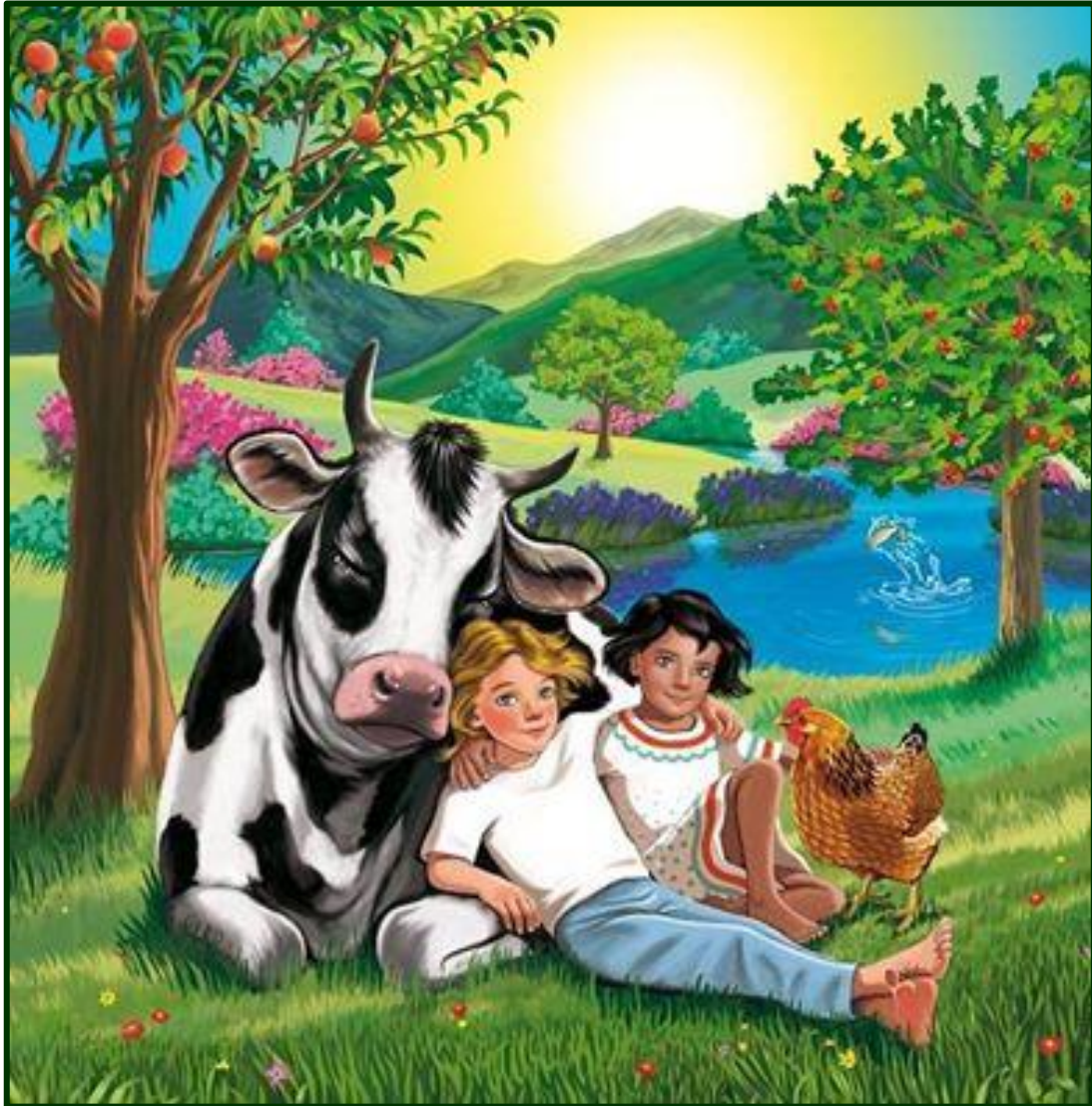


Sanctifying the Sentient

(Volume VIII ... February 2018 to May 2018)



*A collection of brief posts & 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 eighth 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

