rightness ...
(06/21/2017)

Before Tom Regan (philosophy professor emeritus at North Carolina State University) passed away in February of this year (RIP, my dear Friend), he was so often a shining beacon of Justice & Compassion in a world darkened by greed & callousness ... Tom Regan had the moral wherewithal to **SEE** back in the 1980's what so many gorgeous Humans are just now starting to See today — namely, that animals too want to live; that animals too know joy & pain & contentment & fear; that animals too suffer when enslaved & mutilated & murdered; and that we humans need do none of these horrible things to animals to live long (actually longer) & healthy (actually far healthier) lives ourselves ... How fortunate we are that Tom Regan walked among us, and how blessed we all are that his words still shine forth his brilliance!

*“There are times, and these not infrequent, when tears come to my eyes when I see, or read, or hear of the wretched plight of animals in the hands of humans -- their pain, their suffering, their loneliness, their innocence, their death – inspiring my anger, and my rage, and my pity, and my sorrow, and my disgust ... Indeed, the whole of Creation groans under the weight of the evil we humans visit upon these mute, powerless creatures, and it is our hearts, not just our heads, that call for an end to it all; that demand of us that we overcome, for them, the habits and forces behind their systematic oppression ... All great movements, it is written, go through three stages: ridicule, discussion, and adoption. It is the realization of this third stage, adoption, that requires both our passion and our discipline, both our hearts and our heads ... **The fate of the animals is in our hands.**” ~ via Tom Regan*



Wayne's Witnessing ... (06/22/2017)

Just last month, Wayne Hsuing (co-founder of the rapidly growing and impressively effective DXE movement) was arrested for walking into a San Francisco slaughterhouse and walking out with an injured chicken who had been abused, who was being horrifically confined, and who was about to be brutally murdered. Essentially, Wayne was arrested for doing the Right Thing ...

I have been saying for months now that we will know when the Animal Rights Movement has reached its all-important “tipping point” when activists not only continue to speak out loudly and protest boldly against the vile & unjust abuses being perpetrated upon our defenseless animal cousins, but when they start willingly choosing to go to jail for them as well. Wayne has been one of the modern leaders of the call for social justice, and it is therefore no surprise to me that he is one of the first (of soon to be many) who are once again laying their own freedom on the line to champion the ultimate Freedom our animal cousins.

Wayne, you are nothing less than a **Hero**, and it is an honor to honor you today ... Thank you, and all those fighting beside you for standing up to this most despicable of travesties ... Until every cage is empty, my Friend ... Until every cage is empty.

“A friend of mine called and said that he had spotted a stalled transport truck with a downed dairy cow inside ... I arrived to witness the grisly scene. A poor cow had collapsed on the ground inside the truck, and was lying in a 3-inch-deep cesspool of feces and urine. We could see her wide, terrified eyes staring into nothingness, and her entire body quivering ever so slightly. And yet she was making no sounds. The other cows had already been transferred to another truck, and they had trampled her broken body as they did so; giving her bloody wounds and lesions that were clearly visible, in bright red, through the thick layer of filth ...

Her udder was swollen to many times its normal size, and we noticed a ghastly sliver of flesh hanging from the gate mechanism above her. (It was later suggested to us that this might have been her tongue. Cows tend to lick the sides of the truck in search of moisture when confined therein, but when it's a frozen mechanized gate that you are licking, that can lead to tragic consequences) ... As I said, the other cows had already been removed, which left our poor friend alone in her quiet torment ... She died that day



before our very eyes, on the filthy floor of a bloody transportation truck. We witnessed her body go cold, and her eyes stop moving — her entire life having been enslaved and twisted by violence and prejudice. Each & every one of us know in the abstract about the billions of individuals suffering and dying all around us. We have all seen footage and images from the concentration camps we euphemistically call “farms.” And yet nothing is quite so impactful as seeing an innocent being die in enormous pain before your own eyes. I’ve witnessed the tortuous death of innocent victims like her a few times before, and that is a few times too many ... **This simply has to stop.**” ~ Wayne Hsuing

My Favorite Potter ...

(06/23/17)

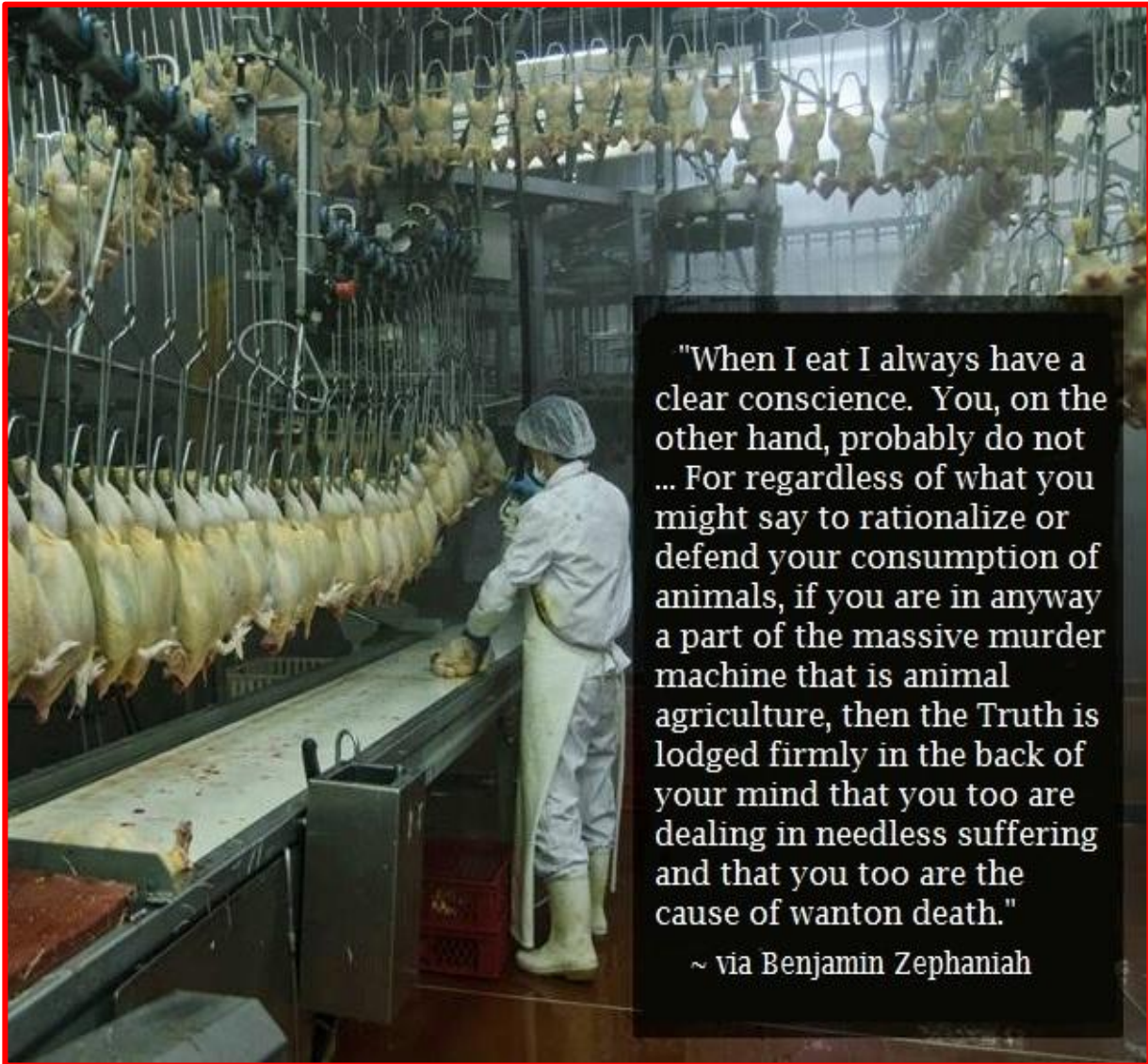
There are a number of reasons why Luna Lovegood was and remains my favorite character in the Harry Potter series, and this is by far the most profound of those reasons ...“Vegan” is an astoundingly beautiful noun, my Friends, and yet we must continue to remember that it only becomes transformative & transcendent when we make it into a *verb* ...



Vegan (verb)

to LOVE all other sentient beings without boundaries or conditions;
a sense of Compassion limited by neither privilege nor species.

Opening UP ...
(06/25/2017)



"To be free, we must free others. To know Love, we must love others. To have true self-respect, we must respect others. All the animals and all the other voiceless beings — the starving humans currently hidden in 3rd World poverty, and the future generations already on the precipice of slaughter-caused suffering — are pleading with us to see; to see what is on our plates, and then remember what is in our Hearts." ~ inspired by Will Tuttle

Bacon-loaded Bullshit ...

(06/24/2017)

What follows is a concise representation of a conversation I have had dozens of times over the previous 4 years — a conversation that is always instigated by me posting about the enormous (and enormously unjust) suffering endured by pigs at the hands of humans who are either unknowing or uncaring, and a conversation that then gets rolling when a particularly callous (or especially ignorant) individual responds with something akin to “**Mmmmmmm ... Bacon!**” ... What follows is how the last one of these conversations went for me. May you appreciate both sides of the discourse, and then may you be thereafter inspired to go forth and actively *side with Compassion* over cruelty ... *Amen* -- Let it be so.

.....

Me ... [post about the vile & fully needless suffering endured by millions of pigs the world over, including a picture similar to the one picture here]

“Daryl” ... That reminds me, I need to buy some more bacon.

Me ... Daryl, you might be interested to know that bacon jokes (any jokes about animal cruelty, actually) are **not** funny in the least, and only expose their tellers as being either disturbingly ignorant or disgustingly immoral. I highly recommend against outing yourself as either in the future ... Peace.

“Daryl” ... I wasn’t joking. I could be more understanding about people’s “feelings” about this subject, but I see more people complaining on Facebook than I see people actively trying to make a difference — a lot of people are just jumping on the bandwagon without realizing that 90% of the things they touch in modern society are made from animals.

Me ... How odd that you cannot get that this isn’t about “feelings” but facts — the **FACT** that animals suffer terribly (and unnecessarily) to slate your primitive palate pleasures, the **FACT** that you eating animal corpses will indeed bring you a shorter life that in all likelihood will (justifiably) end in horrible pain, the **FACT** that the 6th Mass Extinction Event is already on its way to wipe out most of humanity in horrific fashion, and the **FACT** that destroying the cruelties of the animal agriculture industry is the only way to stop the same from happening ...

How can you not do even the modest amount of research required to realize these Truths for yourself? Maybe it is because your own feelings are getting in the way. Are you really this uncaring, or is this simply a cry for attention? Are you really this callous of a “human being”, or are you simply afraid to show others you are moral and that you do indeed Care?

“Daryl” ... I do care, I think the way the animals are tortured and the way they are slaughtered is horrible. But growing up poor, and only being able to eat what you catch, or kill, I don’t see that eating animals as wrong.

Me ... If economics is now your excuse of choice, a hollow excuse it remains. Going vegan is exponentially cheaper than eating milk and dairy ... And by the way, as this post points out quite clearly, *there is no “right way” to do a wrong thing.*

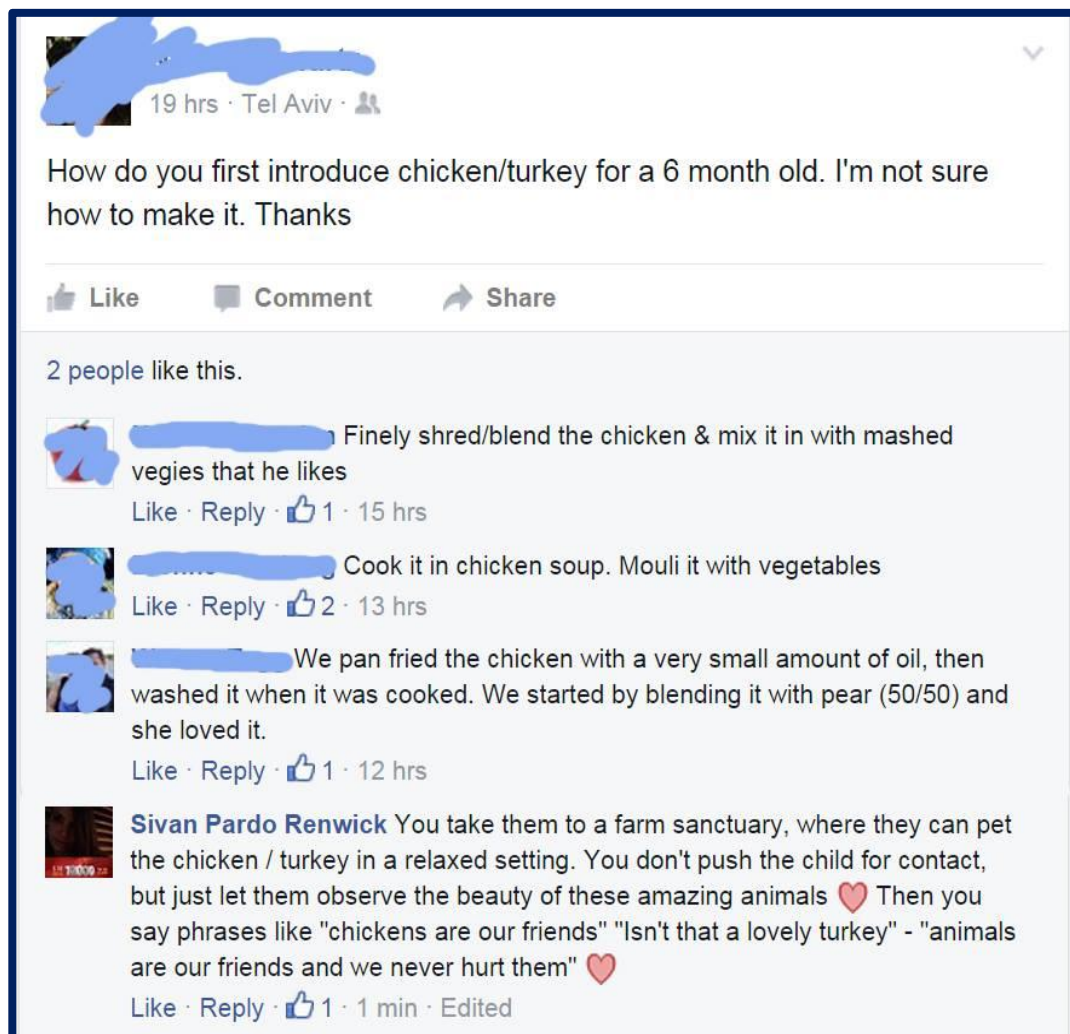
“Daryl” ... That depends on how you fry it.

