

Sanctifying the Sentient

(Volume VII ... October 2017 to January 2018)



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

via Scaughdt
an (i)am publication



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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 seventh 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

(March 2018)



*“**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*

A far greater Humanity ...
(10/01/2017)



***"The more non-human
animals we choose to Love,
the greater humanity
becomes."*** ~ via Anthony D. Williams

Venturing into the Light ...
(10/02/2017)



"Every man must decide whether he will venture forth into the light of creative altruism or remain in the darkness of destructive selfishness ... We must never ever be afraid to do what's Right, especially if the well-being of a person or animal is at stake." ~ via Martin Luther King Jr.

The Angry Vegan ...
(10/03/2017)



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?!?

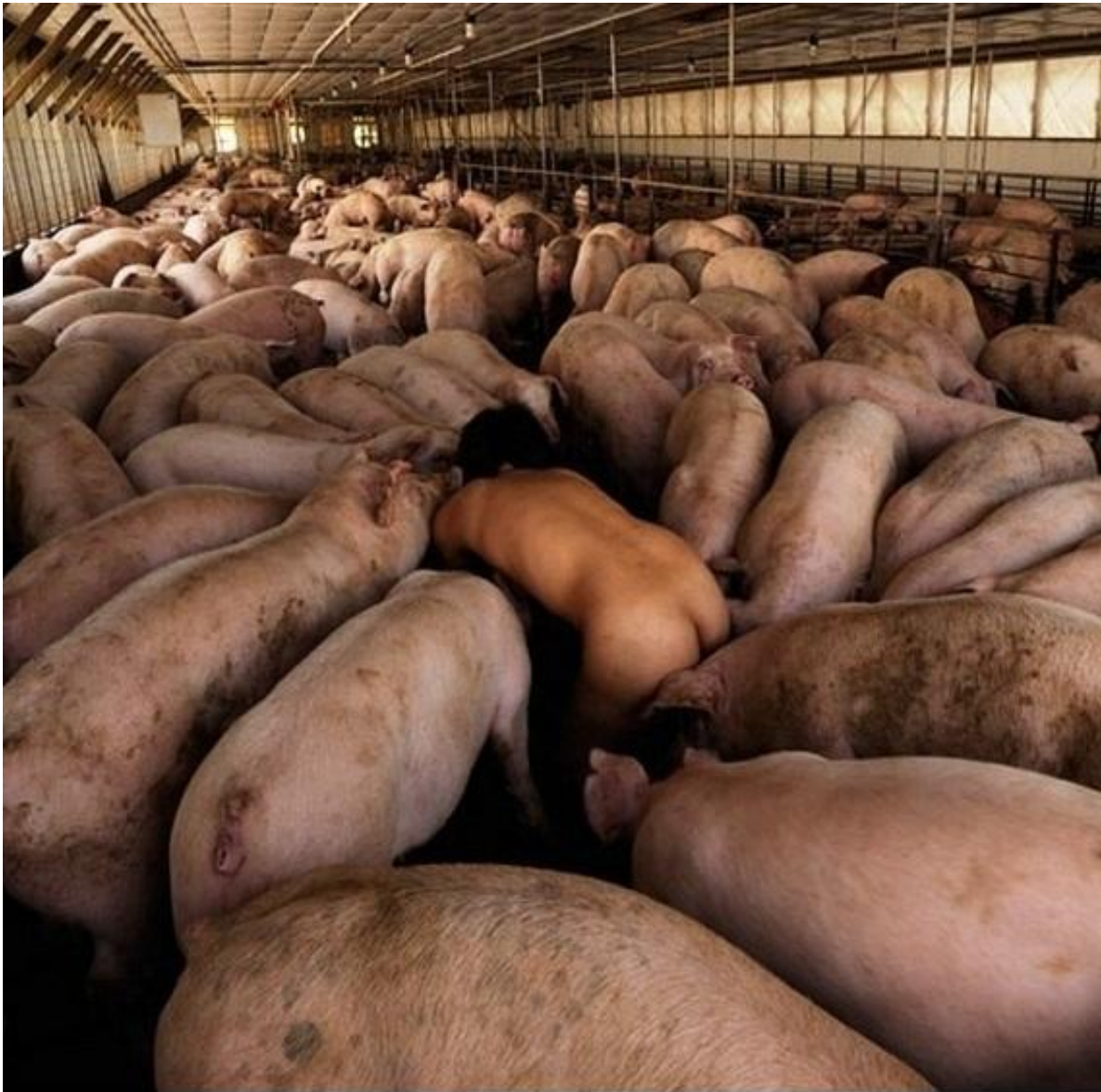
(with thanks to Natalie Alexandra)

A man's chosen Character ...
(10/04/2017)



It is actually pretty easy to tell a man's chosen character -- pretty easy to know how he would treat you & yours in a pinch: simply look at the way he treats his fellow animals ... Essentially, if he cares for and shows respect towards those who are weaker than himself in his everyday life, chances are he will do the same for you & yours when push comes to shove. And if he doesn't, of course, chances are he won't ... It really is that simple.

Doing what it takes ...
(10/05/2017)



Empathy is more than merely seeing with the eyes of another or listening with their ears. Empathy means having the humility to FEEL the pain & the terror of the downtrodden and the oppressed, and then having the Courage to soak into that injustice with them; to DO what it takes to ease their suffering.

A large amount of Gratitude ...
(10/06/2017)



"Piglet noticed that even though he had a very small heart, it could hold a rather large amount of Gratitude ... especially for vegans." ~ via A. A. Milne

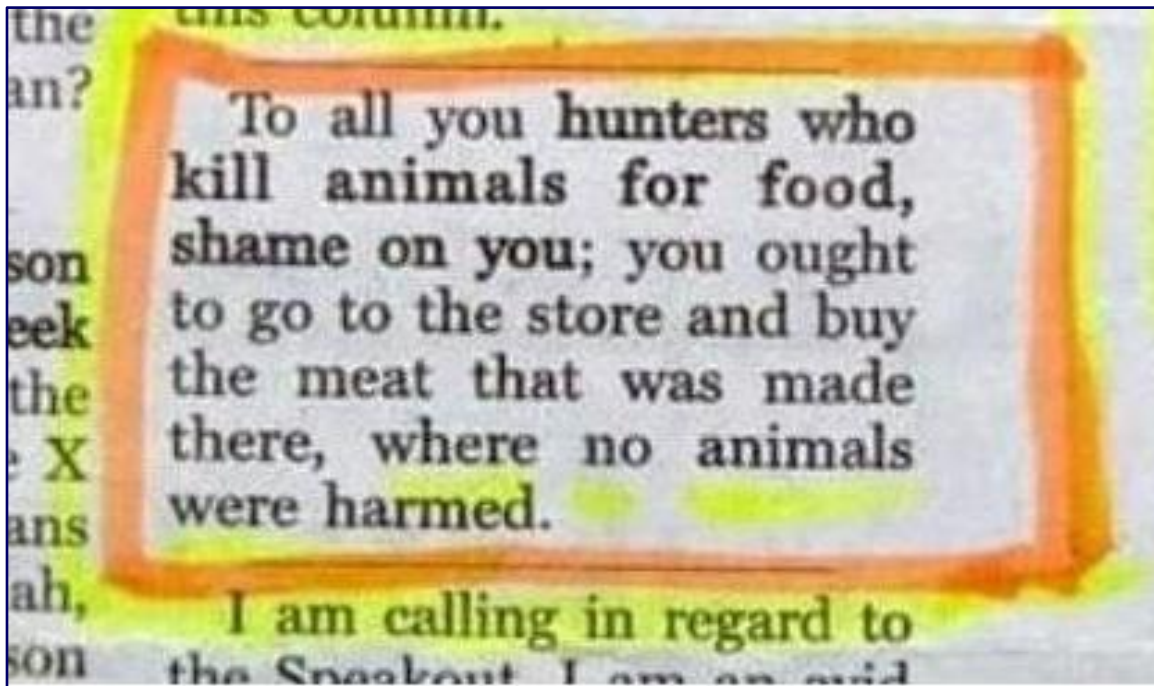
Neither complicated nor Extreme ...
(10/07/2017)



Veganism is neither complicated nor extreme. Veganism is simply remembering the values that we knew as young children – remembering that it is wrong to cause other beings to suffer for our own comfort or pleasure, and that it is Right to protect others from coming to unnecessary harm – and then choosing to non-hypocritically live in accordance with those same fundamental principles ... Being vegan is simply a bold and open statement that we reject unnecessary violence in every aspect of our lives – unnecessary violence against other beings, unnecessary violence against our own bodies, unnecessary violence against our communities, and unnecessary violence against the biosphere of our planet, upon which all our lives ultimately depend.

The Supremacist Delusion ...

(10/08/2017)



The Supremacist Delusion exists whenever a person professes to be better than another, and it becomes especially poignant whenever the one so deluded openly advocates for the unjust oppression of the different &/or brazenly supports a reckless violence against those weaker than ... Indeed, it is such latter cases that form the underlying roots of all of history's most heinous genocidal crimes, and it is they that also form the underlying roots of the despicable way most humans still treat most of our non-human cousins to this very day ... This hyper-primitive mentality is simultaneously arrogance at its most vulgar pinnacle and ignorance at its most destructive nadir, and until it is loudly rejected by the majority and fully dismantled in everyday society, humanity will remain abjectly unworthy of even the most trivial of reprieves & fully undeserving of even the smallest of absolutions.



Seeing the psychopaths ...
(10/09/2017)



It is neither correct nor consistent to both (correctly) criticize the "psychopaths" who without remorse ruthlessly murder non-humans for a living in slaughterhouses and excuse yourselves from that same judgment while you pay their salaries in your grocery stores and then consume the rancid remains of their crimes from your dinner plates ... It must be one or the other, my Friends: either it is acceptable to torture and murder other beings for your mere personal pleasure, or it is not ... I humbly submit that it is **NOT**. Please wake up and remember this simple Truth, and then please act accordingly by *Going Vegan* ... Thank you.

on Divine Meat ...
(10/10/2017)



If your religion mandates, supports, or even blandly accepts this kind of **injustice & violence** against the **gentle & the innocent**, then *you are worshipping the wrong God.*

“The Bible has historically been used to justify rape, incest, infanticide, murder, war, racism, sexism, homophobia, and many other acts of violence, oppression and persecution. Does a Biblical precedent make any of those actions less immoral? Of course not. Instead of citing what Jesus was said to have eaten in Biblical times, it would be more relevant to ask, *What would Jesus do TODAY* -- if he lived in the age of industrialized agriculture where billions of animals are bred through artificial insemination, treated like mere commodities and processed like worthless pieces of meat, not from necessity, but merely to satisfy the lusts of our tastebuds or to pad the linings of our pockets? Would he praise humankind for respecting his Father’s creations? Or would he instead insist that we live vegan; that when given a clear choice between mercy and cruelty, every good Christian is actually compelled to choose compassion over violence?” ~ via Karen Davis, Ph.D

To harm the Children ...
(10/11/2017)



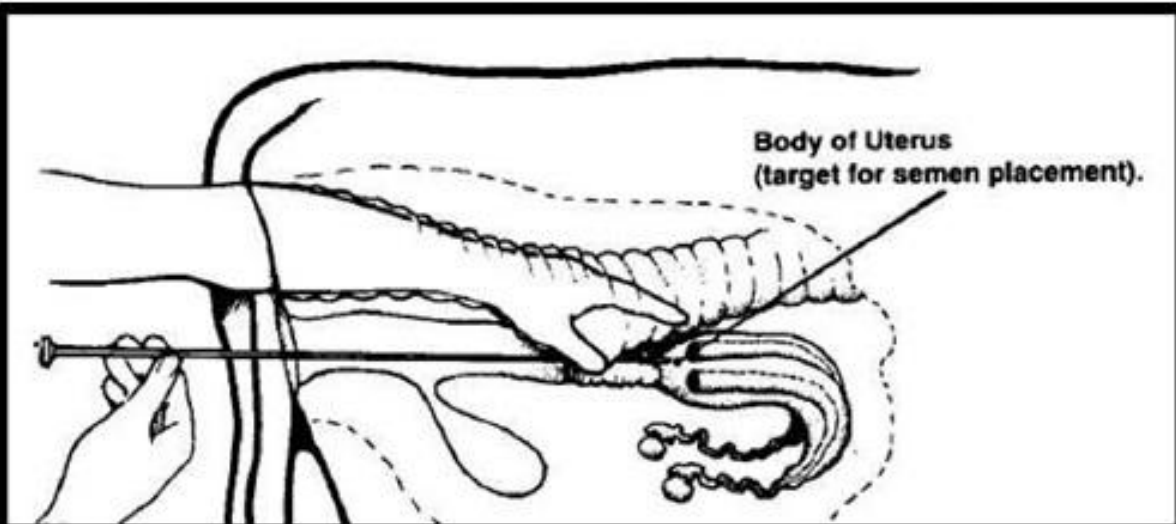
"I know you have the capability to understand **Right & Wrong**, because I know that you despise those who intentionally harm children ... Well, since that is (hopefully) the case, why do you not despise those who intentionally harm animals as well? Why loudly demand the protection of one while intentionally violating the well-being of the other -- when neither desires that abuse and neither merits that suffering? In truth, to not do so is a blatant *hypocrisy!* Stop being hypocrites, my Friends ... Stop praising and protecting the innocence of children while ignoring (or making fun of, or actively advocating the destruction of) the innocent of animals." ~ via Gary YOUrofsky



Not me; not Them ...
(10/13/2017)



"It is delusional and even downright **perverse** for any dairy farmer to say they love their animals. If they truly loved their cows, they wouldn't forcibly impregnate them over & over & over again against their will. If they truly loved their cows, they wouldn't steal newborn calves from their adoring mothers immediately after their birth. If they truly loved their cows, they wouldn't overmilk those mourning mothers for months until their udders "dried up" from overuse. If they truly loved their cows, they wouldn't murder them in their mere adolescence -- violently extinguishing over 2/3 of their natural lives, and turning their corpses into cheap hamburger meat, all for the simple selfish reason that they can no longer produce enough milk to turn a profit ... You really don't know cows (and you most certainly do not love them) if your relationship to them is as an exploiter who forcibly breeds them, brutally abuses them, and then destroys them once they no longer provide you with material benefit. In truth, it is only possible to know and love cows if you see them as who they truly are -- unique individuals who all want to live and be with their friends and raise their children and know peace and be free from needless suffering ... Many dairy farmers might very well be nice people, and yet there is no denying the *fact* that all of them knowingly and willingly do terrible things to all of their cows, and thus there is no denying the *fact* that they do not love their cows at all." ~ inspired by Meg Foster



No matter what style or scope or size of dairy operation, the artificial insemination of cows is necessary for milk to be produced – an innately violent process that requires the female cow to be tied in place while a farmer shoves his entire arm into her anus (to manually reposition her uterus to better receive simultaneously inserted bull semen) ... This process is always frightening, it is always painful, and it is always done against the will of the cow. Indeed, it fulfills all of the characteristics of even the most watered-down definitions of *rape*.

www.humanemyth.org





"It is impossible to perform any violent act humanely."

~ via James Wildman

To truly Live this Day ...
(10/12/2017)



This is the only way to have a Pig in your shopping cart.

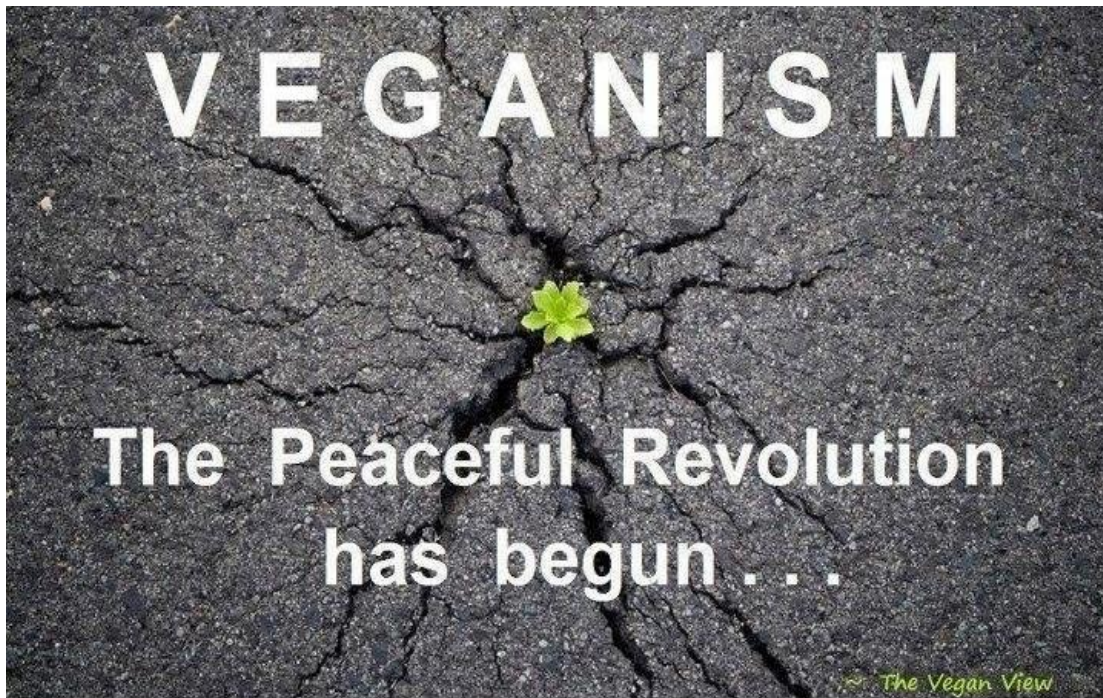
"May we live this day compassionate of Heart: gentle of thought & word, gracious in Awareness of the lives of others, courageous in our deeds of Caring, and generous in our Love for all sentient kind." ~ inspired by John O'Donohue

How can you? ...
(10/12/2017)



Maybe you don't understand why I so avidly speak out against the cruel treatment and needless murder of animals, and yet you can be quite sure that I will never understand how you can silently stand by and meekly accept the same.