(May 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 ...*

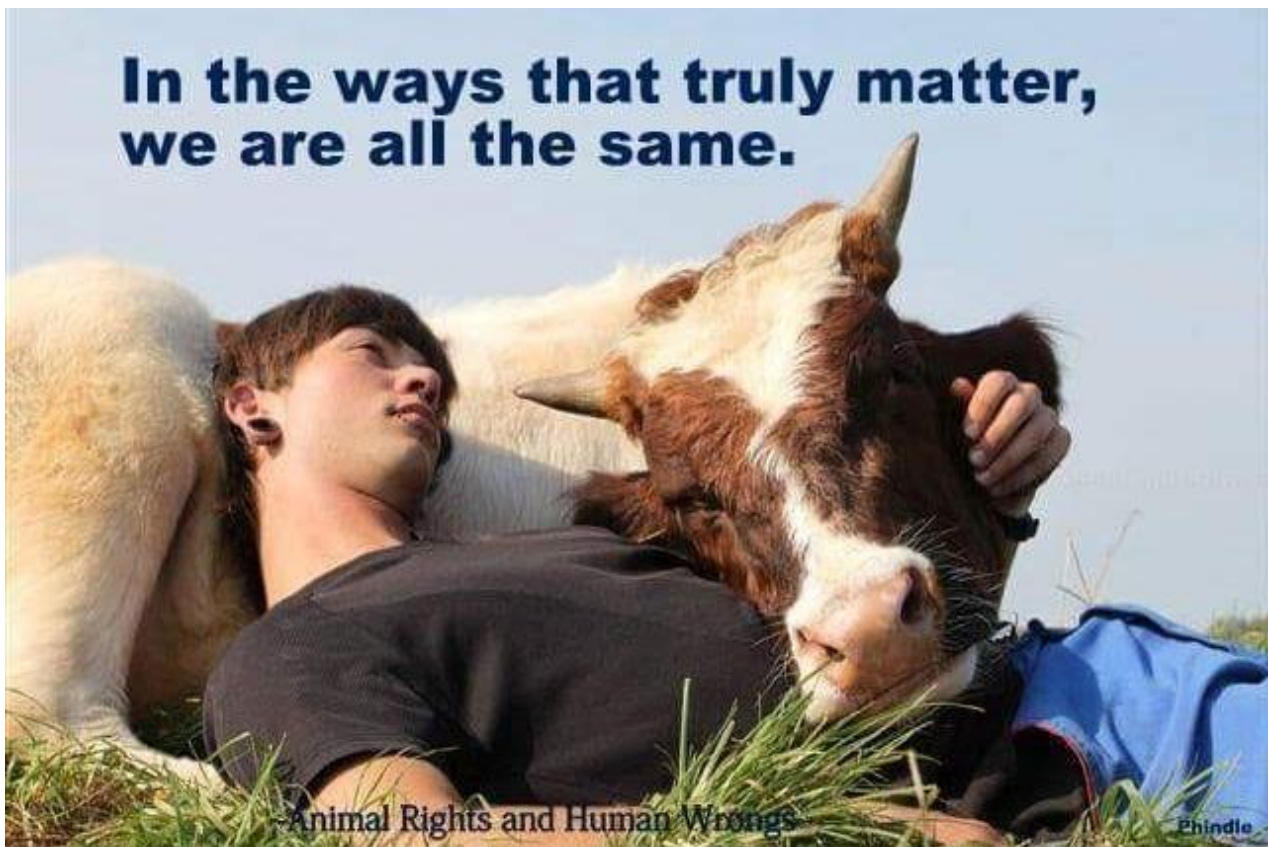
***Being vegan** means you see the beauty in the world around you and in the plants and other animals with whom we share it; that you feel that this beauty should be nurtured and protected rather than exploited ...*

***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

The ways that truly Matter ...
(02/01/2018)



"After we learn real LOVE and true tenderness in the beginning, we are pulled away as we grow older and taught to withdraw our Love and tenderness instead. Our vision from birth Knows gentleness, yet slowly we are taught to walk towards judgment, and abandonment, and selfishness. From connection to complacency; from intimacy to rejection; from caring to callousness; from tenderness to violence ... And yet turning away from this darkness and back toward our true gentleness is possible ... We can -- and we must -- begin again." ~ via Vanessa Curley

An honest & consequent Rejection ...
(02/02/2018)