Me ... NO! Causing another to suffer for your mere pleasure is the epitome of evil, I’m afraid — and there really is no way for you to get around that fact ... P.S. If you really cared about animals and their suffering, you wouldn’t be eating bacon at all, much less be making jokes about the same ... **Peace.**



First Impressions, best Impressions ...
(06/26/2017)




“When people raise children to believe in the religion of speciesism, they condemn their child’s Soul, they condemn their child’s mind, and they condemn their child’s body to the lowest life possible -- a life fully disconnected from the full beauty and the amazing diversity of life. They teach their children not to hold a grateful or an appreciative or even an interested view of their world. They reduce their children to traditionalist consumers who have no respectful world view ... Even worse, the health of those children will continue to deteriorate at the same rate their hearts, minds, and Souls move away from their innate (and sadly ignored) Wholeness. This is how we fracture ... This is why we are a broken people ... This is why it is **crucial** that we do **not** raise speciesist children; why it is **crucial** that we raise whole, compassionate, **vegan children** instead ... The thought of corrupting a child to become a prejudiced carnist in this day and age should be seen as the crime against humanity that it truly is — a crime of abuse just as vile as the cruelty that animal agriculture inflicts upon its animal prisoners and a crime just as wicked as the destruction animal agriculture inflicts upon the environment as a whole.” ~ inspired by Rayna Garcia






The image is a screenshot of a Facebook post. At the top, the post is from a user whose name is redacted with a blue brushstroke. The post text asks for advice on introducing chicken or turkey to a 6-month-old child. Below the post are three replies from other users, also with redacted names. The first reply suggests shredding or blending chicken with liked vegetables. The second reply suggests cooking chicken in soup with vegetables. The third reply describes pan-frying chicken with a small amount of oil and blending it with pear. A fourth reply, from Sivan Pardo Renwick, suggests taking the child to a farm sanctuary to observe the animals in a relaxed setting and using phrases to build a positive relationship with them.



19 hrs · Tel Aviv · 



How do you first introduce chicken/turkey for a 6 month old. I'm not sure how to make it. Thanks





 Like  Comment  Share

2 people like this.

  Finely shred/blend the chicken & mix it in with mashed vegies that he likes
Like · Reply ·  1 · 15 hrs

  Cook it in chicken soup. Mouli it with vegetables
Like · Reply ·  2 · 13 hrs

  We pan fried the chicken with a very small amount of oil, then washed it when it was cooked. We started by blending it with pear (50/50) and she loved it.
Like · Reply ·  1 · 12 hrs

 **Sivan Pardo Renwick** You take them to a farm sanctuary, where they can pet the chicken / turkey in a relaxed setting. You don't push the child for contact, but just let them observe the beauty of these amazing animals  Then you say phrases like "chickens are our friends" "Isn't that a lovely turkey" - "animals are our friends and we never hurt them" 
Like · Reply ·  1 · 1 min · Edited



No Ordinary Moments ...
(06/27/2017)

“You may not be the one to hold the knife, and you may not be the one looking into their pleading eyes as they are strung up by their hind legs, and you may not be the one who brings the stroke of death as their throats are violently slit — and yet by purchasing meat, dairy, fish, and eggs **YOU** are giving your open consent to those murders — **YOU** are giving your open consent to the killing of gentle, harmless, innocent animals — **YOU** are giving your open consent to brutally ending the lives of beings who most certainly did not want to die ... The law of supply and demand is as irrevocable as it is simple, my Friends — the longer we fund their deaths, the longer the animals will keep getting enslaved and abused and murdered.” ~ anonymous

Please do your part to stop this madness ...

Please stop funding mass cruelty and mass murder ...

Please *Go Vegan* ... Thank you.



*Just as there are no ordinary moments,
there are no ordinary meals ... Please act --
and please eat -- accordingly ... Thank you.*

To Look in the mirror; to SEE what's there ...

(06/28/2017)

“Let no one regard as light the burden of his or her ultimate responsibility. To the degree that we remain silent while so much ill-treatment of the innocent continues — while the moans of thirsty animals crammed into railway trucks remain unheard, while the cries of newborn calves & piglets torn from their mothers’ embrace remain ignored, while such extreme brutality prevails in our slaughterhouses as well as our barbeques — we will all continue to bear a great and deep-seated guilt.”

~ inspired by Albert Schweitzer



*"We see quite plainly that our present civilization is built on the **exploitation** of animals, just as past civilizations were built on the **exploitation** of slaves, and we believe that the spiritual destiny of humankind is such that in due time it will view with utter abhorrence and abject disgust the idea that men & women once fed on the **dead bodies** of non-human animals."* ~ via Donald Watson (founder of veganism)

The Math of Meat ...

(06/29/2017)

The math of meat is pretty simple, really — Killing some animals to eat their flesh + loving other animals as heartfelt companions = inevitably treating fellow humans the same way; loving the people we find to be “cute” or “nice” or otherwise sympathetic, while shunning or ridiculing or even murdering the rest.

Labeling certain species of animals as “sacred” and the eating of their flesh as “disgusting” (e.g. dogs & dolphins in the States, cows in India) while judging the murder of their equally sentient cousins as “normal” and labeling the taste of their dismembered flesh as “delicious” is **hypocrisy** -- plain & simple. And just as hypocrisy in one area of life will always bleed into other areas, the violence we allow in our relationships with “inferior” animals will always eventually find its way into our relationships with the humans we judge to be “odd” or “dangerous” or “ugly” as well. Essentially, you eating the flesh of some animals while cherishing the lives of others is a broad road that always leads to shame, aggression, violence, and war.

Please choose moral consistency instead, my Friends ...

Please choose Peace & Justice for *all* ...

Please *Choose Vegan* ... Thank you.



"You can't be at Peace with yourself while you are actively victimizing others ... As such, to know real Peace within you, you must first make real Peace with all non-human animals -- you must first *Go Vegan*." ~ via The Abolitionist Vegan Society

"Human beings use large numbers of animals for the supposed food value of their meat proteins.

And yet the effects of these proteins can undoubtedly be seen in aggression, violence, hatred, and moral insensitivity.

We can therefore safely say that meat has a highly negative effect on human behavior. "

~ Armando D'Elia
(naturalist & chemist)

An Ode to Evolution ...

(06/30/2017)

No matter what one happens to believe about how the human brain evolved over the span of past epochs, it is hopefully now clear to most that it is more-than-unwise to cling to outdated habits of primitive barbarism — especially when those behaviors are killing our selves, killing others, and killing our planet ... In essence, there is no sense claiming that we have evolved if we are going to thumb our noses at the advancements of that evolution. Indeed, there is no sense bragging about being “evolved” at all if we are not going to *act accordingly* ... **Peace.**



All sentient beings have the right not to be treated like property



It doesn't harm the animal to eat their eggs or drink their milk



I only buy meat from humane farms who treat their animals well.



It's ok to eat animals because they aren't conscious also what about plants and we evolved to eat meat and if we stop eating them they will take over and also if we stop breeding them they will go extinct also lions ate meat so why can't I, also bacon tho and animals are dumb and a cow would do the same to me and all vegans are extremists and meat is good for you and I need protein and we are on top of the food chain and the circle of life and also the bible said so

It is a sure sign that we humans have not evolved very far at all that so many of us are still using the hollow excuse of "evolution" to justify our still-deplorable acts of barbarism.

Laying down Martin's Law

(07/01/2017)

Stab a dog in the throat and you're an "animal murderer."

Stab a pig in the throat and it's the "Circle of Life."

Cut off a rhino's horns and you're a "scumbag poacher."

Cut off a cow's horns and it's just "De-horning."

Hack off a dog's tail and you're a "barbaric savage."

Hack off a lamb's tail and it's only "Tail docking."

Shove your fist in a cat's vagina and pump her full of semen and you're a "twisted pervert." Shove your fist in a cow's vagina and pump her full of semen and it's only "artificial insemination."

Lock a cat in a cage for 5 months and you're an "animal-abuser."

Lock a pig in a crate for 5 months and it's just "quality-assured pork."

Kill a lion and pose with the corpse and you are reviled the world over.

Kill a pig and pose with the corpse and folks wonder what time the BBQ starts.

Breed dogs for the purpose of ultimately slitting their throats and you are an "abhorrent and sickening criminal."

Breed turkeys for the purpose of slitting their throats and "they were merely bred for that purpose."

Herd dogs into a gas chamber and you're a "Nazi."

Herd pigs into a gas chamber and it's just "part of the "food chain."

Boil a dog alive and you are an "uncivilized barbarian."

Boil a lobster alive and you are someone of "impeccable taste."

Cut a fold of skin off a cat's back and you are a twisted animal mutilator.

Cut a fold of skin off a lamb's haunches and it's just "Mulesing."

Grab a dove and snap its neck and you are a psychopath.

Snap a chicken's neck and it's only "backyard, family farming."

Shoot a dog in the head with a bolt gun and you are a "monster."

Shoot a cow in the head with a bolt gun and you are "humane."

Free a dog from a Chinese dog-meat farm and you are a "Hero."

Free a rat from being tortured in a laboratory and you are a "terrorist."

Abstain from eating cockroach vomit and you are "well-adjusted."

Abstain from eating bee vomit and you are an "extremist."

Condemn someone for needlessly harming dogs & cats and you are a Kind-hearted, compassionate Soul.

Condemn someone for needlessly killing or harming pigs and cows and chickens and turkeys and goats and sheep and you are "religious fanatic" who "forces their beliefs on others."

Campaign tirelessly against the dog-meat trade

and you are a "noble, dedicated activist."

Campaign tirelessly against the chicken meat trade

and you are an "Idiot" who "won't ever change anything."

Pack dogs onto a crowded truck for a torturous 1,000 mile journey to be slaughtered in another land and you are a “heartless abuser.”
Pack sheep onto a crowded truck for the same 1,000 mile journey to be slaughtered in another land and you are merely “exporting goods for the benefit of the economy.”

Kill a cat during a religious festival and say a prayer over the corpse and you are “backwards barbarian” or a “primitive zealot.”
Kill a turkey during a religious festival and say grace over the corpse and you are “thankful American” or a “devout Christian.”

Rip a parrot’s feathers out and you are a “sick individual.”
Rip a goose’s feathers out and “Wow, these pillows are so comfy.”