The Peaceful Revolution ...
(10/14/2017)



*I've seen you in the meat aisle; seen you choosing who to eat,
Sizing up their body parts in rows all nice and neat.
I've seen you grabbing bottled milk that wasn't made for you,
And know you never think about the suffering they all knew.*

*I've watched you fill your trolley up with misery and pain,
Eggs and cheese, a leg, a wing; my heart breaking again & again.
You say I should respect your choice, that it's your right to choose,
Well, legally perhaps you win, and yet morally you lose.*

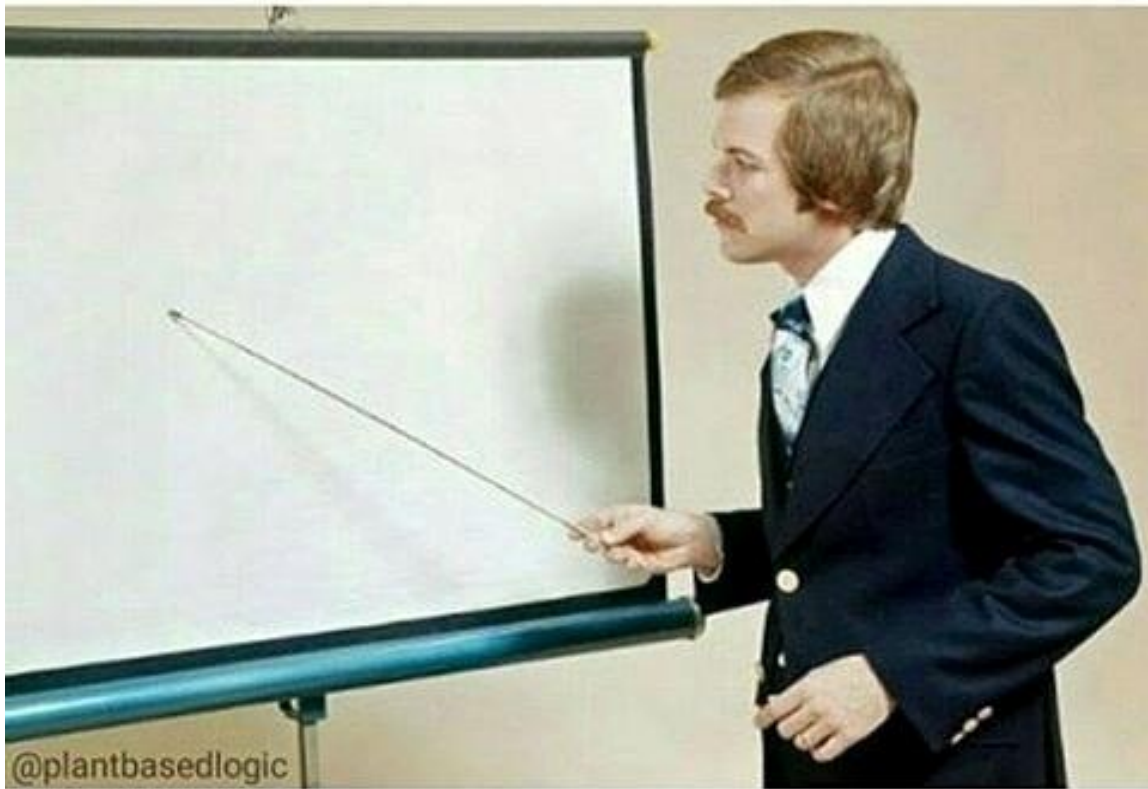
*I don't know how you do it, but you close your ears and eyes
To the reality of the slaughterhouse; their screams & moans & cries.
It doesn't even cross your mind, you bite and drink and chew,
And keep yourself from knowing that they died because of you.*

*So no, I don't respect your choice, there's no respect that's due.
You are putting in your stomach, someONE who isn't you.
The animals, they have no voice; quite convenient in its truth,
But have a heart and choose to See the ones who die for you.*

~ via Emma Murphy.

Every logical argument ...
(10/15/2017)

Here's the graph that plots every
logical argument against veganism ...



*"It's pretty simply, actually ...
Basically, the reason I'm vegan is
because when I was about 16 years
old I came to understand that there is
no reason whatsoever for us to
contribute to the killing and the
suffering and the exploitation of
animals in order to feed our bodies
correctly." ~ via Daniel Johns*

The one Way to Sanity ...
(10/16/2017)



"Even this very moment, there are long queues of terrified children whose treasured and irreplaceable lives will be prematurely ended, awash in violent gore when they reach the end of the slaughterhouse lines. They will all struggle, and they will all cry out for help. They will all beg to live, and yet they will all lose that fight ... And in this very moment, millions of beings who are just as unique and just as special have been crammed into trucks awash with the stench of imminent death; all heading to those same slaughterhouses -- sending their captives to that same horrific end at the end of those same horrible queues. Some of their inhabitants are crying for mothers that they hardly knew; some are trembling in abject terror; some are even unable to stand, so great is their fear. Millions upon millions of these gentle and innocent souls will be booked into slaughterhouses tomorrow; and millions more of them will be forced therein the days after ... And this sickening river of blood and anguish is being driven by one purpose and one purpose only -- to meet the selfish demands of the nonvegan consumer; those ignorant or uncaring shoppers who casually stroll round the supermarket, picking up the pitiful final remains of those tragic victims who stood helplessly whimpering and sobbing in the queues of death on days previous ... There is only one way to stop this conveyor belt of injustice and brutality, my Friends; only one way to shut down this river of blood that flows steadily into the very mouth of Hell, and that way is to stop feeding that river -- to stop being that same nonvegan consumer. Ending the demand for torture will quite surely end its supply. As such, you can do your part to help stop the madness ... You can **Go Vegan.**" ~ inspired by *There's an Elephant in the Room*

Putting it into Practice ...
(10/17/2017)

"I love animals"

"People should do whatever they want, as long as it doesn't harm others"

"I don't understand how people can harm animals"

Veganism

... simply putting into practice what you are already thinking in the first place.

"If I saw someone hurting an animal, I'd step in"

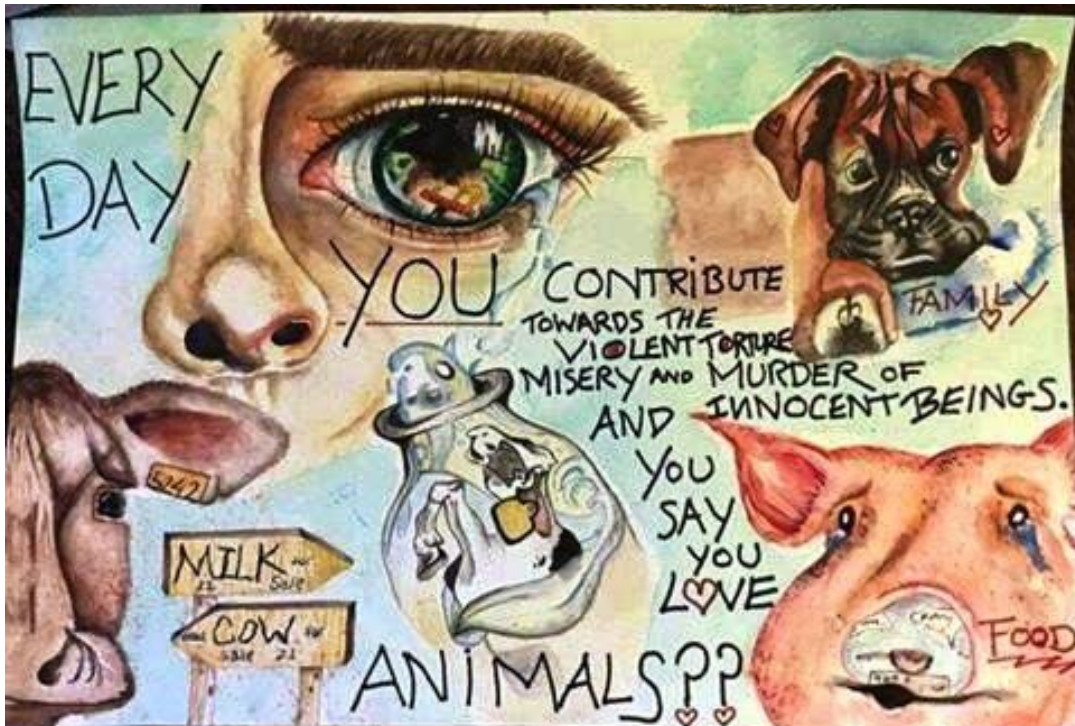
"animals are innocent"

"I wouldn't do to others what I wouldn't want done to myself"

www.vegansidekick.com

"Going Vegan is a gift of enlightenment. I was fighting against animal abuse and one day realized that the mass slaughter of animals for food is the worst form of abuse in our world today ... We get upset when we hear about the guy down the street with his dog chained up outside in all kinds of weather, and yet we look away from the far viler abuses of the farming industry that we directly support with our every meal." ~ via Rikki Rockett

an Honest Admission ...
(10/18/2017)

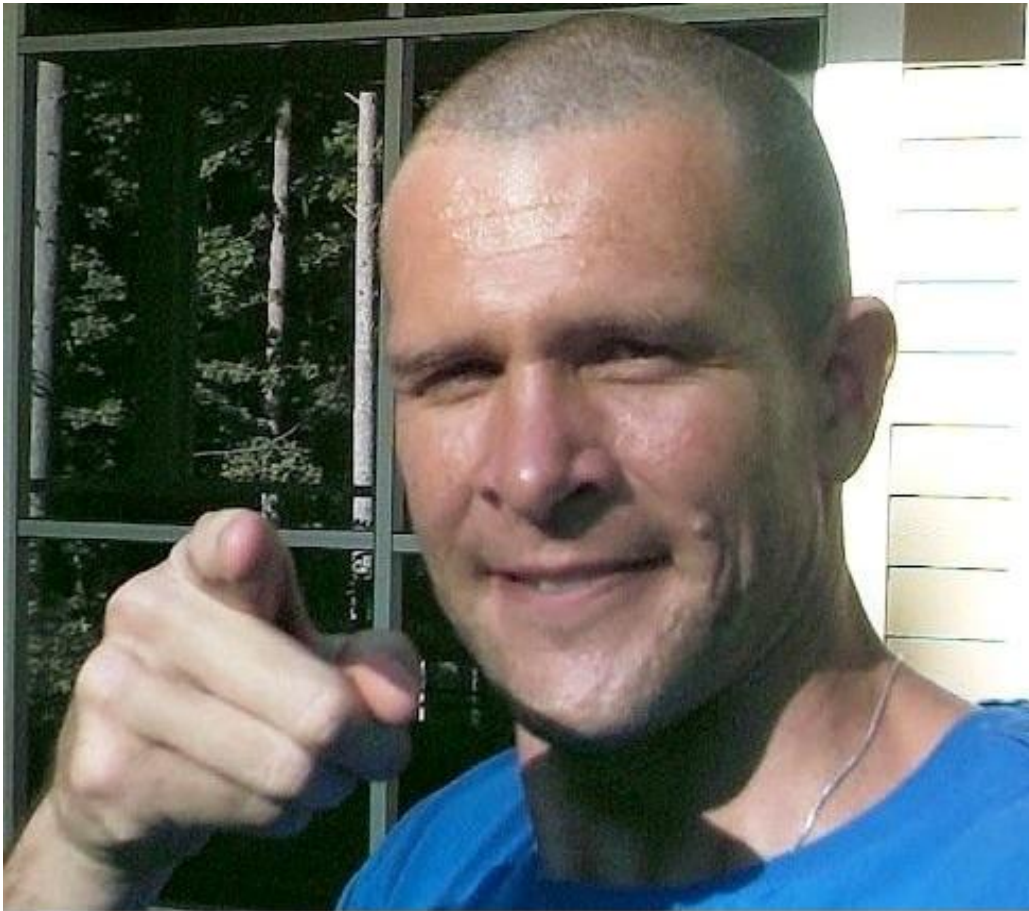


"I am an honest person, and it would be dishonest for me to say that I am anything but completely heartbroken by our still-non-vegan world ... I have watched the undercover videos and I have heard the animals' bloodcurdling screams for mercy; their shrill cries for help that haunt me every night and throughout every waking day ... And yet I so often put on this smooth, superficially happy face for you -- essentially lying to you, all so that you won't reject veganism (the message) because of me (the messenger) ... And yet I owe you honesty nonetheless, and the honest **Truth** is this: when murdering the innocent is judged as normal, then we must all openly & loudly reject the normal with everything we've got.

Please **wake up** and help me put an end to their suffering, my Friends. Please help me end this endless tragic nightmare ... Please **Go Vegan.**" ~ via SKW

(art by Leisa Jones)

The Big WHY ...
(10/19/2017)



I am not a vegan because it's *in* or *hip* or *trendy* or *cool* ... I am not a vegan because of what others might be forced to eat in the less fortunate corners of the world (including all those poor souls currently stranded on deserted islands) ... I am not vegan because our digestive tracts are quite clearly designed to process fruits and nuts and seeds and legumes, and I am not vegan because I believe we have evolved *far* past our barbaric past when we felt the need to murder others to survive ... I am not vegan because it is the single most effective thing I can do to combat global warming (and possibly halt the next Mass Extinction Event), and I am not vegan because a plant-based diet inevitably gives humans significantly longer and far healthier lives ... No, my Friends -- I am vegan for one reason and one reason only: I am vegan because consuming animals &/or their secretions causes them to suffer and die, because consuming animals &/or their secretions is completely unnecessary, and because it is wrong to cause other beings to suffer for mere personal comfort or pleasure ... It is wrong if I do so, and it is just as wrong if you do so, so *please stop* doing so ... Thank you.

When I was old enough ...
(10/20/2017)



"When I was old enough to realize that all meat was nothing more than a murdered animal, I saw it for what it truly was: an irrational and immoral way of using our power. It knew quite clearly that it was wrong to take a weaker thing and mutilate or kill it just because I was strong enough to do so -- it reminded me of the way bullies would oppress and emotionally torture younger kids in the schoolyard." ~ via River Phoenix

The chance to Save ...
(10/21/2017)



*LIFE IS BRIEFISH.
LOVE NOW.*

Maybe it is an abandoned dog or cat who you stop to pet or feed (or even adopt) ... Maybe it is a homeless man or woman on your street corner for whom you stop to give a hug and some change (or even a place to spend the night) ... Maybe it is a baby bird that has fallen from its nest for whom you stop to gently return to its home ... Maybe it is a turtle or a frog for whom you stop to help him cross a busy street ... Maybe it is a mink or a fox or a beaver for whom you stop to free them from the horrors of a fur farm ... And maybe it is the cow or the pig or the chicken you refuse to eat today.

It doesn't really matter to what species they belong or how they are acting or how they look or what others might think about them ... When you get the chance to save an innocent animal, save an innocent animal.

Thank you ... S

"The assumption that animals are without rights and the illusion that our treatment of them has no moral significance is a positively outrageous example of Western crudity and barbarity. Universal compassion is the only guarantee of morality." ~ Arthur Schopenhauer

Exterminating the suffering ...
(10/23/2017)



Whenever a non-vegan says, "Yeah, but cows would go extinct if we didn't farm them", it's not because they're genuinely concerned about the extinction of cows -- it's because they're genuinely concerned about the extinction of steak, cheeseburgers, and ice cream. ~ George Martin

A most bold Hypocrisy ...
(10/24/2017)



"The human baby is the least intelligent animal on the planet, no contest — unable to perform even the most basic of cognitive and physical tasks, it trails pitifully behind its animal counterparts of the same age in numerous areas. So why, then, whenever animals are systematically harmed in the food industry, do the same people who express open outrage whenever a human baby is harmed, justify the former by saying, "But they aren't as intelligent as us, so it's not the same"? And why do these same people not apply the outrage they feel for the harming of human babies to the harming of equally innocent non-human animals? How, as a society, have we managed to stoke and maintain this gigantic contradiction and not even recognize it? How is it that we are told to pour our hearts out for the suffering of someone who is less intelligent than us when he or she looks human, and yet put feathers or fur on that same victim and suddenly they become fair game? This is an outrage, truly — hypocrisy at its most bold; ignorance at its most destructive." ~ via George Martin

What IT feels like ...
(10/25/2017)

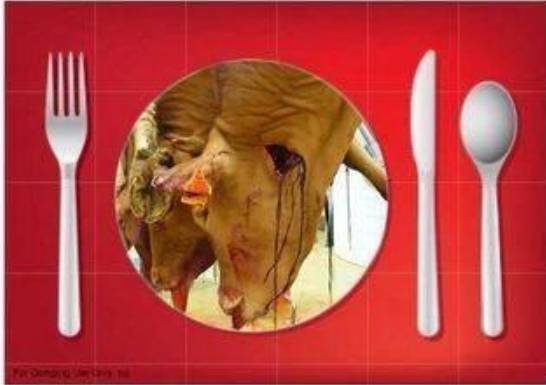


Ivan Makarov

"It doesn't take special insight or expertise to see that a hen confined in a tiny cage or living in an overcrowded coop is suffering, and it doesn't take a large measure of intelligence to imagine what her feelings must be when her eggs are taken from her or when she is immobilized upside down before having her throat slit. As humans, we arrogantly believe that we are capable of knowing just about anything that we want to know—except, ironically, what it feels like to be one of our own victims. We are told we are being 'overly emotional' if we care about a chicken or grieve a chicken's plight. However, it is not our emotion that is under attack here, but rather the very qualities that make us human – namely, our ability to empathize, our ability to show compassion, and our ability to feel indignity on behalf of a fellow sentient being who is in pain and calling for help." ~ inspired by Karen Davis

Refreshing the Debate ...
(10/26/2017)

violence & suffering



Peace & Compassion



Now what exactly are we debating again?