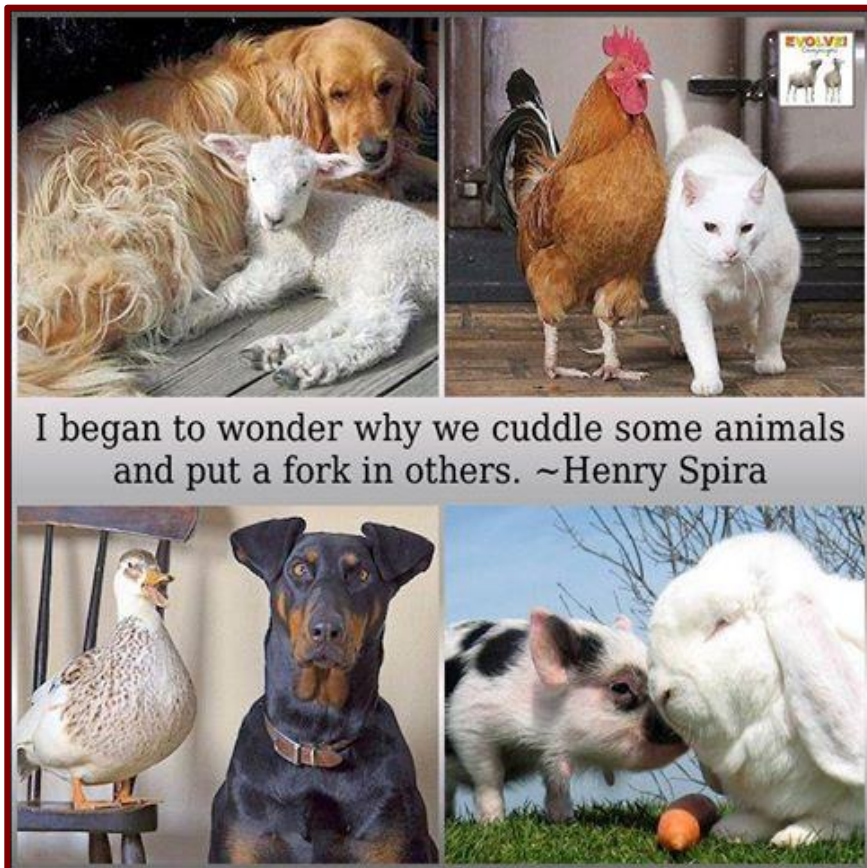
Strip a dog’s skin off and wear it and you are a “depraved psychotic.”
Strip a cow’s skin off and wear it and you are “stylish & fashionable.”

Dog-fighting farms are “Demonic -- the work of Satan himself.”
Sheep farms are “Fully proper -- God put them here for us to use.”

Kill a puppy and eat him and hear: “Cowardly bastard! How could you needlessly harm a creature who has no chance of defending itself?”
Kill a chicken and eat her and hear: “We’ve evolved to be more dominant ... We’re smarter ... Look at my canines ... It’s a dog-eat-dog world.”

Hunt a species of large cat to near extinction and hear --
“We must do everything in our power to conserve them!”
Fish several species of large fish to near extinction and hear --
“Would you rather have salmon or tuna salad?”

(with deep gratitude to George Martin)



Opus' Limits ...
(07/02/2017)



I guess even Opus, like most of the rest of us, apparently has his weaker moments. I guess even Opus, also like most of the rest of us, has at least one species of animal that he doesn't like ... That having been said, it is **not** for us or Opus to adore or cherish or even like all other beings. It is simply for us (and you too, Opus) to never ever purposefully harm them.

Peace to **ALL** ... S



... **Go Vegan!**

The Myth of Milk ...
(07/03/2017)

Just as there is nothing logical about humans drinking the breast milk of another species (certainly not after no longer suckling at our mothers' own breasts), there is nothing harmless about us doing so either ...

You might not be aware of this fact, but cows are mammals, and as such only produce milk during and immediately after a pregnancy. As such, in order for you to drink milk, dairy cows are repeatedly tied to (what many in the the dairy industry affectionately call) "rape racks" -- where they are repeatedly sexually molested (a.k.a. "artificially inseminated"). They then all have their babies repeatedly stolen from them after giving birth, and thereafter -- while still deeply mourning the loss of their babies, they are hooked up to milking machines and forced to produce roughly ten times the milk that they normally would for their calf.

Finally, after 4-5 years of this truly *horrific abuse*, their bodies "dry up" from overuse, and they are sent to a slaughterhouse to made into "cheap meat" ... In short, the dairy industry is without question *the* most cruel industry on the planet. It is vile, it is evil, it is wicked, and its product is *completely unnecessary*.

Please treat it accordingly in the future ...

Please *go vegan* ... Thank you.



THE DAIRY INDUSTRY IS PAYING FOR HEADLINES

warning that children need cow's milk in order to grow tall. But **if human babies needed cow's milk** for optimal height, weight, or nutrition, then **they would be calves**. Biologically, **mother's milk is species-specific** in all mammals: it is custom formulated to perfectly meet the unique nutritional needs of the growing young of that species. **Cow's milk is for baby cows**. The dairy industry is dishonest, greedy, and cruel. It preys on animal mothers and trusting consumers. Please don't support it.



mothersagainstdairy.org



You know, this image wouldn't look so utterly bizarre



... if what he was doing was truly "natural."

On the morning of my birthday five years ago, my water broke and the next day I received the greatest present of my life: a healthy, precious daughter. Our bond is unbreakable. It is also biological. Mother cows, who carry their babies for nine months too, feel this bond as well. But on dairy farms, shortly after cows give birth, their babies are stolen from them so that the milk they produce to feed their calves can be sold in grocery stores for human consumption instead. While we have a little cream with our coffee or smile as we down a bowl of ice cream, mother cows are crying out for their babies. This breaks my heart. I am a **Mother Against Dairy.**



-Tabatha James, founder of
The Sensible Vegan



“ I wonder if every new mom had to give up her own baby at birth, how many moms would still consume dairy? ”

- Mish Poli, mother, vegan, activist

mothersagainstdairy.org



Getting caught Green-handed ...

(07/04/2017)

“Sorry, I can't just 'agree to disagree' and let you eat animal products ... Sorry, I refuse to think you're a 'nice person' after I tell you what's really going on in slaughterhouses this very minute and you say you just don't care ... Sorry, that even though you accept my choice to be vegan I won't *ever* blandly accept your choice to eat the dead bodies or murdered innocent beings ... I just won't do it -- indeed I can't, because 3000 animals are tortured & killed *every single second* for people like you who don't need to eat their corpses or consume their secretions. That is **not OK** with me -- and it never will be OK with me, and I refuse to stand idly by while animals die in their thousands for disturbingly selfish people like you who obviously don't give a damn about anyone but themselves.” ~ inspired by Melissa Gibbons



Healing your Heart ... (07/05/2017)

“I sometimes wonder exactly why I was born into this extremely cruel and harsh world, surrounded by indescribable pain and horrific suffering. I then realize that this feeling is probably a pretty common one -- at least to those who are truly Awake ... My thoughts then flow to the more than 5,000,000,000 (that's 5 *billion*) animals who have been violently executed *in the last 24 hours* ... I bet they questioned their burden in life too. No doubt the hardships they've faced are far greater and far more terrible than those I ever will, and yet the core of despair we carry has to be similar.

Why do we hurt others in attempt to feel better ourselves? Why is our happiness or suffering so much more important than the happiness or suffering of those nearby? Why don't we realize that nothing will ever get better through our promotion of greed and violence? Why is it so hard for 97% of the human population to understand that the first and by far most important step towards living in a genuinely better world is the step to embracing and enlivening Veganism?” ~ inspired by Alex Mills



When you choose nonviolence toward all living creatures, a part of your heart is restored that was missing, and you feel— for perhaps the first time— wholly and finally yourself.

Remembering what we all already Know ...

(07/06/2017)

May the resignation in the animals' eyes cause those who eat them to understand the impact of their decisions -- and may it cause them to ***have a change of Heart***; to finally ***show Mercy*** for those who are most vulnerable among us ... And may the look of despair in these same animals' eyes inspire all animal advocates to increase their sense of urgency -- to dedicate themselves more fully and as often as possible to saving these gentle, defenseless beings from the senseless and unthinkable pain and suffering they endure.

Amen ... Please let it be so.

YOU CAN NEVER "WIN" AN
ARGUMENT WITH A VEGAN...
BECAUSE THE ARGUMENT IS NEVER
WITH THE VEGAN; IT IS WITH
YOUR CONSCIENCE.



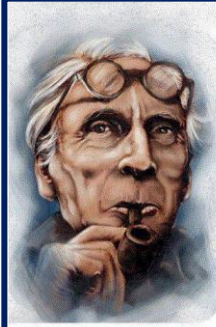
By whatever Reason ...
(07/07/2017)

Whatever reason you use to justify needlessly harming others for your own mere personal pleasure is an extremely poor reason indeed. Please *stop making lame excuses* for the patently inexcusable ... Please *Go Vegan* ... Thank you.

ANTI-VEGAN BULLSHIT MIX AND MATCH		
Champion Edition		
If everyone went vegan,	Our ancestors	wouldn't get enough B12
If we don't eat meat,	Lions	wouldn't get enough protein
If we don't milk cows,	Plants	would have sore udders
But if I don't get to eat my bacon,	Animals	would be subjective
You vegans just don't realise that	Eskimos	wouldn't be able to make sick gains
If our ancestors didn't eat meat,	Vegans	would take over the world
If we stopped breeding animals	Ordinary people	would starve to death
Some people can be vegan, but	Slaughterhouse workers	wouldn't survive in the wild
Don't judge me just because I think	B12	would be out of a job
Even if you try to be 100% vegan,	Humane slaughter	tastes good so cry more
	Morality	Wouldn't have canines
	The circle of life	
	Bacteria	
	Bacon	
	my uncle's farm	

www.vegansidekick.com

“There is no impersonal reason for regarding the interests of human beings as being more important than those of animals. We can destroy animals more easily than they can destroy us, and that is the only feeble basis of our claim to superiority.” ~ inspired by Bertrand Russell



If fifty million people say a foolish thing, it is still a foolish thing -

Bertrand Russell

A most indecent Death ...

(07/08/2017)

“Before they reach their bloody end, the pigs get a shower. Water jets onto them from every angle to wash the farm off their filth-caked bodies. Then they begin to feel crowded. The pen narrows like a funnel; the drivers behind using cattle prods to force the pigs forward, until one at a time they climb onto the moving ramp ... And now they scream, never having been on such a ramp, and quite clearly smelling the death that waits ahead. It was a frightening experience, seeing their terror, seeing so many of them go by, seeing so many struggle so mightily yet so futilely against their impending doom. It reminded me of the things of which we all learn and yet no one wants to be reminded of anymore -- all the mobs, all the death marches, all the mass murders, all the executions ...” ~ inspired by Richard Rhodes



After many years not knowing any better, I have finally awoken to the Truth that to call barbarically selfish human beings "pigs" is actually to insult the pigs, not the humans.

"An old philosopher said to Monsieur Coignard, a Reverend Father: 'You are a pig!' To which Abad Coignard answered: 'You flatter me, sir. But unfortunately, I'm only a man.'" -Anatole France



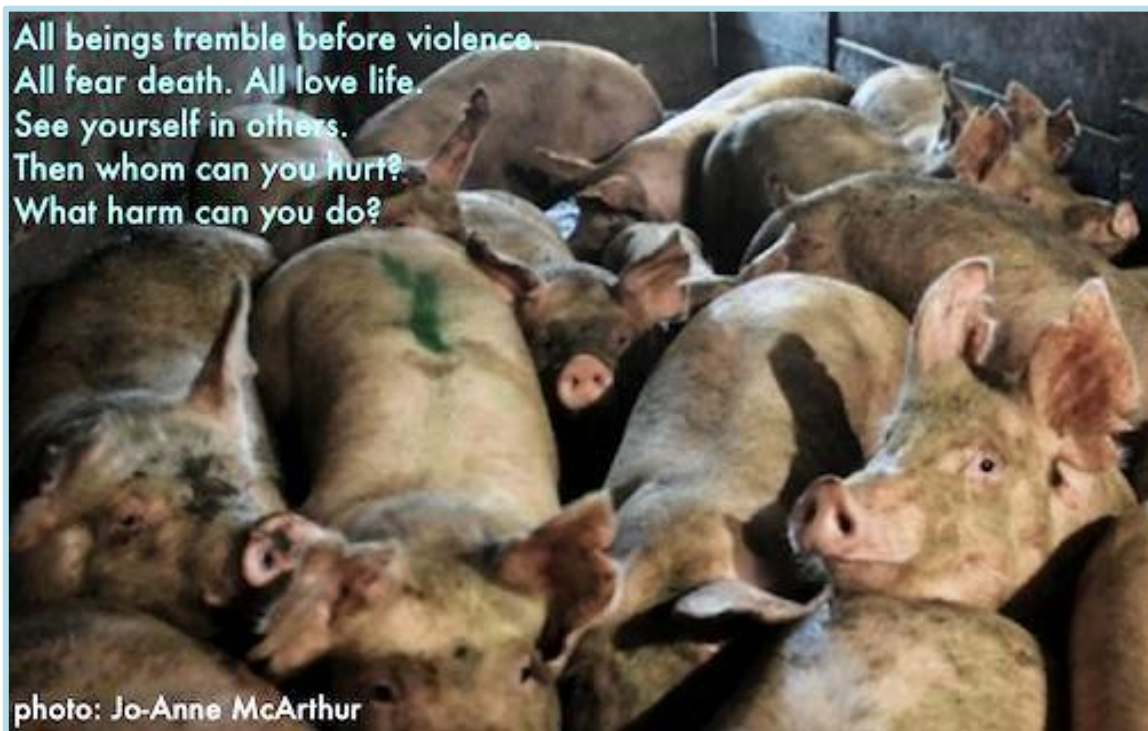
BEING VEGAN

Different does not mean less than ...