"A lot of people consider themselves indifferent on the subject of animal rights. And yet there is nothing indifferent about non-veganism. In truth, if you're not vegan, you directly pay for animals to be confined, abused, maimed, and murdered -- you are a direct cause of great & unjustifiable suffering, period. And as an adult who has ready access to the Truth about the animal agriculture industry, you cannot remain mildly apathetic as a non-vegan. Indeed, you are knowingly choosing to have animals brutally killed and you know it's 100% unnecessary for you to do so. That's not indifference -- that's direct participation and direct support ... Now indifference to animal abuse is not something to wear as a badge of honor either, and yet directly funding horrific acts of animal cruelty?!? Come on now! When you have the readily available (and far healthier) choice to be non-violent, it's not merely indifferent to directly choose a violent alternative. It's wickedness disguised as normalcy -- it's evil disguised as desire -- it's immorality disguised as habit -- it's barbarism disguised as convention." ~ inspired by Vegan Sidekick

Naming which Ones ...
(10/27/2017)



Question: which of the animal species shown above can be justifiably enslaved and abused as sources of education, clothing, entertainment &/or food?

Hint: If it takes you longer than 3 seconds to answer, you have been brainwashed and are a speciesist.

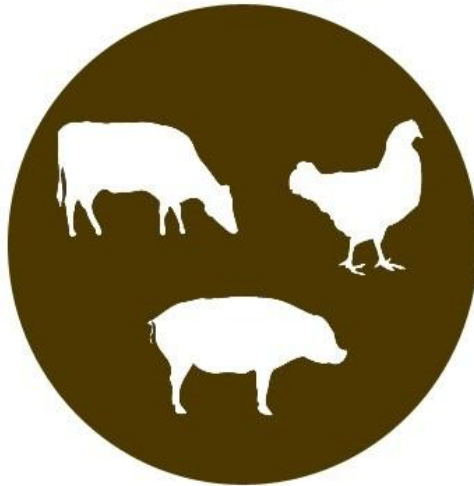
Blood off your hands ...
(10/28/2017)



To get the **MUD** off your hands, it is best to use soap & water ... To get the **BLOOD** off your hands, you have no choice but to *Go Vegan.*

When it ALL hits the fan ...
(10/29/2017)

Livestock Solid Waste:
1.37 billion tons / year



Human Solid Waste:
10 million tons / year



"Dear non-vegans,

Let's talk a minute or two about **SHIT** ... First of all, the innately innocent animals you knowingly eat and (ab)use are all essentially born on death row, and every single one of them is ultimately violently executed in their adolescence without ever having committed a crime -- which is some seriously sad **SHIT** ... Secondly, far more often than not (over 95% of the time) these same animals are treated like **SHIT** -- enduring a *shitty* birth, and living a *shitty* life until their brutally *shitty* death ... Thirdly, 'humane meat' & 'humane slaughter' are both fully oxymoronic and thus complete & utter **BULLSHIT** -- but you already kknow that ... Fourthly, while they are waiting to be barbarically killed, farmed animals produce tons & tons & tons of **SHIT** -- much of which finding its way into the rivers, streams, lakes, and aquifers that supply our drinking water (which is some seriously unhealthy **SHIT**) ... Fifthly, consuming animals and their 'by-products' makes you and your loved ones very sick -- which is some preferably avoidable **SHIT** ... Sixthly, the meat & milk industry is by far the number one polluter of air & water & land on Earth (which is some seriously short-sighted **SHIT**), and is also the industry primarily responsible for the imminent climate-caused Mass Extinction Event that will end up wiping out a large portion of all life on our planet within the next few hundred years (which is some seriously catastrophic **SHIT**) ... Seventhly, we give enough grains to 1st World-destined 'livestock' to feed every hungry man, women & child on Earth many times over -- which is some seriously greedy **SHIT** ... And finally, every single one of the above-listed atrocities are happening solely because you and non-vegans like you are still actively financing this **SHIT** ... And yet you can change all this **SHIT** -- if you simply alter your *shitty* attitude and adopt some non-*shitty* vegan ethics ... No **SHIT**, my Friends; living vegan is piss-easy, so cut the **SHIT** and get started doing so today." ~ via Anita Mahdessian

Down the Drain ...
(10/30/2017)



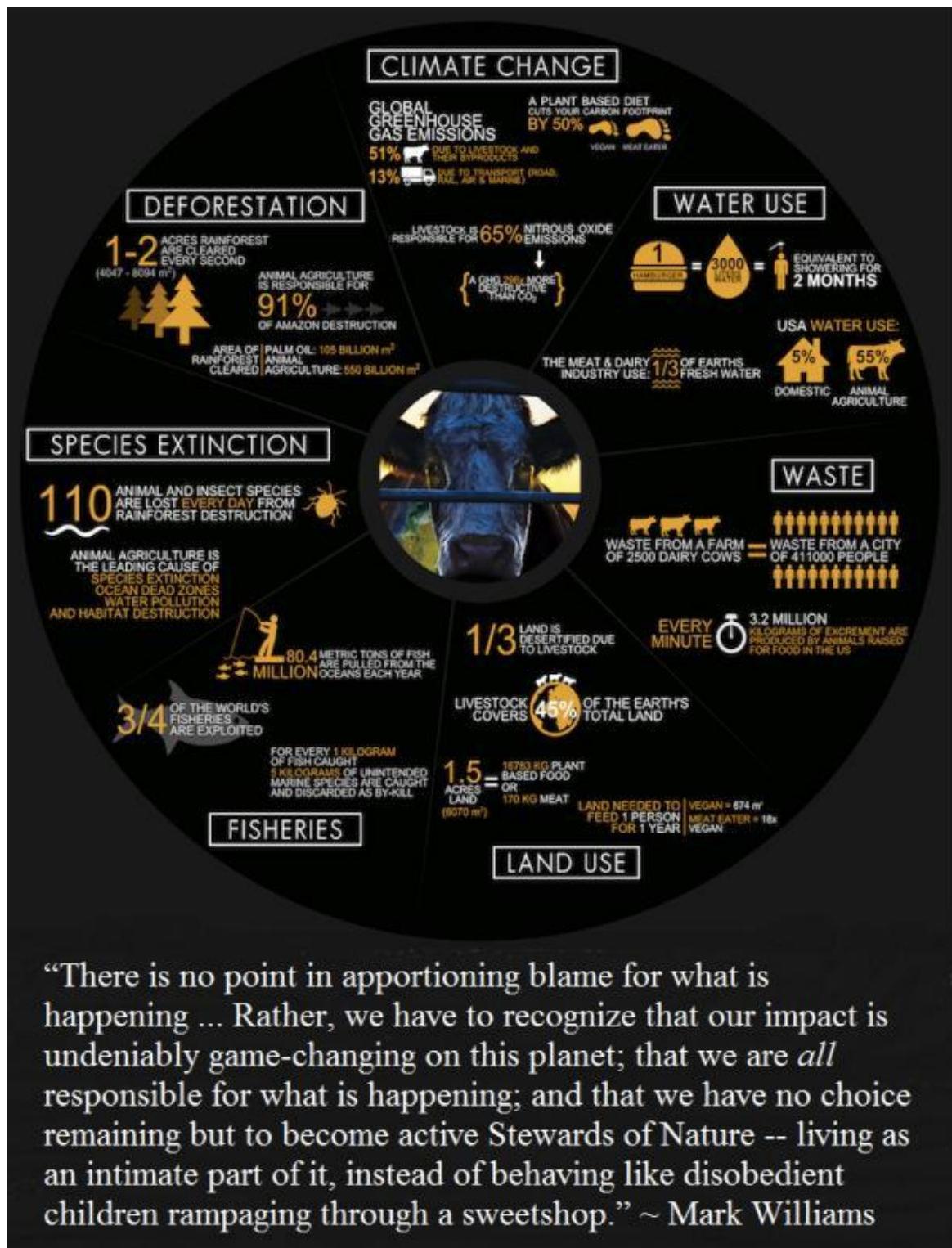
“Languishing in raising and murdering animals for the past 8,000 years, humans have become a desperately violent, subhuman species; where the concepts of higher destiny and expanded consciousness have for the time-being vanished. Now, in this distorted and corrupted psyche, humans kill non-humans in mass numbers without any conscience or remorse. And there is no doubt that this must change -- either that or the environment will kill off humans like the virus we are currently emulating. We humans are vegan by nature, and we must begin to act accordingly. It might take a few generations, and yet if we wait to be violently forced into this shift by the cycles of disaster that are already on their way, it will definitely be too late.” ~ G. Singh

In 200 years ...
(10/31/2017)



"If there are still people here in 200 years, they won't be living the way we live, because if people go on living the way we live, there won't BE any people here in 200 years." ~ Daniel Quinn

Laying (aside) the Blame ...
(11/01/2017)



“There is no point in apportioning blame for what is happening ... Rather, we have to recognize that our impact is undeniably game-changing on this planet; that we are *all* responsible for what is happening; and that we have no choice remaining but to become active Stewards of Nature -- living as an intimate part of it, instead of behaving like disobedient children rampaging through a sweetshop.” ~ Mark Williams

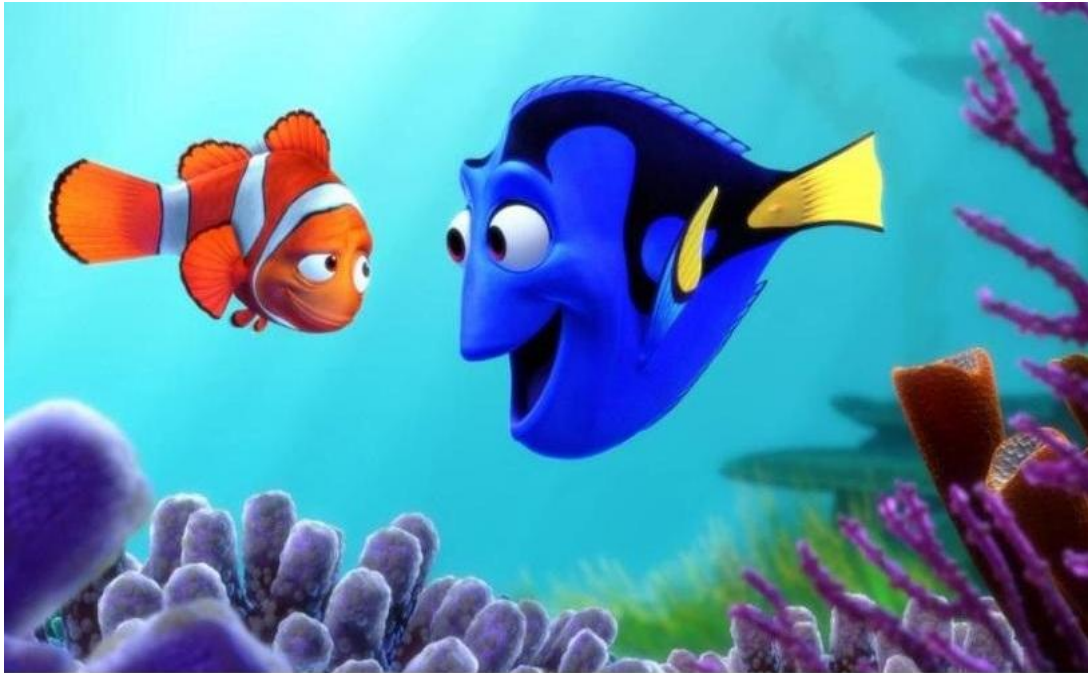
"Just as it was easy to dismiss *Uncle Tom's Cabin* as 'abolitionist propaganda' in the slave-owning South 175 years ago, it is easy to dismiss *Cowspiracy* in our animal-enslaving culture of today. And yet truth and justice beckon, and refuse to go away. Some of us are ripe enough to hear their summons, and for those who are indeed ready, *Cowspiracy* offers a crucial insight into how we can all, right now, quite effectively contribute to the healing of our world." ~ via Will Tuttle

Not nearly Enough ...
(11/02/2017)



"Being kind to animals is not enough, avoiding cruelty is not enough, and housing animals in more comfortable cages is not enough. Whether we exploit animals to eat, to wear, to entertain, or to learn, the ultimate success of animal rights hinges upon seeing to it that all cages become completely empty, not larger or more realistic or comfortable." ~ via Tom Regan

The Point of it ALL ...
(11/03/2017)



“So there are these two young fish swimming along and they happen to meet an older fish swimming the other direction, and the older fish nods at them and says 'Morning, boys. How's the water?' The two young fish swim on for a bit, and then finally one of them looks over at the other and says, 'What the Hell is water?'... Some would say that the point of this story is simply that the realities of life that are both the most obvious and the most important are also the ones that are often hardest to see and talk about. Of course, the true point of the story – the point that is both most obvious and most important – is that fish, just like humans and dolphins and dogs and indeed all other animals, are sentient, know fear & joy & love & suffering, and thus deserve to be treated with compassion and respect.” ~ inspired by David Foster Wallace

What Enlightenment Means ...
(11/04/2017)



Enlightenment means going
fishing, and purposefully
leaving one's hooks at home.

*Fishing may not seem like such a relaxing sport anymore, as scientists claim to have found that fish feel pain, just like humans ... One researcher believes fish have the same intelligence as other animals and consequently, people should care more for their welfare. Flying in the face of what is considered popular opinion, he added that fish have good memories and exhibit many behaviors seen in primates -- such as building complicated structures like specially-shaped sandcastles, as well as using tools. Associate Professor Culum Brown (of Macquarie University in Australia) noted that fish have very good memories, live in complex social communities where they learn from each other and keep track of one another; even developing practices akin to cultural traditions. And in 2003, scientists from Edinburgh documented the first conclusive evidence that fish consciously perceive pain, suffer while experiencing pain, and obviously avoid encountering additional pain thereafter.

All great Movements ...
(11/05/2017)



"All great social justice movements go through three stages: denigrating ridicule, informed discussion, and joyful adoption. And it is the realization of this 3rd stage -- joyful adoption -- that requires both our passion and our discipline; both our open hearts as well as our clear minds. We must never cease in striving for the fulfillment of this vision, for the fate of the animals -- indeed the fate of all life on Earth -- is in our hands." ~ via Tom Regan

Peace to ALL ...
(11/06/2017)



PEACE TO ALL

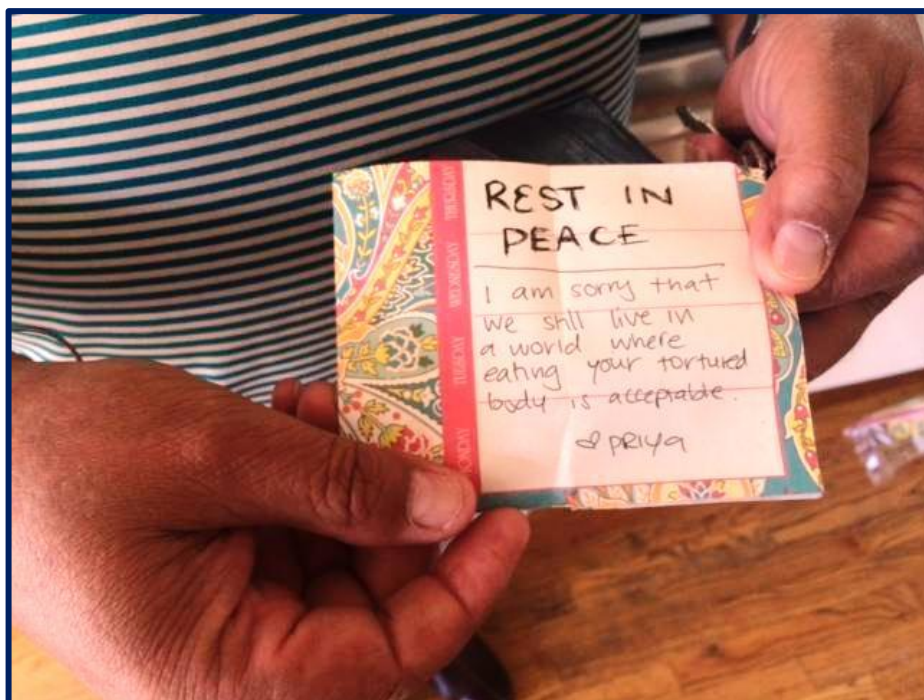
ANIMALS

"It is not an act of kindness or compassion to treat animals respectfully. It is an act of Justice and basic decency." ~ Tom Regan

The NOTE ...