(07/09/2017)

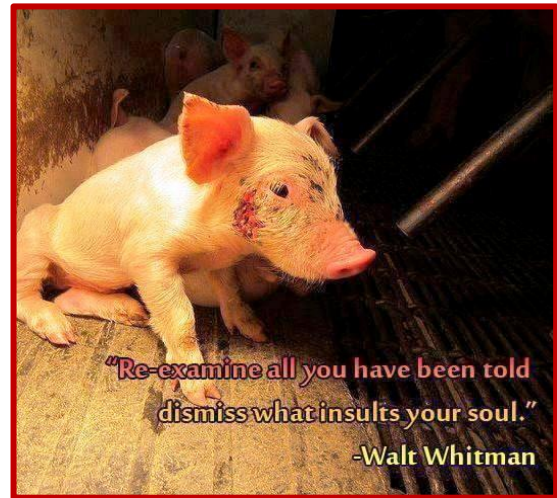
“The fact that animals may not understand us, while we do not understand them, does not mean our 'intelligences' are at different levels, they are merely of different kinds. When a foreigner tries to communicate with us using an imperfect, broken version of our language, our impression is that they are not very intelligent. And yet the reality of the matter is often quite different ... Dogs and cats can communicate to us their desires and in effect ask us to do things they want. So too all other sentient beings, if we but attend to the same ... Indeed all other animals offer valid kinds of intelligences, which have unfortunately been under-rated due to our quite stupid human fixation on the faux superiority of language and technology.”

~ via Professor Maciej Henneberg (School of Medical Sciences, University of Adelaide)



Ahimsa, Ahersa, Athemsa, Awesa ...
(07/10/2017)

“In my opinion, the most beautiful word ever written, in any country -- in any language, at any time -- came from India, from the Upanishads; some 5,000 years ago. And that word is *Ahimsa*: to cause no harm -- a state of being purposefully non-violent towards all fellow sentient beings ... I love this word so deeply, and I so wish for it to become a global phenomenon.” ~ via Philip Wollen



Friends for LIFE; Friends to the Living ...
(07/11/2017)

“The human spirit is not at all dead. No, it lives on -- in secret in the hearts of all those who hurt for those defenseless who suffer; and openly in the actions of all those who bravely champion the pain of the downtrodden ... It is the essence of the Soul that will forever believe that Compassion, in which all morality & goodness must take root, can only attain its full breadth and depth when it actively embraces all sentient creatures, and does not limit itself to merely humankind.” ~ via Albert Schweitzer



"When I see a human who loves animals, I warm to him without any added consideration ... When I see a human who fights for all animals to be treated with dignity and decency, I become her steadfast Friend without need of any formal introduction." ~ via Mark Twain

One day -- PEACE instead of violence ...

(07/12/2017)

“One day, when we look at an individual who does not share our own species, our first consideration will **not** be what use they can provide us; will **not** be how their flesh tastes, will **not** be longing for their infants' milk or their own eggs; will **not** be what service or labor they can provide ... One day we will no longer look at the vulnerable and see them as resources or commodities to appease our banal self indulgences ... One day we will be able to meet the eyes of the individuals who share this planet with us and no longer see the anguish, the terror, and the bleak despair that is the result of our brutal regime of interspecies oppression.

My dear Friends, let us live for the day when we can look upon all beings with respect and honor -- regardless of their species, and accord them the same basic decency that we expect for ourselves and our loved ones. This day will arrive only if we advocate **veganism**; advocate it clearly, advocate it consistently, and advocate it consequently ... There are billions of lives depending on this very awakening, and we are truly their only hope ... Please **act accordingly**.” ~ unknown



"Causing animals to suffer and die in order to convert their bodies into food always propogates great violence -- great violence to the animals who are abused and murdered, great violence to Mother Nature who suffers enormously from the ecological crimes inherently inflcited by the meat&milk industry, great violence to the bodies of all those humans who ingest those congealed substances and seasoned corpses, and -- possibly most importantly of all -- great violence to the principles of Benevolence, Compassion, & Justice; the three core values upon which any life of real Meaning must be founded & upon which any life of true Peace must be sustained." ~ via David Hartley

Taking a Stand means Taking Sides ...

(07/13/2017)

“If you buy animal products, you’re paying someone who makes a living off of commodifying animals -- artificially breeding them, raising them quickly to 'market weight,' and then violently killing them in their youth, at just a fraction of their natural lifespan. Even 'high welfare' and 'humane' labels frequently permit the slashing of the throats of stunned yet still-conscious animals, the driving of an electrocution rod up the animal’s rectum in order to cause a grand mal seizure, &/or the murder of animals by poison gas or direct suffocation. If any of these practices were inflicted on human beings, we would quite correctly consider them to be not only cruel and abusive, but torturous and even genocidal (the latter, if performed on the obscenely massive scale that the animal agriculture industry perpetrates them today), and if any of these practices were inflicted on our companion dogs or cats or horses, the perpetrators could be criminally prosecuted on felony animal cruelty charges ... And the conclusion that we can readily reach from these facts is a simple one -- If it is wrong to abuse humans and companion animals in these ways, then it is **equally wrong** to inflict these same abuses on farmed animals.” ~ via Ashley Capps



"In times of injustice, we must always take sides. Neutrality only helps the oppressor; never the victim. Silence ever encourages the tormentor, and never soothes the tormented" ~ via Elie Wiesel

It's SMART to see past "smarts" ...
(07/14/2017)

“Intellectually, human beings and animals may be different, but it's pretty obvious that animals have a rich emotional life and that they feel joy and pain. It's easy to forget the connection between a bacon and the pig it came from. But I forced myself to acknowledge the fact that every time I ate bacon or sausage or pork chops, an innocent pig had been violently killed for me and had ceased to breathe.” ~ via Moby



FACT: Before it was stunned, hung upside down, and had its throat slit, your "**bacon**" was smarter than a human toddler and just as kind & sentient as your dog or cat.

Please stop the madness.

Please stop the murder.

Please, ***Go Vegan.***

(Thank you)

“ If you are not vegan,
then you are participating directly in
animal exploitation.

It really is that simple.

If animals matter morally,
then there is one and only one
rational response:

go vegan."

~ Gary Francione

Part of the Solution or Part of the Problem ...

(07/15/2017)

As the global population surges towards a predicted 9 billion+ people by 2050, it is becoming increasingly clear that human cravings for meat and dairy products are now completely unsustainable ... Indeed, a recent report from the United Nations Environment Programme's international panel on sustainable resource management quite definitively noted that impacts from agriculture on the global environment as a whole are going to increase substantially as the human population expands -- and as its demand for animal products expands concurrently, noting that, 'A substantial reduction of these impacts will only be possible with a substantial worldwide diet change; [specifically a shift] away from [consuming] animal products.' So, seeing as how it has been incontrovertibly proven that animal agriculture is the primary cause of the Earth's current state of decay (and its imminent loss of the ability to sustain sentient life), and seeing as how every non-vegan directly funds and thereby directly supports the animal agriculture industry, the question must be posed:

Are you currently a part of the problem ... or part of the solution?



“The real struggle in being vegan doesn’t involve food. The hardest part about being vegan is coming face-to-face with the darker side of humanity & trying to remain hopeful. It’s trying to understand why otherwise good & caring people continue to participate in the needless violence against animals just for the sake of their own pleasure or convenience.” (Jo Tyler)

Justice truly is oh so simple ...
(07/16/2017)

“You are not my enemy, and it is not completely your fault that you cause my Friends to suffer and die. You have simply been indoctrinated; insidiously brainwashed into believing that eating animals is both biologically natural and morally acceptable ... when in objective fact, it is neither.” ~ inspired by Steen Skouenborg



Being Vegan isn't rocket science.
Indeed, it is actually quite simple ... Just
stop inflicting unnecessary harm on
others, and stop taking what isn't yours
to begin with ... Thank you.

The deadliest cult ...
(07/17/2017)



“All the holy scriptures of all the world’s religions quite clearly note – in one way or another -- that we are to ‘Treat others as you would wish to be treated’ (a.k.a. **The Golden Rule**) ... Given that animals are sentient beings (and thus just as clearly qualify as being ‘others’), it only makes sense that devout Muslims, devout Jews, devout Christians, and devout Hindus (et al) would abstain from participating in violence towards animals, and in fact would go out of their way to be Kind to them instead ... It also makes complete sense to say that ever religion's God(s) would most certainly *not* agree with the needless torture of the animals they created, much less with the massive destruction currently being wrought upon our gorgeous planet by the animal farms of the world, and much less still with the massive suffering that animal agriculture is bestowing upon the human population as a whole (e.g. the loss of clean water, large-scale starvation, oceanic dead zones, the desertification of arable land, the loss of the world’s forests, etc) ... As such, seeing as how it is indeed the rampant abuse of sentient animals by humans that directly violates *all* of the aforementioned principles and directly causes *all* of the aforementioned harms, it only make s sense that it would take a religion far more powerful than Islam, Christianity, Judaism, or Hinduism (et al) to make most of their most dedicated followers hypocrites, and to lead them so frequently astray into the willing practice of needless acts of animal abuse & vile acts of animal cruelty. That religion, my friends, is **CARNISM** -- the world's largest and deadliest cult: a belief system so powerful that even the most pious of religious followers regularly submit to the very temptations their religion’s clearly denounce & regularly support the same evils their religions clearly abhor ... In fact, any Christian, Muslim, Jew, or Hindu who openly defends their right to harm & kill innocent beings, destroy their planet, & thereby cause massive human suffering is more a *Carnist* than they ever were or will be a Christian, a Muslim, a Jew, or a Hindu.” ~ inspired by George Martin

Dealing with Trolls ...
(07/18/2017)



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)

Chillin' with the 'Bacon' ...
(07/19/2017)



"It's weird; non-vegans will feed 'bacon' to their kids in the morning, then get in the car and drive them to a 'petting zoo' to remind those same children to be gentle with the baby pigs! ... It's actually quite true that most non-vegans don't want to harm any animals. Indeed, if you offer any group of humans Choice A, where they can eat 'meat', and 'cheese', and 'milk' without harming any animals -- and Choice B, where they can eat essentially the same things but numerous animals will suffer and die, 99% of them will choose Option A every single time. And yet strangely enough, in the 'real world' those same people almost always choose Option B instead. This is because meat & milk propaganda has successfully separated animal products from the actual animals they come from; niftily separated the brightly packaged flesh & smoothly cooled secretions from the massive suffering in which they were made. And this is why it is truly absurd for advocates to claim that typical non-vegans are not as 'awful' as those people who abuse and kill animals 'for sport.' The latter might directly bring about the death of an animal for mere pleasure, and yet the former pay others to inflict just as much pain just as unnecessarily, and essentially for exactly the same selfish motives." ~ via Jonathan Dickstein

Anything but rude ...
(07/20/2017)

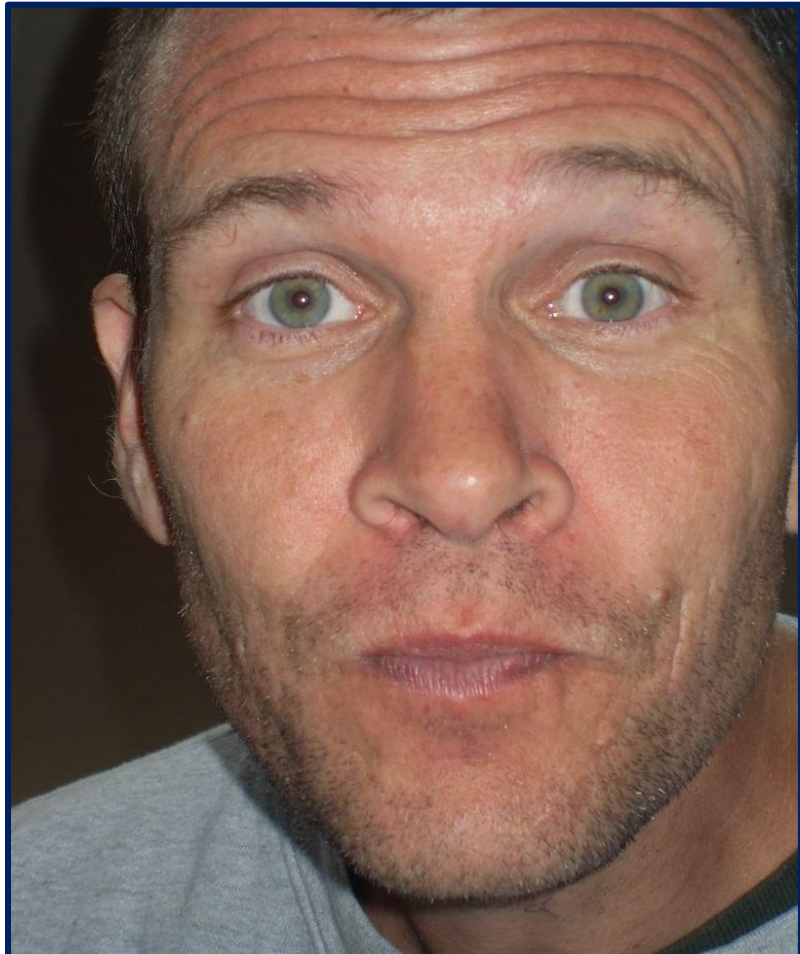
“More than a few of you have told me that I am arrogant and even rude with the way I fight for the rights of abused animals. And yet even though I might indeed come across a bit harshly at times, there is nothing arrogant about informing others of the harms they are inflicting upon the innocent, and there is nothing rude about asking for their help in defending those who are suffering ...

Now, I readily admit that I didn't go vegetarian until I was 36, and I didn't go vegan until I was 45, so I have no fingers to point here. Like many of you, I didn't know any better.

Of course, once I *did* know better, I chose to *do better* -- once I *did* become informed as to the horrors of the meat & milk & egg industries (that meat is the murdered corpses of animal children, that dairy cows are raped repeatedly and then murdered in their youth once they ‘dry up’ from abuse, that millions of male chicks are thrown into a shredder after they hatch to be ground up alive, etc), I stopped supporting it immediately ...

... and it is anything but arrogant or rude of me to stand tall and humbly ask you to do the same.”

~ inspired by Annie Mags



"More than a few of you have told me that I am arrogant and even rude with the way I speak up for the rights of the abused. And yet even though I might indeed come across a bit harshly at times, there is nothing arrogant about informing others of the harms they are inflicting upon the innocent, and there is nothing rude about asking for their help in defending those who are suffering and dying as a result ... Now I didn't go vegetarian myself until I was 36, and I didn't go vegan until I was 45, so I have no fingers to point. Like many of you, I didn't know any better. Of course, once I *did* know better, I chose to do better -- once I did become informed as to the horrors of the meat & milk & egg industries (that meat is the murdered corpses of animal children, that dairy cows are raped repeatedly and then murdered in their youth once they "dry up" from the abuse, that millions of male chicks are thrown into a shredder after they hatch to be ground up alive), I stopped supporting it immediately -- and it is anything but arrogant or rude of me to stand tall and humbly ask you to do the same." ~ inspired by Annie Mags

Tuttle spot on ...
(07/21/2017)



"As our Hearts open to a deeper Understanding, our Circle of Compassion naturally enlarges and spontaneously begins to include more and more 'others' — not just our own tribe, our own sect, our own nation, or our own race, but *all* sentient beings; not just all other humans, but *all* the other mammals, and *all* the other birds, and *all* the other fish, and *all* the forests, and indeed the entire beautifully interwoven tapestry of every inhabitant of the whole living, pulsing, interacting Creation — with *all* beings being treated with equal dignity, equal honor, and equal respect — with *all of us* finally being treated the way we *all* deserve to be treated: with a gentle LOVE that is as unhindered as it is unconditional." (~ inspired by Will Tuttle)

To live & let live ...
(07/22/2017)



The other day I had a non-vegan tell me to keep my mouth shut and learn to "live and let live." And after reading this incredulous statement I found myself wondering: Do any of you non-vegans also adopt a "live and let live" philosophy with regards to acts of child molestation? -- or murder? -- or rape? -- or the illegal torture of Guantanamo "detainees"? -- or the raw violence of dog fighting rings?

Well, I already know the answer to those questions, because I know that you are *all* -- each & every one of you -- good and decent beings. Indeed I am fully convinced that each & every one of you has a functioning conscience; that each & every one of you still knows what you all knew as young children -- namely, that all the animals in our lives are to be respected and cared for; never needlessly harmed and never willfully abused.

Yes, I know how potent the physiological addictions to meat & dairy are, and I know full well how challenging it is to adopt a diet free of animal cruelty. That having been said, the fact remains that each & every one of you *can* do so. Mere convenience is never an excuse for callousness, mere convenience is never an excuse for hypocrisy, and mere convenience is *never* an excuse for the choices we make that have *real victims*. And when it gets right down to it, if you are a meat eater &/or a dairy consumer, mere convenience is the only excuse you have.

Whenever we have a Choice ...
(07/23/2017)



“The moral person must oppose all cruel customs, no matter how deeply rooted they might be in tradition and no matter how immersed they might be in a cultural halo. Whenever we have a choice -- and we always have a choice, we must avoid bringing torment and injury into the lives of others -- *all* others.”
~ via Albert Schweitzer

A most true Labeling ...
(07/24/2017)



"I don't personally use labels, but if you do and choose to label yourself as being a 'feminist' while also drinking the milk from a repeatedly raped mother cow whose babies were both repeatedly stolen from her and repeatedly murdered (before she eventually 'dried up' from the abuse and was murdered herself), then I am correct in labelling you as being a ***HYPOCRITE*** as well." ~ unknown

First fix ourselves ...
(07/25/2017)



"So long as we hold ourselves to be better or more worthy than other beings who don't look or act like we do, we are no better than Trump. So long as we pay for violence to be committed upon the innocent, we are no better than the most corrupt of war-mongering Democrats or the most vile of violence-prone Republicans. So long as we choose to exploit those weaker than ourselves, we are no better than the pale-Souled politicians who so brazenly exploit us & our loved ones ... *First we must fix ourselves*, my Friends. First we must choose to live lives founded in Justice & Compassion & Peace, and then we can focus thereafter on watching our corrupt "leaders" fail and fall.

Please do your part to fix what is broken ...

Please **Go Vegan.**" ~ inspired by Matthew Sikora

A simple Truth ...
(07/26/2017)



"Here's a crazy notion: how about everyone just stop the needless killing? ... You know how your dog and cat are so super cool? Well, so are all other sentient animals -- *all* of them. So how about just not paying anyone to kill them anymore? I know it's an extreme concept in some of your minds, but why not give it a try? After all, no needless killing = **PEACE** ... I really don't see how that simple Truth is so difficult to understand." (~ via Romeo Gadze)

A Good Question ...
(07/27/2017)



Fill in the blanks: If you rescue ___ animals a year, you are thereafter allowed to eat ___ animals a year & still be considered an "animal lover" & an "animal activist."

Hint: Regardless of how high the number is you write down in the first blank (and in our current world we really do need you to make it as high as possible every day), the number in the second blank must always be **ZERO** for the statement to hold true ... Peace.

Why are they here? ...
(07/28/2017)



The question is not, “How can we better treat the animals we have enslaved?” but rather: “Why have we enslaved animals in the first place?”

My solemn vow ...
(07/29/2017)



And let this be my solemn vow -- that I will neither intentionally kill nor willfully harm any sentient being, nor will I intentionally destroy or willfully desecrate any beautiful thing, but rather will I seek each & every day to comfort all things living; and to devoutly guard and lovingly tend the Earth upon which I am blessed to live. (inspired by John Ruskin)

Necrovores everywhere! ...
(07/30/2017)

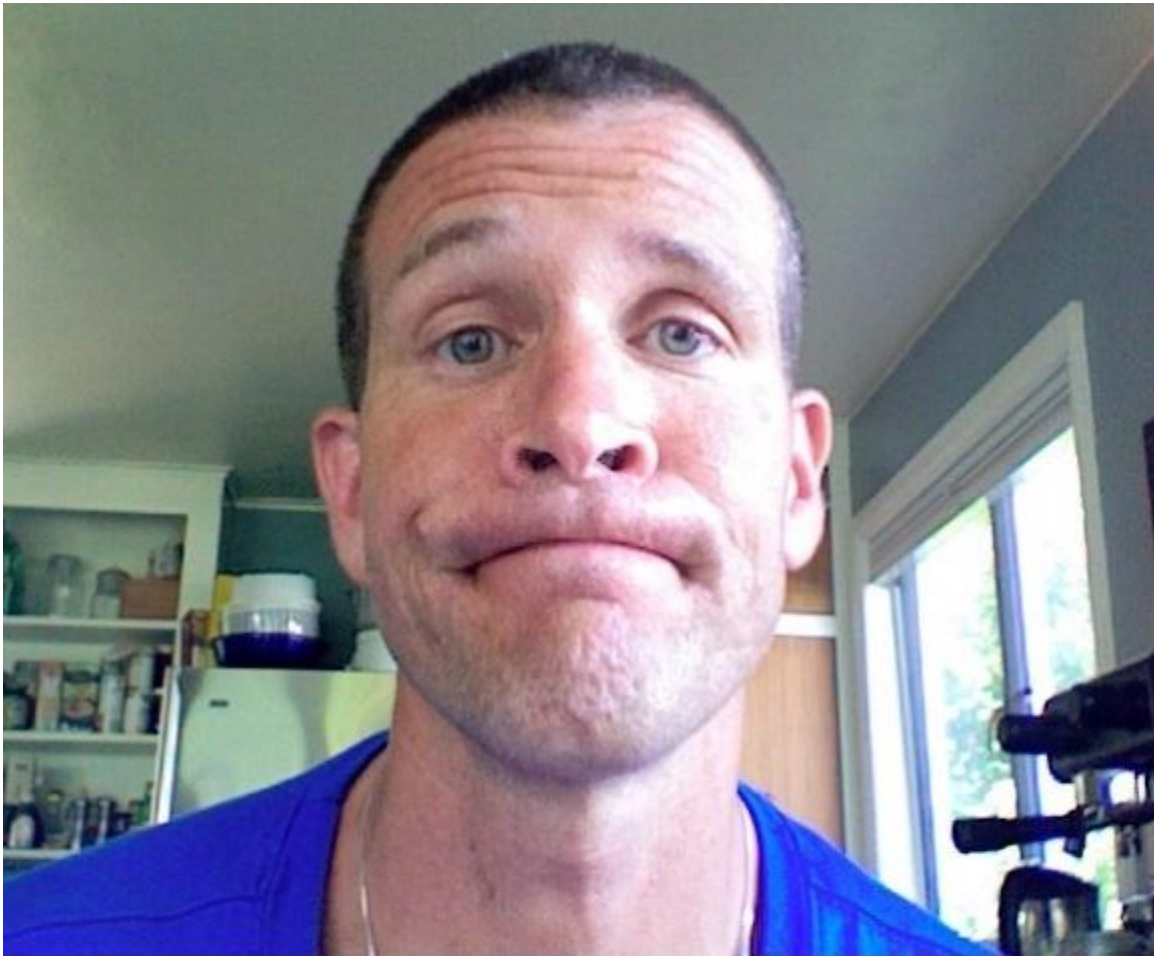
NECROVORES



NECROVORES EVERYWHERE

"Humans are *not* natural carnivores. Carnivores bring down living animals and eat them raw, and most predators target the soft organs of their prey and leave much of the muscle for scavengers. Humans, on the other hand, prefer to eat dead muscle tissue and rarely touch an animal's internal organs. Indeed, almost all of the meat that people eat these days has been dead for months, and in quite a few cases for years. Quite often the dead flesh in the local supermarket has been disguised with bleach &/or dyes to hide the decay that has already set in and the fact that the flesh is already on its way to being putrid. In fact, non-vegan humans are closer in their eating habits to vultures and jackals than they are to wolves and lions, and for this reason -- technically speaking -- humans are not carnivorous hominids at all. Instead, humans are actually *necrovores* -- beings who knowingly & willingly consume dead flesh ... In truth, modern-day humans -- much like their most ancient ancestors -- do not kill their meat as much as they *scavenge* it. Indeed, even human hunters do not eat the hot living flesh of their victims. Rather, they too wait for that meat to get cold and begin to rot before eating it." ~ inspired by Paul Watson

No longer an asshole ...
(07/31/2017)



Hacking Life 101: You can dramatically lessen your chances of being an "asshole" by simply refusing to consume the flesh or secretions of any being who has an asshole.