(11/07/2017)

“My dad isn’t a vegan yet, but he cares about animals a lot. My dog, Mimi, is the light of my parents’ lives. If you come to my parents’ home, they’ll bombard you with stories of Mimi — her likes, her dislikes, and how she’s the princess of the house. Both of my parents wake up every morning and feed squirrels. My dad gives fresh, cool water to the birds, too ... Well, a few weeks ago, I went home and found a chicken curry dish tucked away in the downstairs fridge where my dad thought I would never see it. My parents weren’t home at the time, so I put a note on the pieces of the poor chicken’s body. I returned the next day and the chicken curry (half-eaten) was still there; I threw away the remains of the body and let my dad know. He was quite upset. “You can’t just throw food away. This is not right. People are coming over tonight. What are we going to eat?” I responded, of course, by saying, “This is not food, this is violence” ... Fast forward to a few weeks later, and my dad’s friend is over visiting. They are having a casual conversation, talking about family and friends. My dad’s friend asks, “What is Priya doing?” My dad immediately pulls my note out of his wallet and shares the story of what happened when I found chicken curry in the fridge. My dad’s friend, at first, didn’t really know what to say. A few moments later, he said, “Can I see that note again? I think I should stop eating animals, too.” My mom shared this story with me yesterday. So I went up to my dad and asked him if he had the note with him. He said he carries it with him every day... There are times when we think our actions aren’t having an effect. We become frustrated and come to the passive conclusions: “I should just be nicer. I should just be more uplifting.” We go to family dinners, and we become complacent to the violence being committed by our loved ones. We want to believe the best of people (and we should), and thus we respond by offering vegan recipes or by sharing health incentives. And yet, we come back to those family dinners and people are still eating animals and we wonder: What can we do to wake them up? What can we do to get them to change? ... There is no single solution, of course; no silver bullet that works in all cases. And yet the one tenet that remains true is that we must NEVER GIVE UP.” ~ Priya Sawhney



The Ultimate Betrayal ...

(11/08/2017)

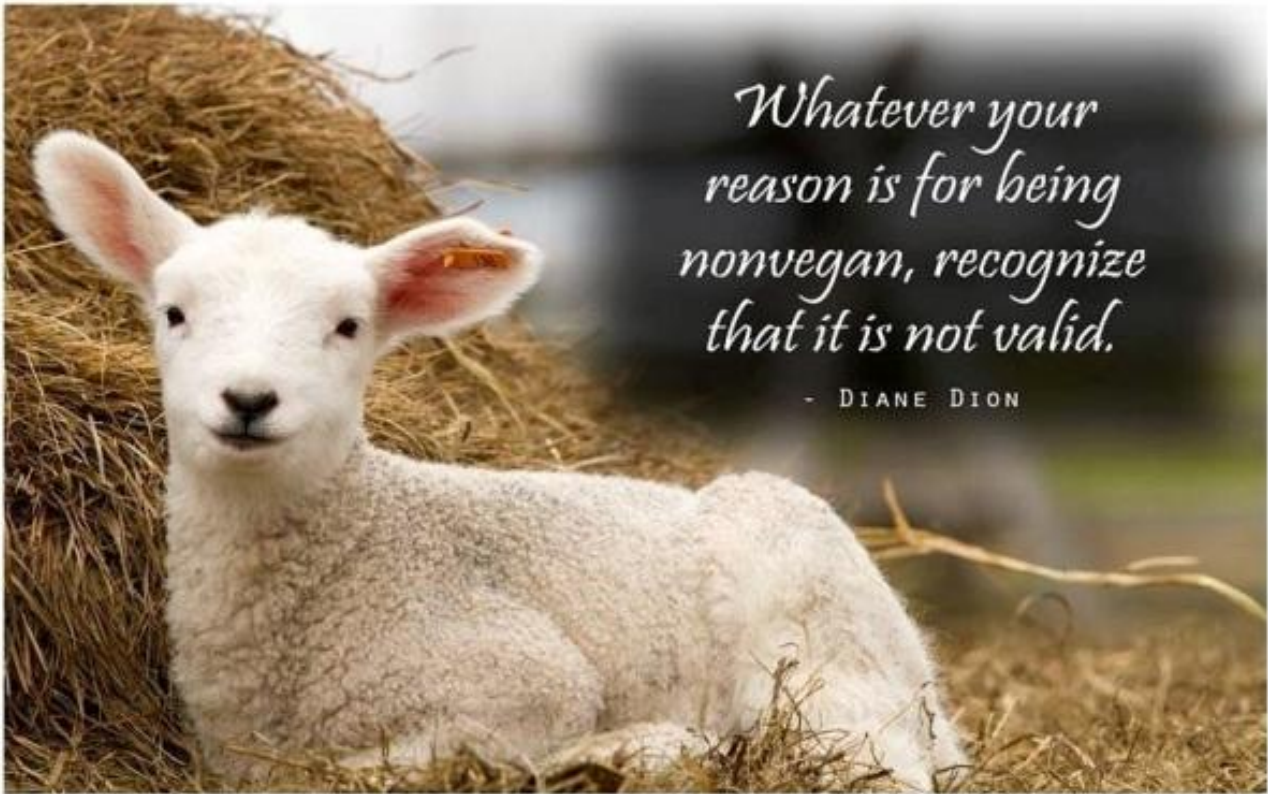
"Daddy, please don't make me do this!" she sobbed as she collapsed into her father's arms ... Those were the tormented words of a young girl at a county fair here in Ohio as she reluctantly turned over the cow she had cared for and loved for the past year and half to the highest bidder. Suddenly all the pride she felt in winning the blue ribbon seemed so hollow and pointless. And just as quickly, the reality of the moment hit her like a ton of bricks. She had betrayed her friend, a beloved and gentle creature, into the hands of a man who would soon have him killed and cut into pieces. Those who saw this tragedy transpire said that you could actually see the color leave the face of this young girl before she cried out, "What have I done? Oh God, what have I done!" As she clung tightly to the one she had betrayed, her sobs grew louder and the auction crowd quieter. And perhaps for a brief moment everyone there knew they were witnessing a great and grave injustice.

There is no happy ending to this story; no last minute reprieve or rescue; nothing to see here except the ultimate betrayal of trust and friendship ... I would like to think that this young girl now fully realizes the error of her ways and will choose compassion going forward. Far too often the members of 4-H and FFA are taught to harden their hearts and just "accept the inevitable" instead ... And yet all is not lost in this sordid tale. For in spite of the injustice and senseless murder of a defenseless, innocent animal, what happened at that auction did not simply fall on deaf ears ... For I was later approached by a woman who actually watched these very events transpire. And as she retold that same sad story, she got a far way look in her eyes and said that she has been troubled ever since by what she witnessed that day. "The sound of that young girl wailing in despair still haunts me," she said. "I can't get the image out of my mind of her trying desperately to cling to that cow as her father pulled her away." I then took a few minutes to share with her how I became a vegan after watching the documentary *Earthlings* and also how she could learn more about veganism; how she could adopt a lifestyle that in no way supported the travesty witnessed that day at the County Fair. She said she would watch it, thanked me, and walked away deep in thought.

We can never really know how or even when others will make the Vegan Connection, which is why we should never shy away from an opportunity to be a voice for Justice and Compassion for the animals. ~ via Dave Rogers

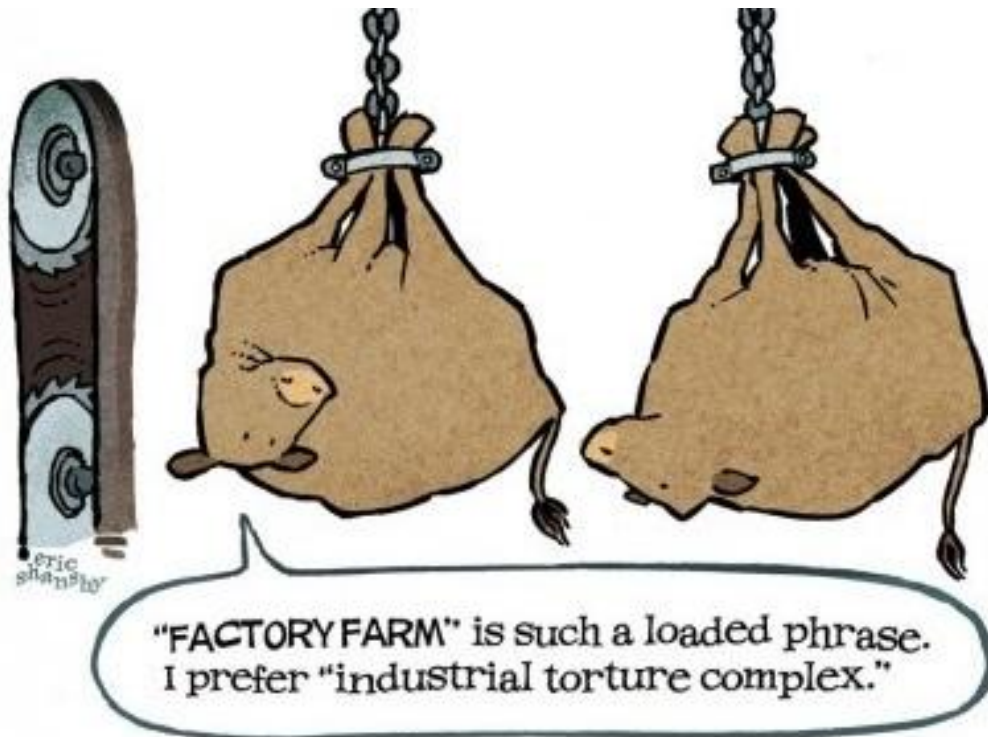


Whatever the Reason ...
(11/09/2017)



It's really quite simple: Vegans have simply woken up to the *fact* that animals have a basic sense of self-awareness; that they express individual personalities (which the latest research is finding even in fish), that they care deeply & tenderly for their offspring, that they exhibit emotional responses to environmental stimuli (which Darwin noted even in insects), that they develop deep & lasting friendships, that they fear death, that they respond to confinement with fear & intense pain with terror, and that they express rudimentary forms of communication amongst members of their own flock or herd or school – including the form of communication we humans know as “Love” ... As such, vegans simply recognize the simple *fact* that animals *are* indeed sentient, that animals *do* indeed suffer when they are unnecessarily enslaved, abused, and butchered (to slake the superficial lusts of us oft-wanton humans), and as such, that animals are privy to the same inalienable rights currently afforded to all humans -- the right to live free from enslavement, the right to build a life of happiness and fellowship without the unjust interference of emotional abuse or murder.

The dramatically Unkind ...
(11/10/2017)



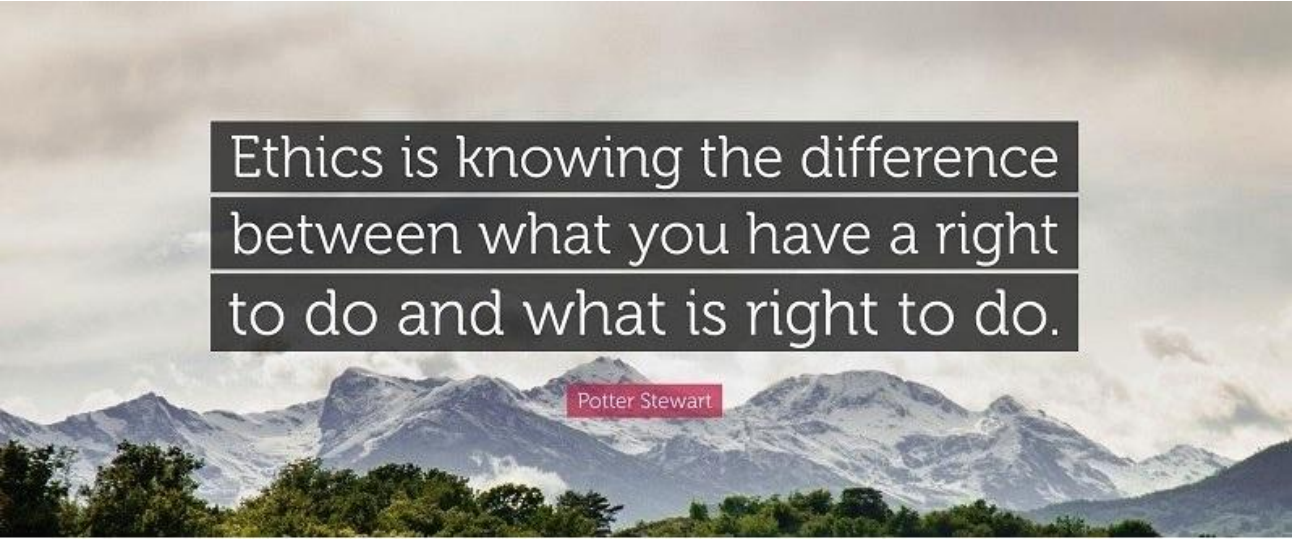
“If one person is dramatically unkind to an animal it is properly shunned as an act of cruelty, and yet when a group of people are dramatically unkind to animals -- especially in the name of profit or commerce, their equally cruel deeds are condoned and, once large sums of money are at stake, are defended to the last by otherwise caring people.” ~ via Ruth Harrison

Our blossoming Christhood ...
(11/11/2017)



“To love all beings in this life is a great boon to my burgeoning Christhood and a huge setback for my ever-insidious ego. To see all beings as myself, as my brothers & sisters, reminds me of my true identity; reminds me that all beings here – though wearing different external costumes – are essentially exactly the same. Indeed, the very same spark of Divinity is in me, and in you, and all our animal cousins ... And so I refuse to give my ego the satisfaction of seeing differences, for in doing so I keep ego alive and well – keep attack and violence and murder alive and well – keep separation and division and conflict alive and well – keep my own wants and desires met at the expense of others alive and well. And yet what I want to keep alive and well is unlimited Love; the Love that sees no differences – the Love that keeps what many call the Holy Spirit alive and well – the Love that keeps, peace, joy, oneness, happiness, and life itself alive and well ... And so I refuse to limit the Love I extend to others by extending it to only some and not all. Instead I treat all beings as we all should be treated – with respect, with dignity, with honor, and with Kindness. I acknowledge no differences between us – at least none that truly matter. And in so doing I exist as ONE. Whereas before separation and the tiny mad idea of my own superiority had me believing I was the gatekeeper of a living Hell, instead I now live a life that is harmless to all beings; founded upon an intention of Peace & Joy that lifts me from my previous insanity and delivers me fully from the delusion of separation. This how I become ONE with everything around me – this is why I act accordingly – and this is why all is finally well in my living.” ~ inspired by Joanna Blad

on Rights & Ethics ...
(11/12/2017)



Ethics is knowing the difference
between what you have a right
to do and what is right to do.

Potter Stewart

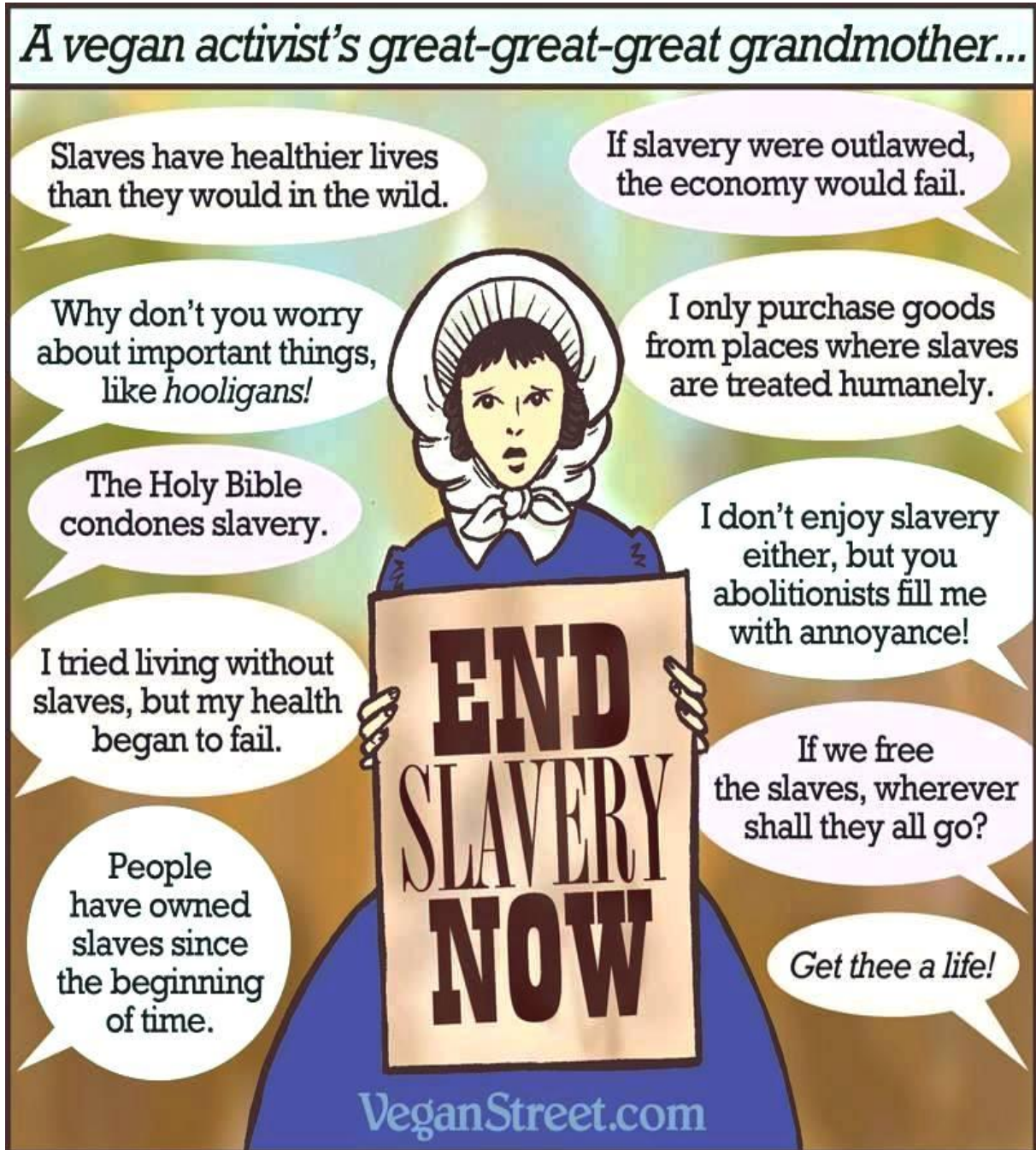
"There is a fundamental level of ethics that transcends those of any individual, belief system, or culture. These are the foundational ethics that subtly yet powerfully guide every human being in relation to our treatment of our fellow humans, our treatment of our animal cousins, and our treatment of the planet upon which we live. Essentially, they are the ethics that encourage the preservation of and respect for all sentient life. The scientific community has recognized animals as being fully sentient, meaning that they possess traits and abilities very similar to those of us humans -- the ability to recognize themselves, the ability to recognize others, the ability to long to live, the ability to feel tenderness towards their loved ones, and the ability to fear death and suffer when in pain. This fundamental ethic -- one that calls for the preservation of and respect for all sentient life -- should and does indeed extend to all non-human animals. The fact that we hunt, enslave, abuse, and murder over 60 billion non-human beings for our own mere pleasure each year is in direct conflict of and directly violates this ethic. It is NOT our right to arbitrarily decide which creatures should be preserved and which should be used, abused, and destroyed. And if we continue to violate this ethic -- an ethic that is fundamental to the ultimate survival of all life on Earth -- then the resulting consequences of doing so, consequences which are inevitable in their arrival and which will be fully commensurate in their magnitude, cannot be deemed as being anything other than fully just and well deserved." ~ inspired by Paul Graham