Free range bullshit ...
(08/01/2017)



“Saying free-range meat or cage-free eggs are somehow more acceptable than their factory farmed counterparts is like giving you a thirty minute back massage, jamming a knife into your jugular vein, and then justifying that murderous act by saying, “Well, he was pretty happy -- up until that part where I stabbed him in the throat.” ~ via Tommyxvx

*Bacon jokes -- patently **unfunny** ...*
(08/02/2017)



"Newsflash: Every time you reply to a vegan post or comment with something like "*Mmmm, Bacon!*" you automatically out yourself as being repulsively **callous**, despicably **cruel**, or disturbingly **ignorant** ... As such, I highly recommend either **going Vegan** or keeping your cold-hearted (&/or inexcusably stupid) mouth shut in the future ... Thanks!" ~ every pig everywhere

Looking away is not Compassionate ...
(08/03/2017)



Newsflash: Looking away from your victim while you kill them doesn't make their murder any less violent, any less painful, or any less unjust.

Bonus Newsflash: There is no "humane" way to murder someone who doesn't want to die -- period.

Where milk comes from ...

(08/04/2017)

"Some of you still don't know *where your milk comes from*, so allow me tell you:

*First, a breeding bull is strapped to a machine that force-ejaculates him. Trust me, he does *not* like this.

*Then one of my sisters is tied to a "rape rack" while a farmer shoves that bull's sperm into her vagina -- and this while his entire arm is shoved up her rectum, no less. Trust me, this process is painful and terrifying.

*Then, after carrying her unborn baby for nine months, he or she finally arrives -- only to be stolen from her within hours of his or her birth. Trust me, we deeply mourn the loss of our children just like any human mother would.

*If her baby is male, he will be fattened up for a few months and then brutally murdered -- so his dead flesh can become something you humans call "veal." Trust me, these babies suffer for the entirety of their brutally short lives.

*If her baby is female, she will also be taken to live in isolation -- force fed formula for the first year+ of her life, until she is old enough to be raped and inseminated and force-milked like her mother before her. Trust me, no animal on Earth deserves even half of such a terrible fate.

*And the grieving mother? Well, she is the one who is producing "your" milk -- at least until her body gets worn out and "dries up" from being repeatedly raped, repeatedly impregnated, and repeatedly over-milked -- whereafter she is sent to the slaughterhouse to meet the same violently bloody end as her male children have already met. Trust me, no matter how "wonderful" her short life might have been beforehand, this is **not** how she wants to die.

So now that you know where "your" milk comes from, and now that you know how much suffering and abject cruelty is *always* involved in that process, maybe you will now consider *going Vegan* and leaving us the §%*& alone! ... **Thank you** in advance for doing so."

~ every dairy cow everywhere

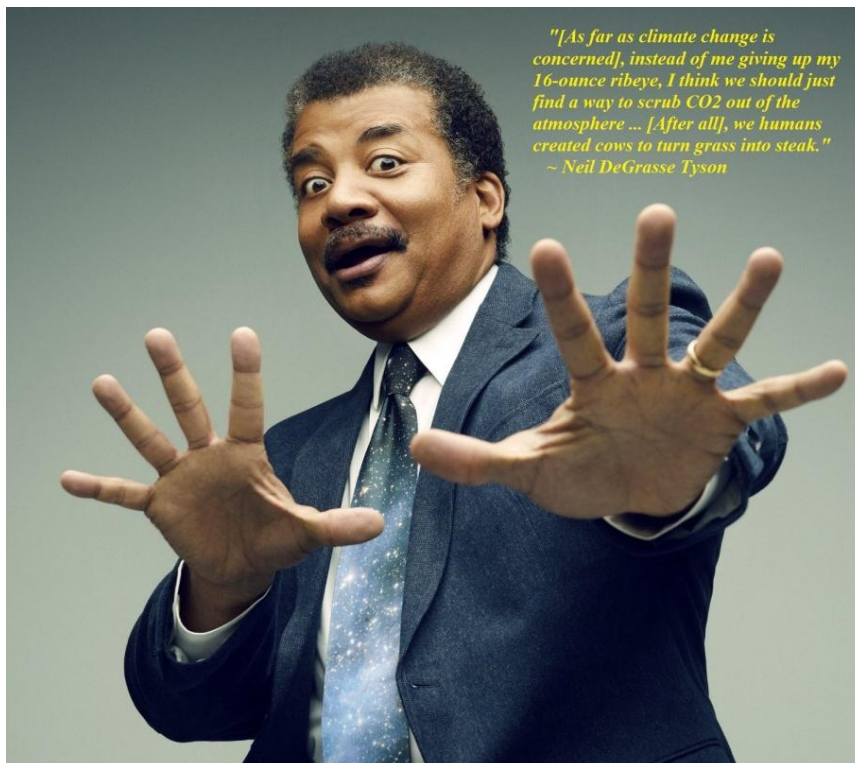


The power of the Dark Side ...

(08/05/2017)

A lot of people pay lip service to logic and reason. Take Neil DeGrasse Tyson, the celebrity scientist (emphasis on “celebrity”), for example – a man with quite the reputation for being an intelligent, critical thinker. He appears regularly on television and radio programs, he's hosted a number of science-based TV series, he's written best-selling books, and he's travelled the world giving lectures... Basically, his image is one of a “beacon of reason”, in a world that seems saturated with stupidity ... And yet Neil revealed his true self a couple of years ago when, during one of his lectures, he was asked to give his opinion on the relationship between climate change and animal agriculture (with the scientific consensus being that the latter is the clear-cut #1 cause of the former). Neil didn't hesitate, explaining that instead of “giving up [his] 16-ounce ribeye”, he would prefer for humanity to somehow invent a way to “scrub CO2 out of the atmosphere”. And as if that wasn't bad enough, he went on to brazenly proclaim that humans had created cows “to turn grass into steak” ... That's what often happens when people try to argue against veganism: critical thinking, logic, and reason (not to mention basic decency and one's innate sense of ethics) go right out the window, overruled by the more immediate, primitive desires for mere comfort & pleasure.

Seriously, my Friends, don't be like Neil -- for if you are willing to discard your principles & morals whenever they're inconvenient to you, then you don't actually have either.



Non-veganism -- clearly one of the most powerful forces in the Universe; making otherwise Kind people commit deeds of great cruelty, making otherwise Good people behave with selfish wickedness, and making otherwise intelligent people utter inane stupidities.

The Sweeter Life ...
(08/06/2017)



Science is now showing quite clearly that bees not only are intelligent and self-aware, but feel pain when harmed and experience suffering when enslaved &/or killed. In addition, every single honey-production operation -- no matter how "organic" and no matter how "bee friendly" -- *always* harms, *always* enslaves, and *always* ultimately murders thousands of bees every year ... There are dozens of cruelty-free, plant-based sweeteners available to you & yours, my Friends, so please **remove cruelty from your life** -- by removing honey from your diet ... Thank you.



Teaching children well ...
(08/07/2017)



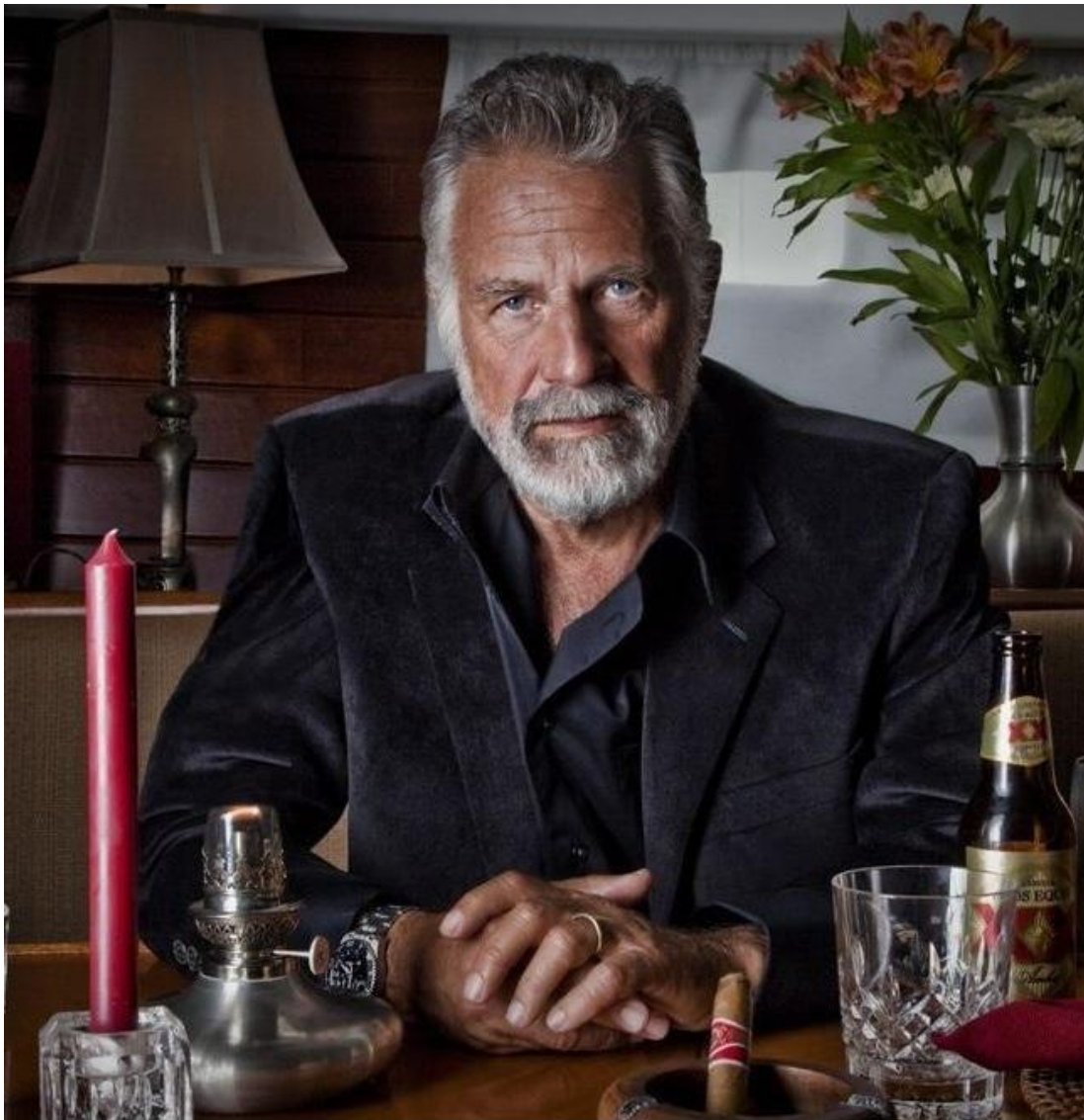
Non-veganism

The TRUTH

Veganism

There are two alternatives available to you & yours, my Friends -- a **non-vegan lifestyle** stained by illness & tainted by cruelty, or the *Vegan Life* imbued with health & soaked in Love & Compassion ... Please choose wisely, and thereafter please teach your children well.

Experts from the woodwork ...
(08/08/2017)



I don't always speak about *Veganism*, but whenever I do a great number of my friends suddenly become nutritionists ("What about your protein?"), anthropologists ("Our ancestors ate meat"), plants' rights advocates ("Plants have feelings too"), and moral nihilists ("Morality is fully subjective").

Like a Butterfly ...
(08/09/2017)



You will know you are living in harmony with your True Self (and thus treading your Right Path) when you find yourself treating every sentient being you encounter as though he or she were a butterfly alight upon your open palm.

What they all deserve ...
(08/10/2017)



Every sentient creature -- no matter how small or seemingly "stupid" -- longs in his or her own way for Love and Respect and Kindness and Peace, and every single one of them deserves nothing less. As such, it is the Call of all "higher life forms" to remember that whenever we can be Kind to another being, we are to be Kind to them.

A very fine day ...
(08/11/2017)



It will be a fine day indeed when a chicken can cross the road without having her motives questioned -- much less without worrying about having her eggs stolen or her babies abducted or her throat slit.

Holier than Thine ...
(08/12/2017)



"Many accuse vegans of having a 'holier than thou' attitude towards those who consume animal flesh &/or their bodily secretions. And yet if you think that non-humans were essentially created primarily for your personal benefit, and that you have the right to exploit them just because you can and just because you happen to think their flesh &/or milk tastes 'yummy,' then it is actually *your* attitude that needs to be re-examined." ~ anonymous

Halting child abuse ...
(08/13/2017)



"The human cycle of violence will not stop until we stop the underlying aggression, the remorseless violence we commit against animals for food. We teach this behavior and this insensitivity to all our children in a subtle, unintentional, and yet powerful form of culturally approved child abuse." ~ Will Tuttle

The Great Choice ...
(08/14/2017)



"All human life consists of essentially two activities: either (1) bringing one's choices into harmony with one's conscience, or (2) hiding from the inclinations of that conscience in order to continue on living -- selfishly & comfortably -- as before." ~ Leo Tolstoy

What there was to miss ...
(08/15/2017)



"I don't miss anything being vegan. It's not mine to miss ... I didn't give up anything to become vegan either. I wasn't mine in the first place. I simply stopped, and then -- I gained; gained immense self respect over the fact that I was no longer participating in, enabling, or funding the exploitation, enslavement, and murder of wonderful, innocent beings. Because it really isn't consistent to say you are against cruelty and injustice and murder while you are simultaneously funding it. You can't do so and say you are an animal lover -- a true animal lover; a lover of all animals; a true lover of life ... Before I went vegan I was nothing more than a thief; a thief who stole the most precious of things from the most vulnerable of lives. I was a direct accessory to rape and to kidnapping and to slavery and to murder for so many years, and I am so very sorry for it all. I cannot undo all the pain and all the suffering and all the death I caused, and yet I *can* atone for the same -- by refusing to support animal abuse of any kind any longer, and by becoming a loud voice for the voiceless whose parents and uncles and aunts and grandparents I undoubtedly did harm ... When we know better, we are called to *do better*. Otherwise, everything (all the pain, all the injustice, all the terror, all the sorrow) will stay the same ... So please, take a moment to look at yourself and ask why you continue supporting such immense suffering, especially when you can live a longer & healthier life without it. It's never too late to *Do the Right Thing*; never too late to become who you could have been ... Make today your own blank canvas and help me repaint a more beautiful, more just, and more compassionate future." ~ inspired by Nik Crichton

The critical Question ...
(08/16/2017)



And the critical question ever still remains:
Why **LOVE** one but **eat** the other?

Vegan Club ...
(08/17/2017)



"The first rule of **Vegan Club**: *always talk about Vegan Club* ... Yes, non-vegans will overhear you and make bad jokes about 'spotting the vegan', and they will idiotically inform your currently healthy body that it is defecient in nutrients and inanely tell your currently living body that it will die without animal protein. They will question you about the sentience of lettuce and place you on imaginary islands where farmed animals are roaming freely despite there being no edible vegetation to sustain them. They will tell you that cavemen and lions are reliable moral guides, and that the animals don't really suffer when they are confined, mutilated, raped, abused, and murdered by the meat & milk & egg industries ... They will tell you all these things and more in order to justify their currently comfortable abuse of the innocent -- and that is precisely why we *always* talk about **Vegan Club**." ~ inspired by Marilyn Orr

Re-cognizing the repulsiveness ...
(08/18/2017)

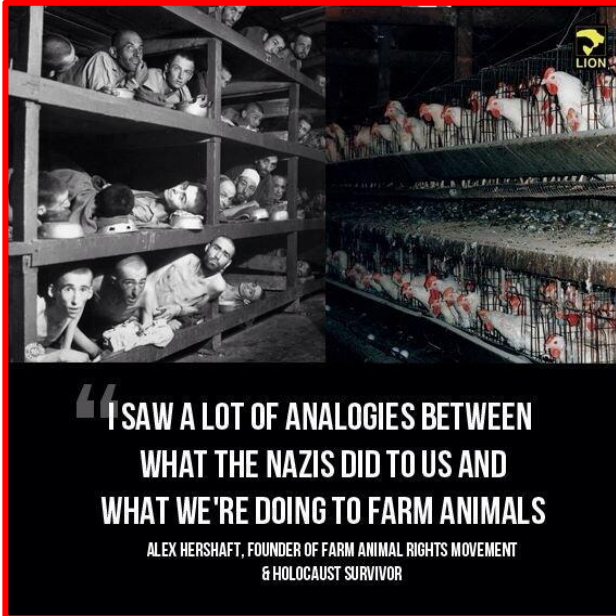


“Humans currently murder roughly eleven million land animals every hour. Think about it – that’s the equivalent of two Nazi Holocausts every 60 minutes, every single day. That’s three *thousand* innocent lives violently (and needlessly) taken every single second, around the clock ... Indeed, the single most important issue of our time is this ongoing Animal Holocaust. It should dwarf every other concern by an exponential magnitude, and yet it is ignored by most -- unmentioned in the press, scorned by politicians (liberal & conservative alike), and mostly unheard of by the public at large. This genocidal horror continues every hour of every day, and yet no one is in jail for its crimes. No one is being hunted down by police or prosecutors. Very few are trying to stop it and cruelty continues to reign supreme. Indeed, its primary perpetrators are actually profiting from it, no less -- all because this particular horror is still legal; all because owning other sentient beings as slaves is still permitted; all because torturing and killing other beings for mere palate pleasure is still seen as perfectly OK ... And unlike Nazi Germany, whose murderous policies were not fully grasped by many Germans (much less the rest of the world at), most of humanity is directly responsible for this current Holocaust. Indeed, every person who eats meat, eggs, or fish, who wears fur or leather, or who drinks milk or consumes dairy products is an integral part of this evil cycle of slavery and murder. So, if you are one of these people, please stop contributing to this massive wickedness today. *Please Go Vegan* instead.” ~ inspired by Roland W. Vincent

That face you make ...
(08/19/2017)



The face you make when people call you a Nazi for speaking out against a Holocaust ... (via Nic de Norie Silva)



“Never again' is not about what others shouldn't do to us. It's about what we shouldn't do to others. 'Never again' means that we must never again perpetrate mass atrocities against other living beings; that we must never again raise animals for food or any other form of exploitation.” ~ Alex Hershaft

“In their behavior toward other creatures, all men are essentially Nazis. Humans see oppression vividly when they are the victims thereof. Otherwise they victimize blindly and without a thought.” ~ via Isaac Singer



As a result of all the wars and all the genocides throughout the entirety of recorded human history, approximately 619 million human beings have lost their lives ... As of this very moment, we humans are needlessly slaughtering **5 times that many animals every seven days** ... That's almost 3 *billion* animals being enslaved, confined, mutilated, abused, traumatized, dismembered, and murdered every single week -- all without remorse, and all merely to satisfy human lust and greed.

What to call Me ...
(08/20/2017)



"Let me explain something to you ... I am not pushing my way of life on anyone. *You're pushing your way of life on the animals.* I'm a *vegan*, so that's what you call me ... that, or His Veganness, or the Veganator, or El Veganino -- if you're not into the whole brevity thing." ~ The Dude

The Truth of the matter
(08/21/2017)



"Is it not possible that future generations will regard our own present agricultural practices and eating habits in much the same way that we now view Nero's perverse entertainments or the Aztecs' brutal sacrifices? My own initial reaction is that such a comparison is overblown, if not hysterical, if not extreme -- and yet I freely admit that the reason it seems so to me is that I still harbor the errant belief that animals are less morally important than us human beings ... And so, when it comes to defending such an opinion, even to myself, I must first acknowledge that (A) I have a quite obvious selfish bias towards this belief (since I like to eat certain kinds of animals and want to continue doing so), and (B) I have not succeeded -- nor can I ever ultimately succeed -- in working out any sort of personal ethical system in which this belief becomes truly defensible, instead of remaining what it actually is: a mere matter of selfish and immoral convenience. ~ inspired by David Foster Wallace

Where to go for Truth ...
(08/22/2017)



"You can only learn about animals on a deeper level by observing them in a sanctuary setting; in a place where they are actually free -- actually able to live out their full lives; actually permitted to openly express themselves as individuals ... On farms -- no matter how 'humane' they might claim to be -- individual lifespans are cut off in their youth, individual expression is repressed, and individual identities are replaced by numbers branded into skin or number tags notched into ears. Just as we cannot learn about humans by examining them in slave camps or prisons, so too can we never learn anything real about animals who are being enslaved &/or treated like commodities, not respected as the thinking, feeling beings they truly are." ~ inspire by Robert Grillo

A truly Great Privilege ...
(08/23/2017)



"Even though they cannot grasp or announce the spoken word, animals -- just like us humans -- feel joy and love and fear and pain. And that is why it is our obligation -- nay, it is our privilege -- to openly resist and decry the efforts of all those who would profit by their abuse; those who confine them, those who commodify them, those who abuse them, and those who slaughter them." ~ via Denis de Rougemont

Every one chicken ...
(08/24/2017)



Saving one chicken won't change the world, but it certainly does change the world for that one chicken.

One confused Angry Vegan ...
(08/25/2017)



I find it fascinating whenever I am critically called an "angry vegan" -- as if I'm supposed to be laughing and singing and skipping along while my human friends and family members are willingly funding the vicious abuse and abject murder of my non-human friends and family members ... WTH?!?

(with thanks to Natalie Alexandra)

One of THOSE vegans ...
(08/26/2017)



You asked me the other day if I was "one of *those* vegans", and it got me to wondering: By 'one of *those* vegans' do you mean someone who is not going to sit by in silence and timidly allow you to remain comfortable whenever the subject of animal abuse comes to the fore? Or do you mean someone who is not going to make cheap excuses for your unjust actions, but will instead inform you as to the facts and give you cruelty-free alternatives to your harmful choices? Or do you mean someone who is actively dedicating a significant portion of his life to freeing the wrongfully imprisoned and liberating the unjustly oppressed? Because if so, then **YES**, I most certainly *am* one of *those* vegans ... Animals are every day being needlessly and brutally confined, sexually exploited, tortured, and slaughtered. So I really don't have the desire to be what others deem to be -- a 'cool vegan' who blandly ignores the simple truth that you are directly contributing to (and thereby causing) incredible violence and massive suffering to innocent others. (via Tara Katlyn)

The Karma is in the killing ...
(08/27/2017)



“**Newsflash:** There is no way you can **kill** another sentient being without great **violence**, nor can you avoid responsibility for a **murder** by assigning it to be carried out by someone else ... Just like the person who hires an **assassin** for gain, you bear equal responsibility for all the **harm** & all the **slaughter** for which you pay ... **Violence** is always ultimately unnecessary, my Friends, and **violence** always ultimately begets **violence** in return. There is no way around these two fundamental Truths.” ~ inspired by Roy Anthony

A very GOOD riddance ...
(08/28/2017)



I'll be honest: part of me is thankful that the next Mass Extinction Event is on its way ... Don't get me wrong -- I *Love* humans dearly & unconditionally, and I soooooo wish that our species would pull its collective head out of its collective ass and stop acting like a virus; so dearly wish that we would wake up and become the Caring Stewards of the Earth that we truly could be ... *And yet* the vast majority of my fellow humans refuse to consider this option; the vast majority of humanity still chooses on a daily basis to remain vapidly selfish and violently barbaric. And as such, I am thankful that at the very least the chances are currently quite slim that our species will survive much longer in this Universe ... The Earth and all its non-human inhabitants have suffered so much from humanity's vile greed and flagrant lack of decency, and it would be a tragedy of enormous proportions indeed if we were allowed to continue to inflict that wickedness upon the innocent, much less potentially inflict that same brutality upon the unsuspecting beings of other worlds. If we are game to stopping the madness by *waking up* and *going vegan*, I'm all for it. If we aren't, then in the name of the rest of the sentient lives in the Cosmos I say -- "**Good Riddance!**"

Expanding the Family ...
(08/29/2017)



“One day recently I was especially stressed, so I walked out of my office and went to the courthouse lawn, a place where I often stopped to watch birds drinking and resting. On this day a squirrel was there as well. I slowly moved within two feet of him ... Our eyes met and we gazed at each other in silence ... I realized in that moment -- at a profoundly centric level -- that we too were members of one Family ... It was truly a deeply healing experience.” ~ via Dalton Roberts

Peace to the Peace-full ...
(08/30/2017)

Sending peace and love
to animals everywhere,
and to all the people
that protect them.



“What advice would I give to new vegans or those ready to go vegan? Well, I would encourage getting involved with one or more animal rights organizations and start advocating for animal liberation. I would encourage him or her to eat wholesome vegan food and avoid gorging on potato chips and other vegan junk food. I would encourage those still living at home with parents who may not (yet) be vegan to be firm in their commitment, to educate themselves about vegan nutrition, and to share that very Good News with all their family members. I would encourage them to offer to cook dinner once a week for friends &/or family, and to do everything possible to make being vegan an affirmative, pleasurable, and fulfilling experience. I would encourage the person to be friendly and yet firm about their decision to be vegan, and to every day remember what animals go through in order to become ‘food’ that nobody needs.” ~ Karen Davis

On becoming Reason-able ...
(08/31/2017)



“All animals have exactly the same capacity for suffering, and yet how we see different species differs, and that determines what we will or will not tolerate happening to them. In the western world, we feel it wrong to torture and eat cats and dogs, and yet somehow find it perfectly acceptable to inflict the very same suffering upon other animals who are equally sentient and equally capable of suffering. No person who prides himself on basic rationality (much less fundamental ethics) can even indirectly support such a practice.” ~ inspired by Twyla Francois

The bestiality of bacon...
(09/01/2107)



*"Anyone who can explain the rightness of a cage has never been in one, never felt the sides of it pushing in and denying access to the natural world. They have not felt the frustration of nothingness, of being constantly restricted, of living in a barren and empty world. When a sow's instinct drives her to make a nest for her babies, she cannot. When she wishes to nurse her piglets in a deep bed of leaves, she cannot. When she wants to run away from the humans who abuse her, she cannot. When she wants to burrow in straw with her sister and brother, she cannot. When she wants to bathe in mud (to drive off the flies) and soak in the warm sub, she cannot. And most important of all -- when she is desperate to save her piglets, when they are taken forcibly from her at just 2-3 weeks of age; when the wrongness of that separation is evident in her tensed muscles and anguished cries, she can do nothing ... And we know what happens to her piglets. They too will be stripped of their dignity and disconnected from their pigness. Then they too will be killed and eaten by a species who does not need their flesh to survive ... She will spend years in that cage, repeatedly sexually assaulted, repeatedly denied access to her children, repeatedly forbidden to see the outside world, and repeatedly abused -- only to be rewarded for that service with a violently premature death ... None of us need animal flesh to survive, my Friends, and thus there isn't any reason not to start choosing a compassionate lifestyle right now. As such, please *Go Vegan* today ... Do so for the millions of tortured sows who have already been denied their motherhood, and do so for the hundred million piglets who have already been turned into 'bacon' ... In order to be worthy of our claimed status as 'higher beings' we simply *must* choose to honor who animals are -- by not reducing them to merely something that our stomachs desire ... Thank you." ~ inspired by Marji Beach*



They are vulnerable. And we exploit them.