The arrival of The Time ...
(11/13/2017)



"The assumption that animals are without rights and that our treatment of them has no moral significance is an absolutely outrageous example of human crudity and arrogance. The time for the barbaric treatment of our animal cousins has past and the time for our caring stewardship of them has arrived ... Please act accordingly ... Please ***Go Vegan.***" ~ via A. Schopenhauer

To end all slavery ...
(11/14/2017)



"If you want to know where you would have stood on slavery before the Civil War, don't look at where you stand on slavery today. Look at where you stand on animal rights." ~ Paul Watson

An Ode to the ACTIVE ...
(11/15/2017)



An ODE to the ACTIVE ...

"You will be called crazy and extreme, and yet know that you are not. They will say you are naive and foolhardy, and yet know that you are not. They will tell you to 'get a life,' and yet know that few live a more meaningful one. For you are the Heroes engaged in a cause as important as any in the history of the world -- fighting against the systematic and needless confinement, torture, and slaughter of billions of animals; fighting against the ruthless destruction of our environment -- one that is bringing on an imminent climate catastrophe of global proportions; fighting against the millions of people needlessly suffering & dying from health conditions caused by eating animals and the effects of industrial farming; fighting against many millions more dying of starvation because grain that could have saved them is being wasted on animals far too soon sent to slaughter ... You are fighting against enormous odds, including a foe in the animal agriculture industry that will spare no expense to continue duping the public into believing a web of lies about the realities of eating animals and the wicked nature of agribusiness ... And yet when the thought of the suffering becomes too much to bear, know that your passion offers hope, know that your activism has indeed already changed and saved dozens of lives, and know that you are not alone. Keep holding those signs, keep handing out those leaflets, keep sharing those videos, keep boycotting those businesses, keep talking to strangers and friends and family, keep freeing those captives, and keep supporting those sanctuaries and animal rescues. Keep making the world a more humane place, my Friends -- one interaction at a time. And don't stop -- don't you ever stop. For you *are* making a difference. The world *is* changing for the better -- and you are the ones so changing it." ~ via Andrew Kirschner

Yet another resting HERO ...

(11/16/17)

12 years ago today, Donald Watson -- creator of The Vegan Society, coiner of the word *vegan*, & founder of veganism itself -- died at the age of 95.

A vegetarian for 20 years, Donald Watson became a *vegan* after learning about the horrors of milk production in the 1940's. He explained his decision as a purely ethical one, saying: "We can 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 the spiritual destiny of man is such that in time he will view with abhorrence the idea that men once fed on the products of animals' bodies." Critics at the time claimed that he could not survive on his proposed diet. As such, living to a healthy old age was important to Watson because he felt the need to show the healthiness of the vegan way of life, and because he refused to take any medicines -- owing to their link with the abject cruelties of animal testing and vivisection. "At 93," he said in 2004, "and never having taken medicines -- orthodox or fringe, I am proof that after a weak childhood in a meat-eating family, **VEGANISM WORKS.**"

God bless you, Donald Watson ... May you rest in Peace, and may you always be appropriately honored as the *HERO* of heroes you truly are.



"Veganism is nothing less than the ethical principle of choosing to live in such a way as to liberate all sentient beings from all forms of human exploitation -- primarily by refusing to use animals or their dead bodies as sources of food, clothing, labor, sport, experimentation &/or entertainment."

~ via **The Vegan Society**
(founded by Donald Watson in 1944)

An irrefusable Offer ...
(11/17/2017)



An offer you shouldn't refuse:

OK -- I will prove that I'm right about animals being sentient & that they suffer greatly when they are enslaved, abused & murdered to get into your belly **AND** I will prove that ingesting animals &/or their secretions dramatically increases the risk of you getting colon cancer, prostate cancer, diabetes, and heart disease **AND** I will prove that we humans do not need to murder & eat any animals at all to live long (actually much longer) and healthy (actually much healthier) lives **AND** I will prove that animal agriculture is indeed the number one cause of global warming **AND** I will prove that a climate-generated mass extinction event is indeed already on its way -- and that going vegan is now the only real chance we have to stop it from wiping out most (if not all) of the sentient life on Earth within the next few centuries ... I will offer scientific proof for all of these now-irrefutable **facts**, and in return YOU WILL **GO VEGAN**.

Sounds pretty fair to me ...

So what do you say -- **Are you in?**

Every single Action ...
(11/18/2017)

EVERY ACTION OF OUR LIVES
TOUCHES ON SOME CHORD



THAT WILL VIBRATE IN ETERNITY

~EDWIN HUBBEL CHAPIN

“When a choice involves our own self and no one else, then and only then we can truthfully call it a 'personal choice' – seeing as how a truly personal choice is a choice without victims. And as it turns out, being Vegan means trying our best to live without victimizing others in any way. So let's make all our choices truly personal, by making every choice a Vegan choice.” ~ via Elephant in the Room

All those Militant Vegans ...
(11/19/2017)



"So you think I'm 'one of those *militant vegans*' eh? Fair enough ... And yet I bet you don't even know what that term even means. Well, I'll tell you what it means -- A '*militant vegan*' is someone who openly says that it is ethically unacceptable to cause unnecessary suffering to innocent beings, and that it is morally wrong to kill other beings who clearly want to live. A '*militant vegan*' is someone who wants the whole world to know the atrocities that are being forced on defenseless animals in the vapid name of 'fashion' & 'fun' & 'food.' A '*militant vegan*' is someone who actively champions the rights of the oppressed against their oppressors and who tries to free the unjustly incarcerated from their imprisoners. A '*militant vegan*' is someone who refuses to in any way support an industry that regularly rapes cows and steals their babies from them. A '*militant vegan*' is someone who refuses to support an industry that brutally destroys male calves, piglets, and chicks merely because their living serves no profitable purpose. A '*militant vegan*' is someone who has chosen to dedicate his or her life to defeating the rancid evil that is animal agriculture -- an evil that not only tortures and exterminates billions of innocent animals every year, but also an industry that is steadily pushing humanity itself towards its next major Mass Extinction Event ... This is what being a '*militant vegan*' truly means, my Friend, and as such you can **feel free** to call me '*militant*' any day of the year!" ~ inspired by Annie Mags

What it means to be UGLY ...
(11/20/2017)



An Express Lane to UGLINESS ...

Regardless of what society might say to the contrary, there is truly *nothing uglier* than a human being who adorns him or herself with the suffering of the innocent ... And in truth, anyone choosing to wear "fur" or "leather" is doing nothing more than outing themselves as being someone who is either disturbingly ignorant or repulsively immoral ... *Wake up* and realize that "fur" & "leather" is nothing less than the actual *skin* of another sentient being -- a being who suffered a horrible death to essentially make you look like a callous jerk ... Snap out of it, my Friends. The year is 2018, and there are lots of ways to look good without supporting slavery, torture, and murder. Indeed, the year is 2018, and the only way to truly look good is to *Be Good* as well.

To truly LOVE animals ...
(11/21/2017)



"Non-vegans telling me that they 'love animals, but God put them here for us to eat' is just as ridiculous as Hitler saying 'I love Jews, but God wants me to commit genocide against them.'" It's as though -- for these people at least -- adoring a group of beings while simultaneously supporting the most horrendous things happening to that same group is not somehow wildly inconsistent and obviously hypocritical ... It's frankly beyond bizarre." ~ inspired by Ryan Phillips

To levitate Leviticus ...
(11/22/2017)



*“See, I have given you every plant yielding seed that is upon the face of the earth, and every tree with seed in its fruit. You shall have them for your food.” ~ **GOD** (Genesis 1:29, given BEFORE humankind’s Fall into sin)*

“In response to the person who emailed me citing cherry-picked passages from Leviticus to justify her consumption of animals: The Bible and religion in general have historically been used to justify rape, incest, infanticide, murder, war, racism, sexism, homophobia, slavery, and many other acts of violence, oppression, and persecution. Does any biblical or religious precedent make any of these atrocities less repugnant today to any person who is decent and compassionate? Of course not! Indeed, you can cherry-pick as many passages from any Stone Age text you want to support animal suffering for human pleasure or profit, and you can use your religion as an excuse to participate in any barbaric practice you wish -- **OR** -- you can stop invoking awful arguments to justify your sinful behaviors, and you can *start thinking for yourself* and taking a far more mature & moral responsibility for your actions.” ~ via Robert Grillo

Of course *Eden was vegan!* I mean, what kind of God would create animals to be used as food but then also make those same animals sentient and thereby cause them to suffer incredibly when consumed? I'll tell you what kind of "god" would do such a thing – a most wicked “god” in deed – a “god” most modern-day Christians still call *Satan* to this very day.

A thumpin' Thanksgiving ...
(11/23/2017)



To give true Thanks ...
(11/24/2017)



As you give thanks for what you have, please do not celebrate by participating in the suffering and death of another. Please do not take what is not yours to take.

Please do not participate in the injustice of animal exploitation. Give thanks by appreciating the peace in your heart that you celebrate and extending that peace to all other humans and to nonhumans.

- Gary L. Francione

Go vegan. Educate others. Adopt/foster. | www.abolitionistapproach.com

clearly NOT livestock ...
(11/25/2017)

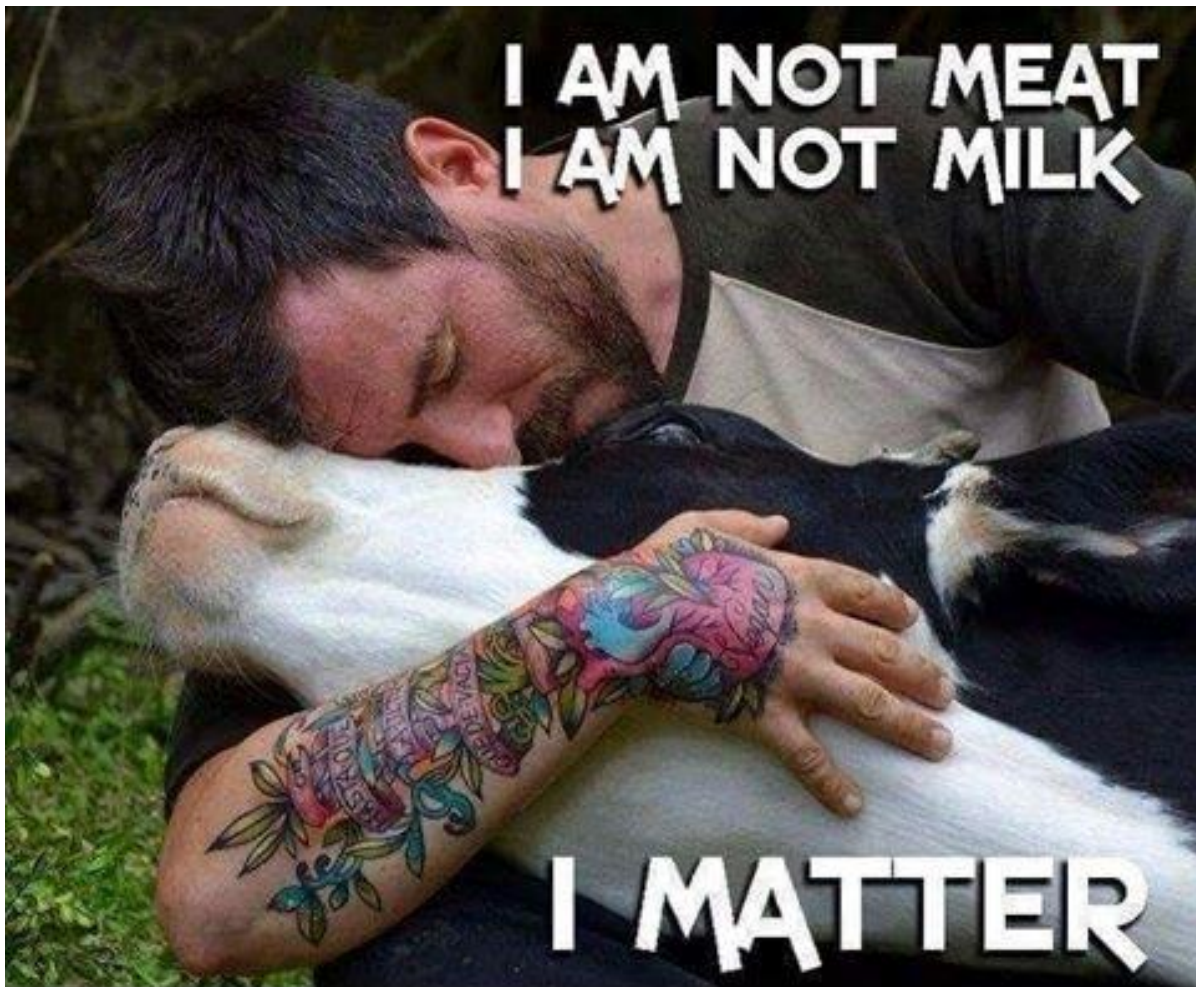


THEY ARE LIVES

Please *WAKE UP* and *see them* as they truly are ... Please **GO VEGAN** ... Thank you.

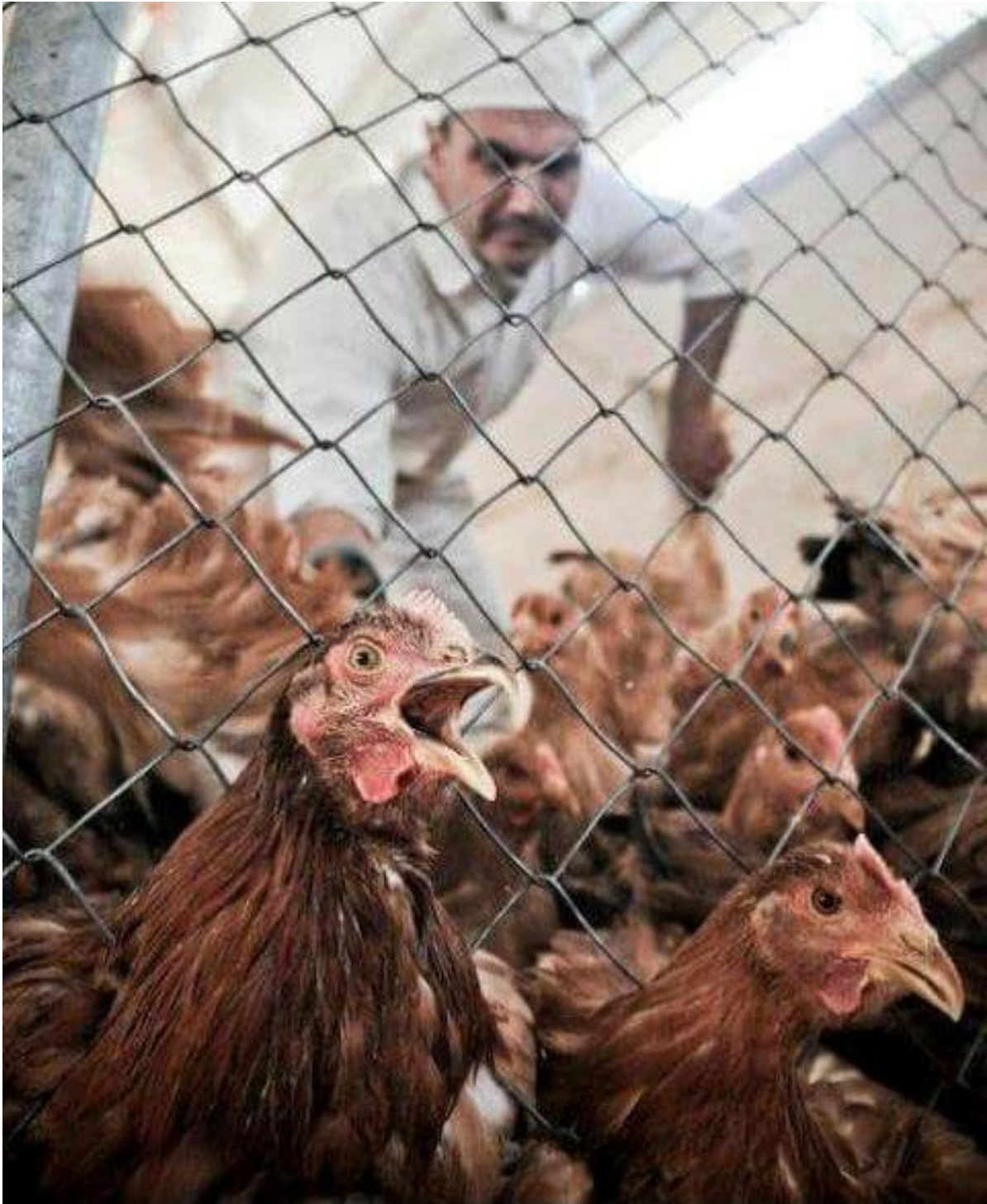
Neither & Nor ...