I refuse to be a part of this.

I am vegan.

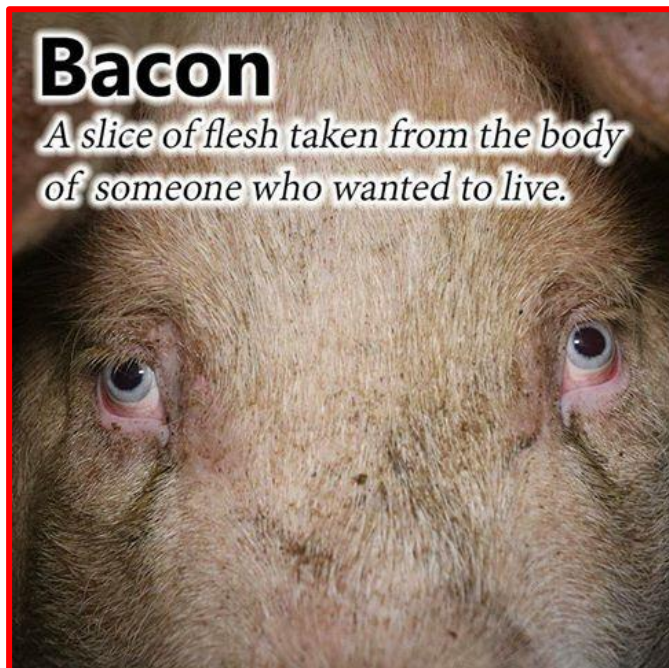
I may be only one person.

But I am one person.

vegan green planet

Bacon

*A slice of flesh taken from the body
of someone who wanted to live.*



Protecting the plants ...
(09/02/2017)



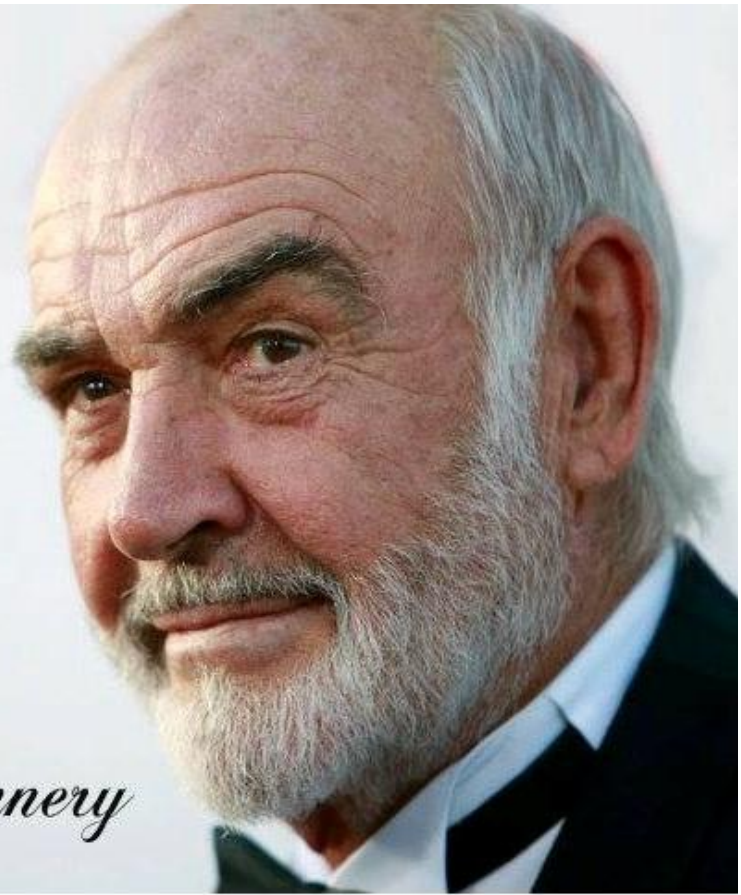
There is a reason we take our children
to pick apples, and not to
slaughterhouses.

For all you plants' rights enthusiasts out there, let's put it this way: *If* science one day does indeed show that plants do somehow have self-awareness, and *if* science one day shows that plants do actually suffer when they are killed (despite having no brains, no externally focused sensory organs, no limbic systems, and no central nervous systems), then you can rest assured that I will **not** use that as an excuse to start eating other sentient beings (namely, animals) who are obviously far more acutely sentient than plants and who obviously suffer far more intensely when confined, enslaved, abused, & killed. Indeed, to do so would make absolutely no sense whatsoever ... What I *will* do immediately upon receiving this shocking information is what I have actually already done for many months of my life -- namely, **continue to live morally** by eating completely "kill free". All fruits, all seeds, all nuts, all legumes, all greens, most vegetables, and even most grains can be harvested and consumed without harming their parent plant in the slightest. Living this way is astoundingly easy, exceedingly healthy, and extremely affordable (not to mention exceptionally tasty). And as such, seeing as how we can all live long and healthy lives on a diet that requires no loss of plant or animal life whatsoever, there really is no cop-out or excuse available for doing otherwise ... Peace.

The unwitting Vegan ...
(09/03/2017)

**If you harm an
animal or child,
I think it safe
to say...
You're a moron
and a shithead!**

Sean Connery



*Sean Connery -- an unwitting
vegan since uttering these very
wise (albeit somewhat graphic) words.*



A rightfully wrong fear ...
(09/04/2017)



"She knows she's next -- and she is rightfully terrified ... Put your beloved dog or cat in her place. You know he or she would be terrified as well, right? So why pretend to yourself that it's any different for cows or pigs or sheep? They too experience pain and fear, along with the horror that comes from witnessing their family and friends slaughtered before them. There is no way to make such violence 'humane,' and deep down you know that's true. Most important of all, if you buy meat or dairy products, you must come to accept that you are directly complicit in this suffering ... It's so easy and it feels so good to stop the madness, my Friends. My only regret is not making the connection sooner. So *wake up*, think for yourself, and *go vegan* today." ~ via Maria Rojas

The Wise Goat knows ...
(09/05/2017)



“The belief that members of one's own species deserve special moral consideration as compared with members of other species runs old and deep. Killing people is one of the most seriously-regarded crimes ordinarily committed, with the only thing more strongly forbidden by our culture is eating people ... And yet we enjoy eating members of other species. In addition, many of us shrink from the execution of even the most horrible human criminals, while cheerfully countenancing the shooting without trial of fairly mild animal pests. Indeed, we even go so far as to kill members of other harmless species as a means of recreation and amusement. And yet the human fetus, with no more cognition than an amoeba, enjoys a reverence and legal protection far in excess of those granted to adolescent chickens and pigs and cows – even to adult dolphins and whales and chimpanzees. And yet all of these aforementioned animals feel and think and, according to recent experimental evidence, are even capable of learning a form of language. The human fetus belongs to our own species, of course, and is therefore instantly accorded special privileges and rights not granted to others. This is nothing less than speciesism at its finest, having no proper basis in evolutionary biology, and possessing an untenable moral ethic fully on par with racism.” ~ inspired by Richard Dawkins

Hating the Messengers ...
(09/06/2017)



“When people say they’re volunteering to end child abuse or poverty or crime or cancer -- or whenever they are working to improve any other social injustice, their fellow citizens tend to embrace, admire, and celebrate their efforts even if they don’t join them. Indeed, it’s rare (if not non-existent) that they are ever ridiculed or called 'extreme' or 'radical' or 'overzealous' -- and this, no matter how intense their involvement might be with their particular cause ... So why is it that animal advocates are so often so harshly criticized, mocked, and ostracized? Where does this nonsensical backlash originate? ... Well, it turns out that people who support the use & abuse of animals often use such criticism as a defense mechanism to justify their moral complacency, because unlike the other aforementioned issues (such as child abuse, where they are unlikely the cause of the problem), non-vegans realize that when it comes to the issues animal advocates champion, they are an intimate source of the suffering. That is why the advocates’ words strike a deep-seated emotional chord with them. That is why the people who eat animals, wear animals, &/or pay to see animals exploited don’t like those advocates one bit. They understand full well the meaning of a carbon footprint and the patent wrongness behind the unwatchable murder of an animal, and they don’t want to be confronted with the reality that they are complicit; that they are a direct source of that wrongness ... So they seek to sully the credibility of all messengers of compassion instead.” ~ Andrew Kirschner

Returning their Birthright ...
(09/07/2017)



“Animal rights are not a gift we give animals. They are a birthright we have taken from them ... Listen, no one's saying that pygmy marmosets should be given the right to vote; and no one wants natterjack toads to have the right to an education; and no one's suggesting that Tamworth pigs have the right to social security; and no one believes that army ants should be able to unionize or be paid a minimum wage. What we *do* want, however, is for humans to recognize and respect the simple fact that every sentient being -- regardless of his or her species -- has the inalienable right to not to be treated as a commodity; the inalienable right to not be abused as a slave, the inalienable right to not be objectified as property, the inalienable right to not be ‘developed’ (and then extinguished) as a resource. It's really that simple ...

Cognitive ability is **not** an appropriate criterion for the recognition of personhood. After all, if it were, a large portion of humanity (the less intelligent portion) would also be excluded from our legal and our moral considerations. As it is, we actually protect the most vulnerable members of our human societies *more* than their stronger counterparts. So surely we should extend the same basic decency to other species as well ...

Nonhuman animals are not 'things', my Friends. They feel, they respond, they have preferences and interests and desires and fears. They are, therefore -- for all practical purposes -- *persons*. And it is this fact alone that deems them fully worthy of equal recognition of the most fundamental rights with which they were all innately imbued ... Until we start tackling the destructively violent and insidiously pervasive roots of non-vegan speciesism, we will never make any real progress towards providing an appropriately peaceful life for our nonhuman friends. We have a long way to go in that regard, be no doubt, and yet we can all start doing our part by *being vegan*. It truly is the very least we can do." ~ inspired by Ryan Phillips & Frances McCormack.

Respecting RESPECT ...
(09/08/2017)



“When non-vegans run out of excuses for their consumption of animals, they usually spew one of two inanities: either they profess a hollow ‘respect’ for the vegan lifestyle, or they ask for actual respect in return. And yet this is not a level playing field. Of course animal-eaters respect the vegan way. After all, what’s not to respect? Are we too compassionate? Are we too merciful? Are we too caring? Are we too kind? Indeed, animal-eaters begging for vegan respect is about as ridiculous as a pedophile asking for respect from those who don’t rape children ... That's not the way respect works. I don’t respect a pedophile’s choice to molest kids. I don’t respect a rapist’s desire to violate a woman’s body. I don’t respect a murderer’s decision to kill the innocent. I don’t respect a Nazi’s belief that Jews should be exterminated, a racist Southerner’s belief that blacks should be enslaved, or a conservative Christian’s belief that homosexuals deserve to burn in Hell. In truth, there is absolutely nothing worthy of respect within any belief or any action based on ignorant hatred or bigoted discrimination.” ~ inspired by Gary Yourofsky

The Great Descent of Man ...
(09/09/2017)



“I have been studying the traits & dispositions of the so-called 'lower animals' and contrasting them with the traits & dispositions of humankind, and frankly, I find the results somewhat humiliating. For they oblige me to soundly renounce my previous allegiance to the Darwinian theory of the Ascent of Man from Lower Animals -- since it now seems quite plain to me (and to anyone else who is paying any honest semblance of attention) that said theory ought to be completely abandoned in favor of a new and truer one: namely, the Descent of Man from Higher Animals.” ~ via Mark Twain



*“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)*