(11/26/2017)



Cows are highly intelligent and friendly animals who frequently form long-lasting, deep bonds of friendship with other cows and even human caregivers. Cows form extremely complex social groups and tend to choose their herd leaders for their intelligence, courage, and social skills. Cows are smart and sophisticated animals who understand cause-and-effect relationships -- a clear sign that they possess advanced cognitive abilities. Not only do cows swiftly figure out solutions to problems, but also respond in ways that show them to find problem-solving to be exciting. Most important of all, much like humans, cows deeply mourn the deaths of those they love. They shed tears over the loss of friends, and the bond between a mother cow and her calf is particularly strong -- with cows being widely known to cry out in intense distress for days after being separated from their calves.

a fully irrelevant betterment ...
(11/27/2017)



“You 'eating less meat' means absolutely *nothing* to the animals who still get murdered to satisfy your lust for taste and comfort.” ~ via Sandra Higgins

WHO you call them ...
(11/28/2017)



You call their tortured bodies "**meat**" and their stolen secretions "**milk**", and thereby somehow rationalize the immense suffering that preceded the same. You intone the words "**organic**" and "**humane**" in order to somehow validate the dead flesh forcibly taken from unwilling victims. It is your greed that creates a heavy demand for these murders, and it is your apathy that feebly seeks to excuse the devastating destruction they wreak on the helpless and the innocent ... You still have free will, and are in no way required to "tow the line" of murder and mayhem ... You have the blessing of free will, and are thus allowed to choose wisely -- are thus allowed to choose morally -- are thus allowed to *choose Vegan* instead.

Moby's Epiphany ...
(11/29/2017)



“But anyway, here's the epiphany: I was sitting on some stairs with my cat Tucker some 27 years ago and I thought, ‘I love this cat. I would do anything to protect him and make him happy and keep him from harm. He has four legs and two eyes and an amazing brain and an incredibly rich emotional life. I would never in a trillion years think of hurting this cat. So why in the world am I eating other animals who also have four (or two) legs, also have two eyes, also have amazing brains, and also have rich emotional lives?’ And so it was that sitting on those stairs in suburban Connecticut with Tucker the cat I became a vegan.” ~ Moby

Loud & Proud ...
(11/30/2017)



As advocates for Truth & Justice in a society that promotes injustice and deception, we will always encounter resistance. Others will attempt to silence us, and censor us, and ridicule us, and beat us down. Even our supposed allies will often turn against us and tell us to "be more polite" or "make less waves" or "be more appropriate" ... And yet as advocates for the tortured and the abused, we must *always* openly & courageously promote veganism as a moral imperative -- we must *always* remind the still-ignorant (or worse, the still-uncaring) masses that veganism is the bare minimum; that veganism is not the end of our social justice movement, but rather its mere beginning. How people choose to deal with their ethics and their actions after hearing our summons is their own business, and yet we should never confuse the unwavering mandate of our Calling with the actions others do or do not take thereafter. Our message is just, our message is compassionate, our message is right, and our message must prevail. And because this is so, our message must remain prevalent, our message must remain clear, our message must remain loud, and our message must remain undeniable.

The most important Step ...
(12/01/2017)

The first and most important step to dismantling an abusively dysfunctional system of oppression & violence is to openly & fully cease to support it.



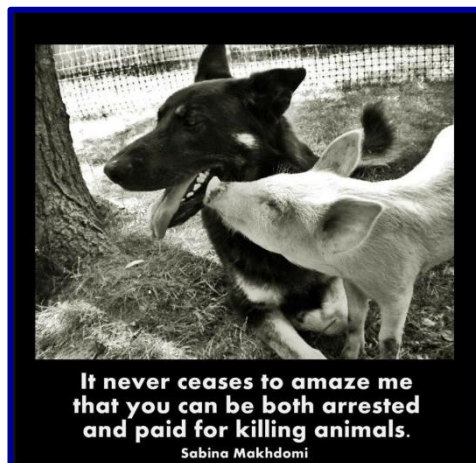
There is *Vegan* and there is *non-vegan*. They are direct opposites and there are no shades of grey in between. Being *Vegan* means that we utterly reject slavery and denounce treating other sentient beings as mere property, while being *non-vegan* means we support and indeed, as consumers, overtly *demand* the enslavement, torture, and brutal murder of 1000's of innocent sentient adolescents -- all of them innately gentle beings who are repeatedly abused and ultimately destroyed on our farms and in our slaughterhouses.

Vegans take the rights of others seriously enough to stop funding their exploitation.

-quotesonslavery.org



Making no Sense ...
(12/02/2017)



Getting STRONG ...
(12/03/2017)



"Each and every one of us has the ability and indeed the obligation to contribute to making our world a better and fairer place. Going vegan is one of the best ways we can do so, and anyone can become a vegan these days quite easily ... There really are no more excuses available."

~ Patrick Baboumian (Germany's 2011 strongest man & current yoke walk world-record holder)

When applied to Evil ...
(12/04/2017)



"It seems quite clear to me that when a child awakens to the fact that they are indeed eating the flesh and or secretions of a sentient being, and wishes to go vegan in order to cease causing those animals to needlessly suffer and die, then the very last thing we should do is suppress that blossoming sense of Love, Justice & Compassion. Indeed, it seems quite obvious that these are precisely the values that we as moral adults should want to encourage in our children -- rather than force them to adopt the disconnection, abject violence, and raw selfishness of non-veganism." ~ via Gary Smith

After the TRUTH ...
(12/05/2017)



***So ... What did you do once you finally learned
the Truth about the animal agriculture industry?***

In the summer of 2012, an international group of prominent scientists signed *The Cambridge Declaration on Consciousness*, a report in which they proclaimed their full-fledged support for the truth that animals are conscious and aware -- essentially to the same degree that we humans are. So science has finally started catching up with what any even mildly attentive dog or cat "owners" have already long-since known -- fantastic news, truly. And yet will this "discovery" make any real difference? Will this "discovery" finally wake humanity up? Will this "discovery" of the blatantly obvious finally be enough to get us to stop treating equally sentient farmed animals in abjectly unnecessary and fully inhumane ways? ... I wonder.

"The absence of a neocortex does not appear to preclude an organism from experiencing affective states. Convergent evidence indicates that non-human animals have the neuroanatomical, neurochemical, and neurophysiological substrates of conscious states along with the capacity to exhibit intentional behaviors. As such, the scientific evidence is increasingly indicating that humans are not at all unique in possessing the neurological substrates that generate consciousness." ~ via The Cambridge Declaration on Consciousness (July 2012)

The bullshit about dairy ...
(12/06/2017)

“HUMAN REASON CAN EXCUSE ANY EVIL”

— VERONICA ROTH



Organic, free range, grass fed, and welfare approved are all nothing more than hollow labels -- clever marketing ploys designed to trick humans into feeling somehow better about directly contributing to the abuse and murder of the helpless and the vulnerable ... And if you are still consuming dairy products -- even dairy products labelled *humane*, then you are living proof that their wicked little ploy is still working ... Please *wake up*, my Friends ... Please **Go Vegan** and help stop this madness ... Thank you ... *S*

the DO-all; BE-all ...
(12/07/2017)



"Veganism is the Swiss Army Knife of the Future -- one single tool solves all our ethical, all our economic, all our environmental, and all our health problems; and ends animal cruelty forever to boot." ~ via Philip Wollen

The strong impulse of Justice ...
(12/08/2017)



*“Whenever I hear anyone
arguing in an attempt to justify
slavery, I feel a strong impulse to
see it tried on him personally.”*

~ Abraham Lincoln

There's just no Way ...
(12/09/2017)



***Humane Meat:** the refusal to harm the innocent being you are about to murder.*

***Newsflash:** there is no way to "humanely" kill someone who does not want to die.*

LOVE is The Way ...
(12/10/2017)



*There is no way to Love, for LOVE is The Way.
Please awaken to this simple Truth, and
then please start acting accordingly.
Please Go Vegan ... Thank you.*

The myth of humane violence ...
(12/11/2017)



"You can't do
anything violent
humanely." –
James Wildman

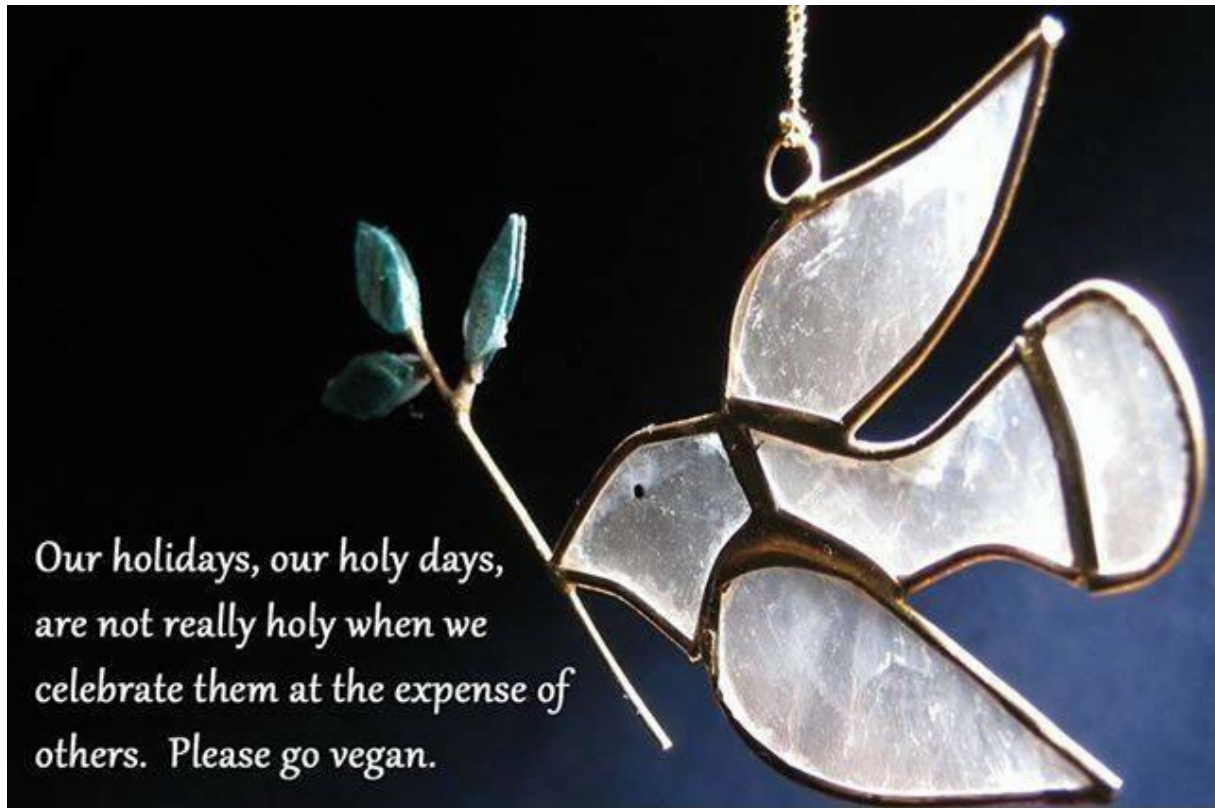
Each one a Someone ...

(12/12/2017)



"We did not know you, and yet we mourn you. We did not know you, and yet we know that your life mattered to you. They brought you into this world to be slaughtered. They considered you to be a mere commodity -- meat for the market; a thing, not a being; a unit of commerce, not a subject of life itself. Your value was assessed by what they could extract from you -- usable, consumable, expendable ... We did not know you, and yet you existed once, and we honor your passing. We look beyond the lifeless form your corpse now takes, and see the bones, flesh, muscles, nerves, arteries, and veins of a living being -- a living being like all others -- fellow beings, breathing, hearts beating. Just like us, individual beings whose lives mattered to them. Like us, conscious -- personal perspectives of pain & pleasure. Like us, sentient-- able to experience happiness, and terror, and loneliness, and joy ... You exist and you are not expendable. You are not our property, and you are not ours to enslave and use. Each one of you is someone, not something. You are all our brothers and sisters on this Earth, and it is time for us to start treating you accordingly." ~ inspired by Robb Curtis.

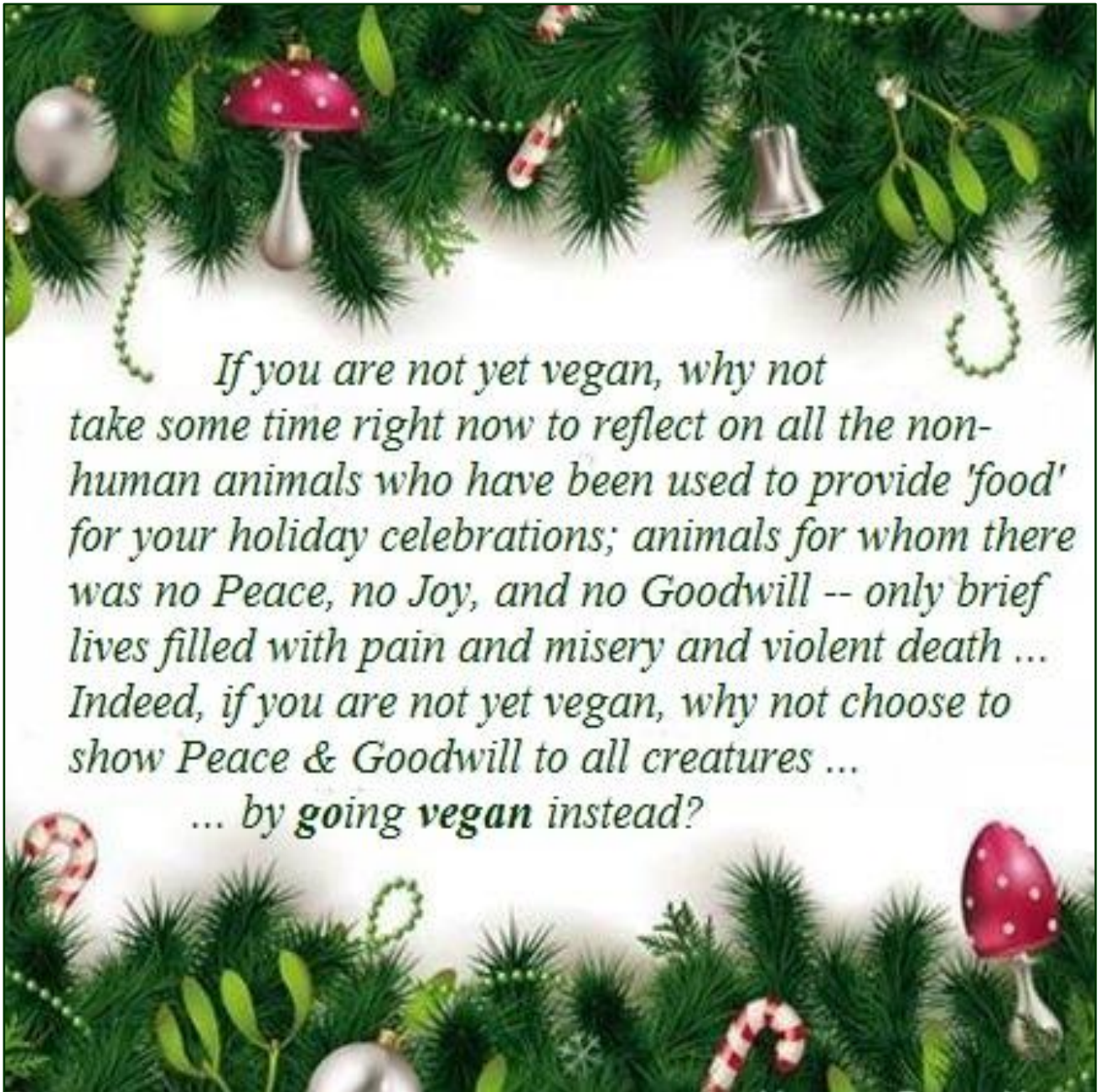
Making holidays Holy ...
(12/13/2017)



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

"How can we be truly compassionate and deeply spiritual beings and at the same time go along with the mass terror inflicted upon millions of animals a year and the unnatural treatment of the animals under our collective care (from their enslavement to their rape to their mutilation to their murder)? You may turn your head from the 'ugly' information out there proving this simple truth, and yet that doesn't eliminate the patent truth of that ugliness ... I hear a lot of talk about being spiritual these days, and yet I see almost no 'walking' of that spirituality. Indeed, it is not enough to merely talk the holy talk. For to be a true spiritual being -- in truth, to be a full-fledged Human Being -- requires that we have the courage to walk that talk and then talk that walk every minute of our every day." ~ Meria Heller

For all you Not-yet-Vegans ...
(12/14/2017)

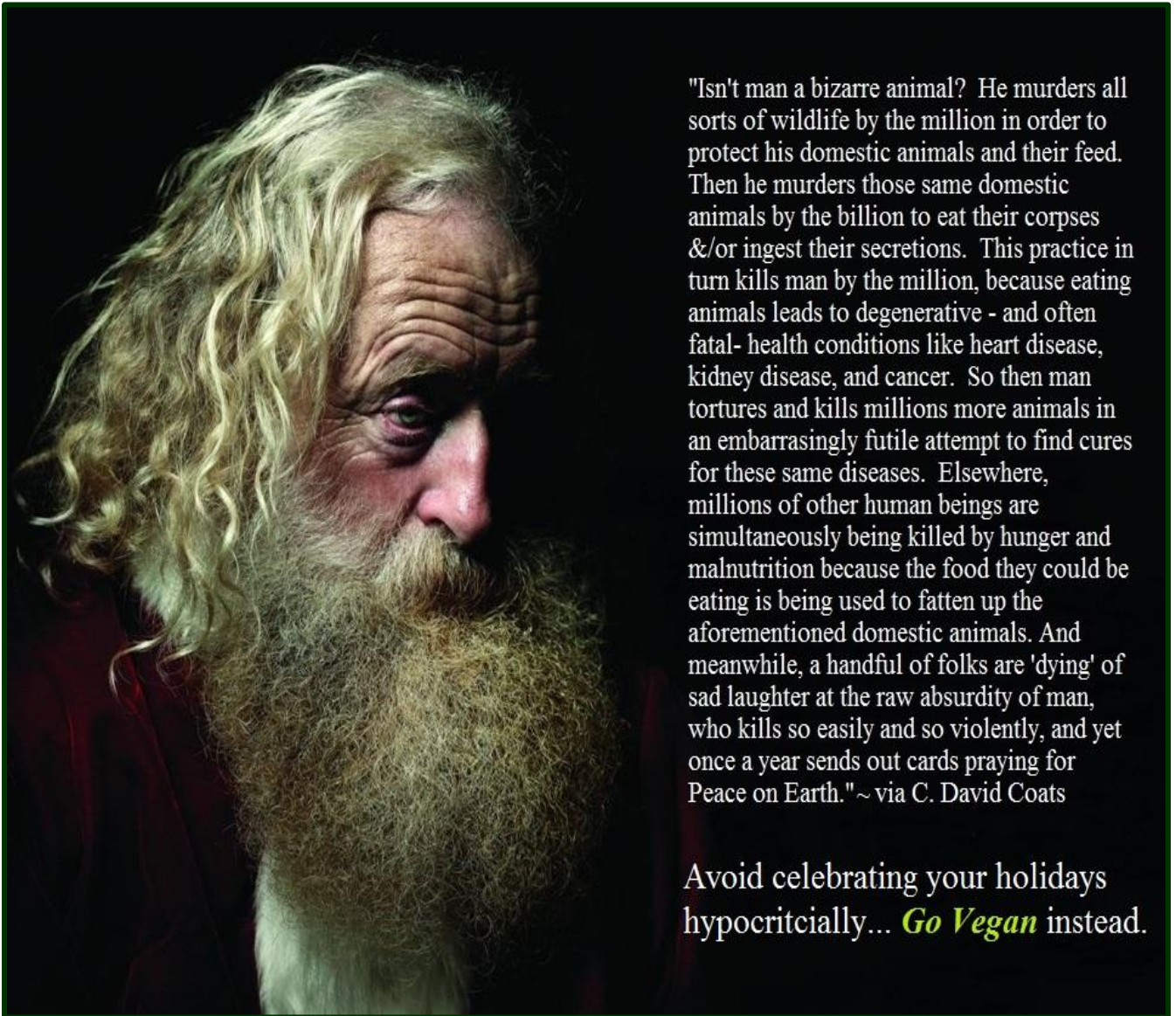


*If you are not yet vegan, why not take some time right now to reflect on all the non-human animals who have been used to provide 'food' for your holiday celebrations; animals for whom there was no Peace, no Joy, and no Goodwill -- only brief lives filled with pain and misery and violent death ... Indeed, if you are not yet vegan, why not choose to show Peace & Goodwill to all creatures ...
... by **going vegan** instead?*

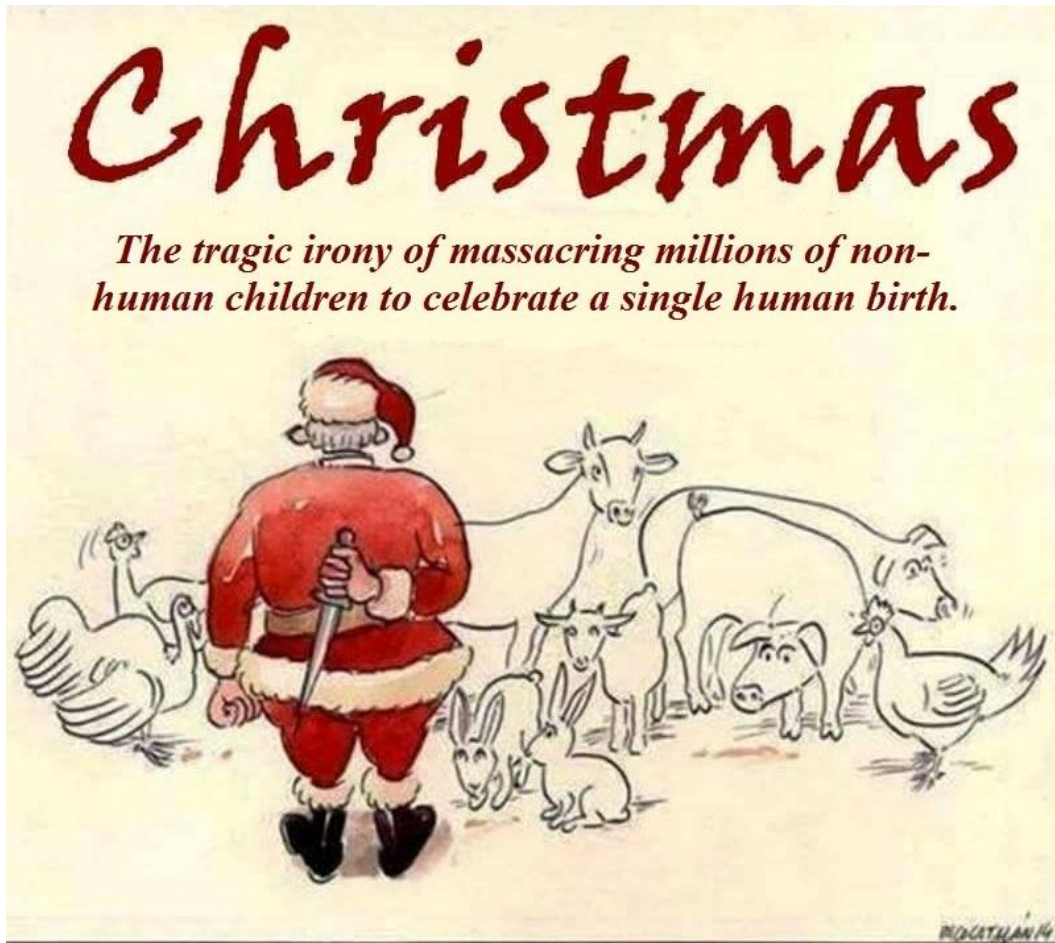
*“If you aren’t **Vegan** go ahead and put your ‘peace fingers’ down. You cannot claim to be for Peace on Earth while demanding, funding, and supporting the pain, suffering, exploitation, and murder of the most perfectly innocent beings on the planet.” ~ anonymous*

The saddest Santa ...

(12/15/2017)



*A most tragic Irony ...
(12/16/2017)*



“The best way to identify a person's current character is to notice how she treats those who can't do her any good, as well as how he treats those who can't fight back.” ~ via Abigail van Buren

A story of exploitation, abuse and murder

THE MOST METICULOUSLY PLANNED MASSACRE OF INNOCENT CREATURES.

Merry Christmas!

"Refrain at all times from all foods as cannot be procured without violence and oppression." ~ Thomas Tryon

ANIMAL LIBERATION WORLDWIDE

The silence of The Church ... (12/18/2017)

So, my dearest Pope Frank, I was wondering the other day -- if it is true as you say that "every act of cruelty towards any creature is contrary to human dignity" and if it is also true as you say that "the Bible has no place for a tyrannical anthropocentrism unconcerned for [the well being of] other creatures", then why haven't you come out and advocated for veganism? I mean, Jesus quite clearly despised hypocrisy, and you are supposed to be a living mouthpiece for Christ, so I'm frankly left to wonder -- what's with all the hypocrisy, my Friend?



"130 years ago, the church was silent because they were only Blacks. 60 years ago, the church was silent because they were only Jews ... Today, the church is silent because they are only animals."

~ Christa Blanke

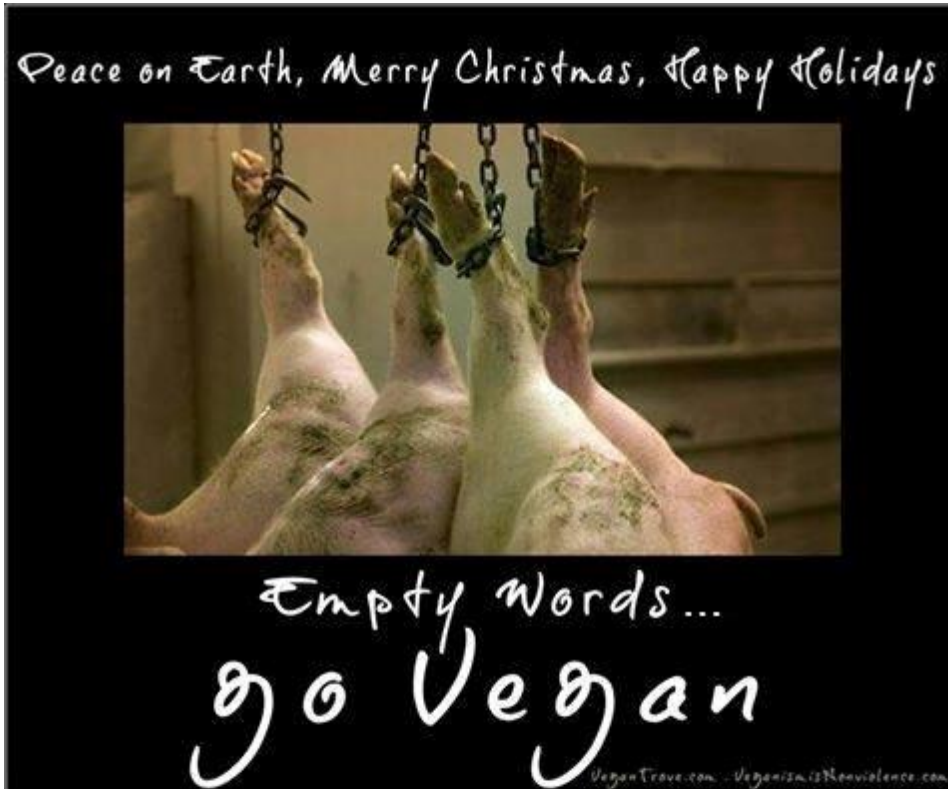
The Dairy Delusion ...
(12/19/2017)

Before you laugh at children who still believe in Santa Claus, maybe you should remember that there are far more adults out there who still believe that a cow's milk is meant for humans...*






*Dairy farming is as unnecessary as it is offensive. At its core, dairy farming is based on the full-on exploitation of female reproduction (a.k.a. repeated rape) and the full-on destruction of motherhood (a.k.a. kidnapping & infanticide). Even on the most "humane" of dairy farms, calves are stolen from their mothers shortly after birth, and the milk that is intended for baby cows is stolen and given to humans, beings who not only have no nutritional need for that milk, but also beings who suffer from a host of chronic diseases when they ingest the same.

So much more than Things ...
(12/20/2017)



"Pigs, and basically all animals, are beings and not things. In addition, they are not merely sentient -- they are much more than that. As such, killing them is not only a horribly violent act, it is prematurely ending the life of a feeling being. It's not innocuous, and it's anything but benign ... People tend to think that killing an animal is acceptable if the animal is raised well ... I want people to realize that there is no such thing as happy meat. There are happy pigs, like the pigs who live on farm sanctuaries, and yet *there is no such thing as happy meat.*" ~ via Bob Comis (ex pig farmer)

THIS CHRISTMAS DON'T ASK FOR "PEACE ON EARTH" WHEN YOU ARE EATING CRUELTY AND VIOLENCE



NOTHING IS WORTH THIS MUCH SUFFERING ...

THIS CHRISTMAS CHOOSE LIFE OVER DEATH.
This Christmas **Choose VEGAN!**

"Many see veganism as involving a sacrifice. And yet we can't sacrifice something we never had a moral right to in the first place. Indeed, for you to say that you are 'sacrificing' by not exploiting animals is like saying you are 'sacrificing' by not committing murder or robbery or rape." ~ Gary L. Francione

Letting it be So ...
(12/21/2017)

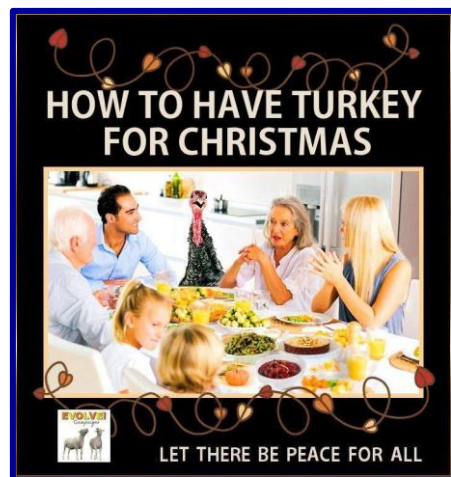
Christmas Fun Things

I think my two most favourite Christmassy things are the praying for peace on earth part and the bit where we slice open a turkey's throat so he bleeds to death.

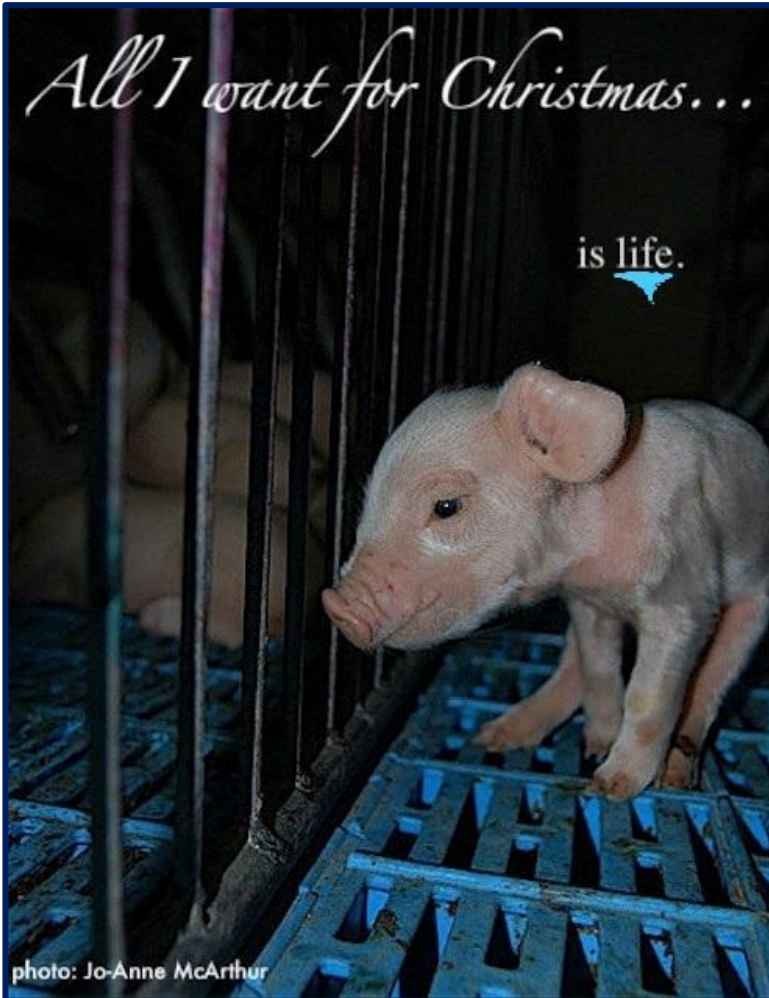


I wish I could speak turkey language so I could tell him all about the peace, love & kindness of Christmas

www.Skoolio4Vegans.com



All they want for Christmas ...
(12/22/2017)



Fact: 97% of humans have ready access to healthy, plant-based foods, and yet choose to eat animals anyway. To do so is to intentionally cause another sentient being to suffer & die solely for personal pleasure, and thus to do so is morally inexcusable ... Indeed, harming others for mere whim or comfort violates the fundamental ethical code to which the vast majority of us subscribe. In truth, most of us rightfully find dog fighting to be repulsive, if for no other reason than we know it is wrong to derive satisfaction from the unnecessary suffering of others. And yet if it is wrong to harm animals for mere pleasure, then it must be just as wrong to kill them for mere pleasure as well. And since we can live long & well without causing others such unnecessary harm, isn't it time we started doing so?



The highest form of LOVE ...
(12/23/2017)



Let living vegan be your gift to the animals this Christmas.

"Compassion may be seen as the highest form of Love, for it is the Love of the divine whole for all its parts and is reflected in the Love of the parts for each other. It includes the urge to act to relieve the suffering of others, and this urge requires us to evolve greater wisdom and inner freedom to relieve suffering ever more bravely and thus ever more effectively. Compassion is thus both the fruit of evolution and the driving force behind it." ~ Dr. Will Tuttle

Bringing PEACE on Earth ...
(12/24/2017)



Peace on Earth ...
with justice & goodwill for all earthlings

"We will never have peace as long as we maintain suffering and death on our dinner tables ... Indeed, if we hope to one day know real peace for ourselves, we must first make peace for those whose lives are veiled in violence." ~ inspired by Gary Francione & Patrick Lindsay

It really isn't rocket science ...



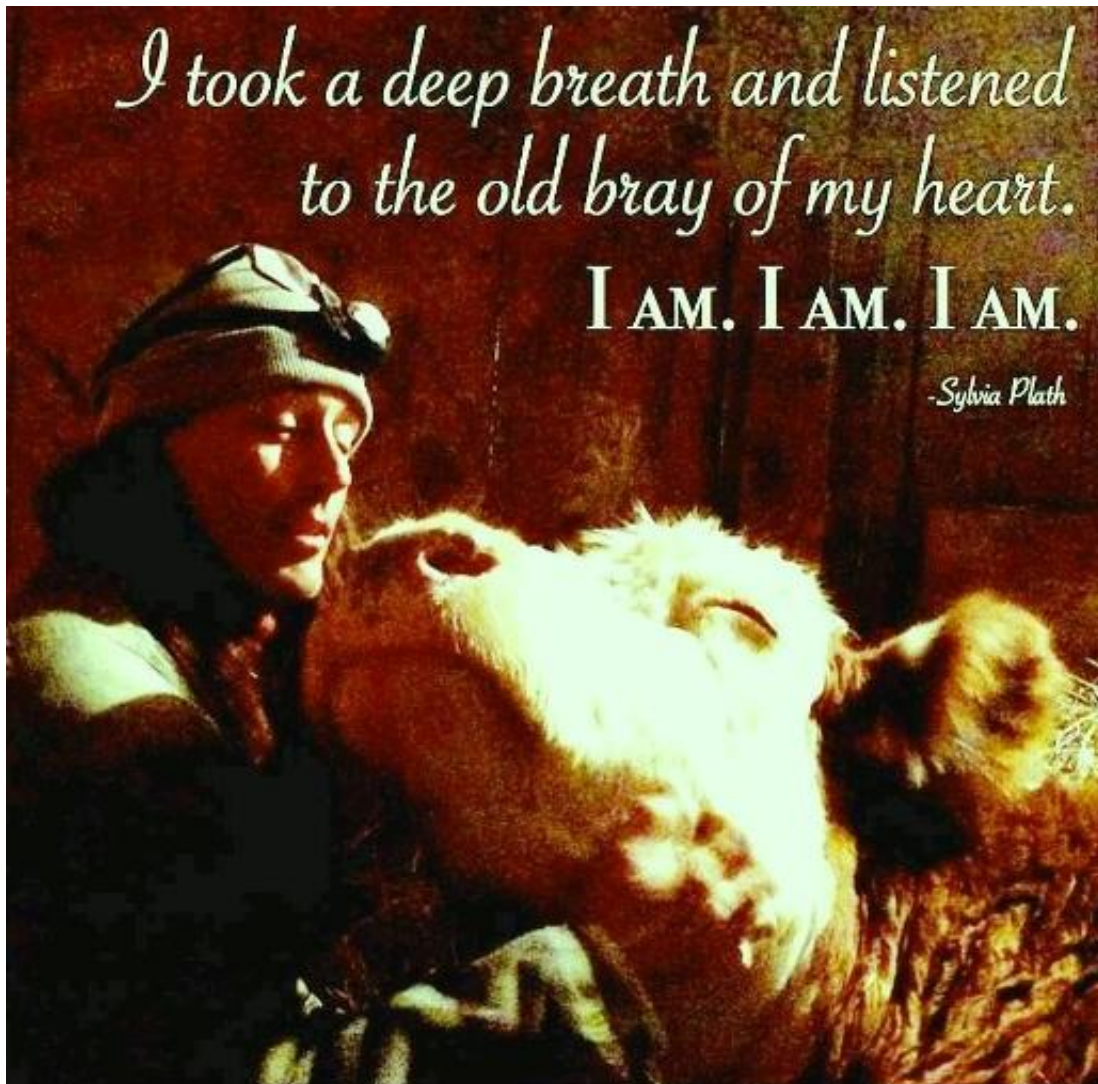
(**Evil** is causing another to suffer for personal pleasure ...
Goodness is bringing another Joy despite personal loss.)

How far you will Go ...
(12/25/2017)

Go Vegan

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

The very first to Admit ...
(12/26/2017)



I'll be the first to admit that I cannot thwart all the evil in our world -- or put an end to all oppression -- or save every innocent creature from being tortured -- or stop humanity from needlessly & unjustly murdering millions of animals every day. I also know that I cannot make everyone (anyone, really) *go vegan* -- which would indeed go a long way towards thwarting that evil and saving those innocents and preventing those unjust travesties ... That having been said, I'll be damned if I use those truths as an excuse. I'll be damned if I don't dedicate the rest of my life to at least trying to make this world a more compassionate, a more just, a more loving, and an outright better place anyway. I'd rather go down fighting than admit defeat -- especially when so much suffering is in the balance -- especially when my efforts *do* make a difference; maybe not for all, but certainly for many ... Inaction against an outright evil is outright complicity for that same evil, my Friends. Animal agriculture is evil, and I'll be damned before I ever do anything -- or avoid doing at least something -- that ends up assisting that wickedness in any way, shape, or form.

Big TRUTH of a Bad Business ...
(12/27/2017)

When people honestly think these two should drink the same milk...



"Most of us were raised to believe that we 'needed' dairy to be healthy. We were also taught that taking milk didn't harm cows. Indeed, many of us live our whole lives without ever challenging these childhood myths. And yet when we do, the truth is quite often hard to swallow ... And that **Truth** is the following:

Dairy is the business of commercialized reproduction -- a.k.a. forced pregnancy -- a.k.a. sexual molestation -- a.k.a. *rape*. Dairy is also the business of separating mothers from their babies after childbirth, and as well the business of then using those mothers' stolen milk as a commercial resource; a resource sold for profit to humans -- either as a liquid, or as any one of the many substances (yogurt, ice cream, cheese, etc) we have become accustomed to consuming without given the abject absurdity of them even the slightest thought ... And there really is no way round the innate lunacy of this system. Indeed, all the *organic, grass fed, free range, humane, and local* labels that we have been taught to look for do **NOT** prevent this institution's foundational cruelty from happening. None of them alleviate the heartbreak of bereft mothers, none of them stop all dairy cows from being murdered in their adolescence after they "dry up" from overuse, and none of them affect the fact that over 21 million male calves are 'disposed of' shortly after birth every year simply because their lives serve no purpose to the dairy farmer other than to trigger milk production in their mothers.

In short, dairy doesn't merely cause harm, my Friends – dairy *IS* harm incarnate. It is a death sentence for all male calves, and it is a repulsively short life of enslavement and suffering for all their sisters and mothers." ~ via *There's an Elephant in the Room*

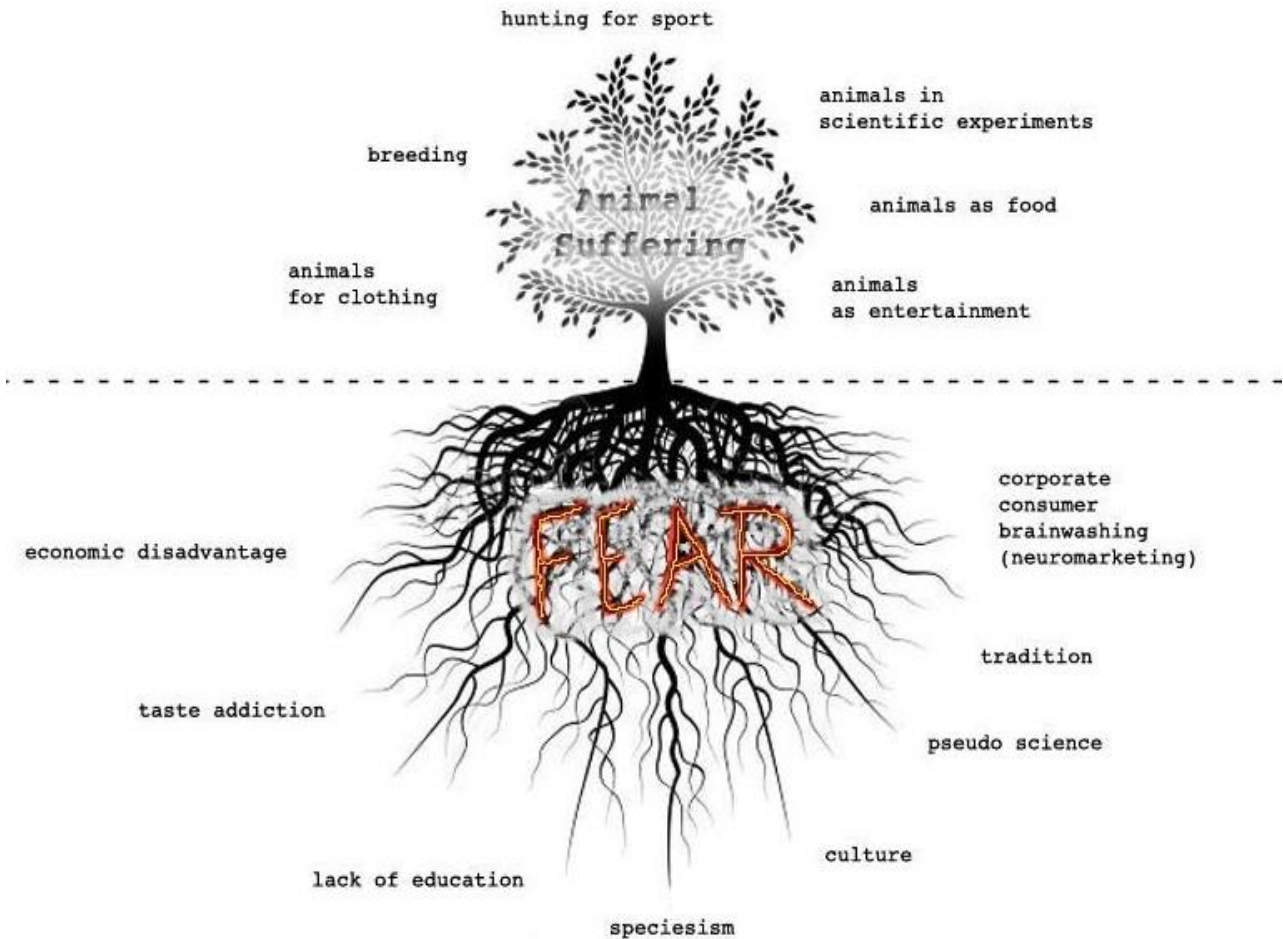
To See & Know GOD ...
(12/28/2017)



julesofnature

"God alters His appearance in every single second of every single day. Blessed is he who can recognize Him in all His many disguises, and blessed is she who responds to His many glorious forms with heartfelt Love and awestruck reverence." ~ inspired by Nikos Kazantzakis

To douse the FEAR ...
(12/29/2017)



“The reason so many non-vegans feel uncomfortable &/or get defensive around vegans is because deep down the majority of them know that devouring or exploiting another sentient living being in any way is abhorrent and ethically wrong. And at that point it becomes human nature to blame someone else for those feelings, and so they lash out by calling vegans judgmental or rude or disrespectful ... Of course, the weird thing is -- they couldn't do anything more judgmental or rude or disrespectful themselves than placing their own desires for pleasure over the entire life of another being -- than causing another being to needlessly suffer and violently die just because they want a snack.” ~ inspired by Annie Mags

The only valid reason ...
(12/30/2017)

There's only one valid reason why you
(or anyone else) can't *Go Vegan* right now:



... You're dead.

"It is quite difficult to set aside your deeply ingrained fears and primal desires in order to live an ethical life instead. So you can be proud of having the humility to make changes in your life for the benefit of others ... Everybody is capable of doing great things in life, because everyone is capable of sacrificing personal pleasure &/or creature comfort to bring others peace &/or joy. Set your mind on living a life of Kindness, and then set your will into motion and make that better life a reality. Help other people -- Help animals -- Be generous -- Be considerate. It doesn't matter if anybody knows your name, and it doesn't matter if anyone knows any the Good you do. Be proud of your actions yourself; be proud of doing what is Right instead of what is easy or convenient. Do what's Right for others, and find both your strength and your solace therein. Everyone should be able to look in the mirror each day and admire the Human(e) Being they see looking back at them, and *Going Vegan* is one of the best ways to start doing so." ~ inspired by Vegan Sidekick

To all future generations ...
(12/31/2017)



"To all future generations: Please
accept our most heartfelt apologies ...
We were rolling drunk on fossil fuels,
and insanely high on animal flesh."

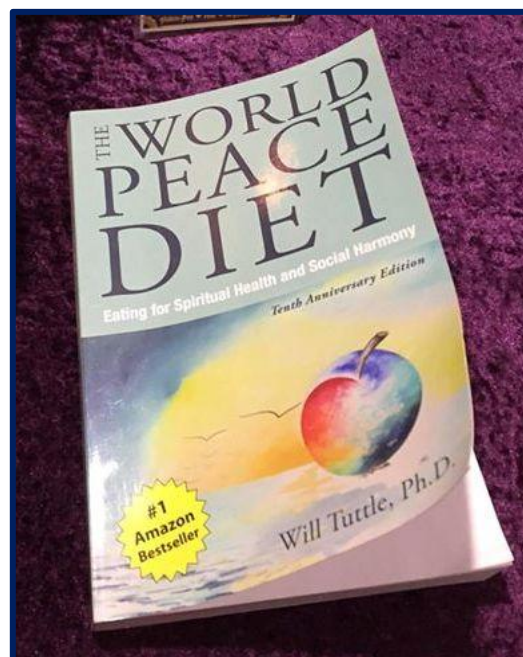
~ inspired by Kurt Vonnegut

("Humanity is pretty much deservedly screwed at this point, which wouldn't be so bad if so many innocent animals and vegan activists weren't going to be screwed as well ... Fossil fuel dependence in the year 2018 is an absolute crime, no doubt, and yet even if we eliminated all fossil fuel emissions tomorrow, we would still be hit with a Mass Extinction Event in short order ... Only a significant portion of us **GOing VEGAN** soon (i.e. within the next decade) can save us now ... Needless to say, things don't look very promising. As such, feel free to begin preparing for the apocalypse – radical acts of kindness, solar power, purified rainwater, and underground hydroponic gardening will be required ... Good luck to all." ~ anonymous)

The Road to PEACE ...
(01/01/2018)



*"The Road to Peace begins with an acceptance of the Truth, it is then paved with commensurate shifts in belief and behavior, and it ends in a full-fledged **LOVE** that is fully expressed for all sentient beings -- human and non-human alike." ~ via Edward Dullard*



Re-Cognizing LIFE ...
(01/02/2018)

In recognizing that all beings cherish life
and opening our hearts to compassion
WE BEGIN AN HONORABLE JOURNEY
of RESPECTFUL and PEACEFUL LIVING



Operation Slaughterhouse Shutdown – Animal Liberation Victoria

Please **STOP** the violence

Please *Go Vegan!*

Really quite simple ...
(01/03/2018)

"Stop treating animals like 'animals' ...
Treat them like innocent, sentient, caring,
living beings. After all, that is exactly what
they are." ~ via Anthony D. Williams



"It's all really quite simple ... If you think that animals matter morally at all, then you *Go Vegan* and stop exploiting them for personal profit or pleasure. Then, after you *Go Vegan*, you speak up for the oppressed by steadily explaining to others why they should *Go Vegan* as well -- and you do so persistently and openly and consequently; no advocating for 'gradual progress' or 'baby steps'; no campaigning for 'humane advances' or 'welfare reforms'; no wimping out on the animals or compromising whatsoever the fundamental moral message of their horrific plight." ~ inspired by the *Grumpy Old Vegan*

The side of the Weak ...
(01/04/2018)

**It is a matter of taking the
side of the weak against the
strong, something the best
people have always done.**

~Harriet Beecher Stowe



*"I hold that the more helpless the
creature, the more entitled he or she is
to being protected by man from the
cruelties of other men." ~ via M. Gandhi*

The 12th Day of Christmas ...
(01/05/2018)



On the 12th day of Christmas my true love gave to me: one pair of **bolt cutters** -- to cut the locks on the cages holding the 7 swans, the 6 geese, the 4 calling birds, the 3 French hens, the 2 turtle doves, and the partridge; to liberate them all from their human captors -- to finally set them all free.



To HONOR all Life ...
(01/06/2018)



Vitam et gloriam;
*Ego sum **Vegan.***





*“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)*