"Veganism is nothing more than an honest & consequent rejection of the illusion of human supremacy -- an honest & consequent rejection of the fallacy of "might makes right." Using another sentient being in any way without his or her consent -- regardless of whether that being is a human, a dog, a pig, or a chicken -- can never truthfully be labeled "humane" or "healthy" or "kind" or "just." Indeed, to do so for any reason is to commit a fundamental moral crime; falsely reducing those beings to mere commodities -- mere objects -- mere things, as opposed to respecting them as the living, breathing, thinking, feeling sentient beings they actually are." ~ anonymous



Pushing my beliefs ...
(02/03/2018)



You better believe I
am pushing my gentle,
just, compassionate,
respectful, and loving
beliefs on others ...

What kind of
beliefs are *you*
pushing on them?



“The moment we make clear & honest connections between how we believe the world should be, what we realize to be true, what we value as human beings, and how we live our lives -- our evils begin to falter & collapse, and our Goodness starts shining forth bright & true ... And this is very important for us to do, for when we one day take our last breath and leave our bodies, we must be deeply satisfied with the choices we have made in our lives; a profound sense of Contentment that can only come to us if we have made the choice to openly and loudly speak up for all the most vulnerable and oppressed.” ~ inspired by Maneke Gandhi & Shane Ervine

To truly CARE about animals ...
(02/04/2018)

ANIMAL WELFARE:



ANIMAL RIGHTS:



WWW.VEGCOMIC.COM

"When non-violence is accepted as the moral baseline of life, then it must pervade the entirety of one's living -- not merely be reflected in isolated acts of kindness therein; and this, no matter how sincere or common those acts might be." ~ via Mahatma Gandhi

To those who are Bigger ...
(02/05/2018)



That someone who is bigger is somehow more admirable or more respectable or more worthy of living than someone who is smaller is a defective delusion of a corrupted human mind. Nonhuman animals don't suffer from this defect. To them all lives (regardless of their external size or shape) are equally worthy -- killed only when absolutely necessary, and openly cherished otherwise.

*Please avoid such deluded thinking ...
Please **Go Vegan** ... Thank you.*

To determine their Fate ...
(02/06/2018)



The meat&milk industry depends on your ignorance and they spend billions of dollars every year to keep the majority of people high on ignorance & drunk on callousness. They've been laughing all the way to the bank for decades now -- all at the direct expense of your own health, the health of your planet, and the very lives of billions of innocent beings. Veganism is simply *waking up* to the Truth that it's time for a change -- that it's time to shut the meat&milk industry up by shutting it down. And the fastest way for you to help shut it down is to *Go Vegan*.

Addicted to their Pain ...
(02/07/2018)

So you actually think you aren't addicted to meat?



Seriously? Let's stop and think about that for a second ... You are supposedly a decent human being. You supposedly know Right from Wrong and you were supposedly brought up to care about justice and freedom -- and yet think about all the stupid crap you say to defend your idiotic and selfish practice of eating the greasy, nasty, carcinogenic, charred flesh of enslaved, tortured, murdered and dismembered animals -- animals who were all at least as smart as your own dog or 2 year old child, and who were all at least as sentient as you. They got debeaked, debudded, dehorned &/or castrated without painkillers, they got raped &/or confined alone in tiny cages, they got beaten and abused, and they got dragged kicking and screaming to their bloody death -- all while you sit there and blithely argue against eating something ealse that is healthier and ultimately tastes just as good ... That's *insane*, my Friend. And that's *addiction*, plain and simple ... So isn't it time you became a decent human being again? Isn't it time you kicked the habit of selfish violence? ... Isn't it time for you to finally *Go Vegan*?

What they don't want you to Know ...
(02/08/2018)

10 THINGS THE GOVERNMENT DOESN'T WANT YOU TO KNOW

1. About **56 BILLION** animals are killed **EVERY YEAR**.
2. Animal agriculture is the leading cause of **SPECIES EXTINCTION**.
3. Animal agriculture is responsible for more greenhouse gas emissions than the entire transportation industry **COMBINED**.
4. WorldWatch Institute estimated animal agriculture to be responsible for **51%** of **ALL** greenhouse gas emissions.
5. Animal agriculture is responsible for **91%** of **AMAZON DEFORESTATION**.
6. It's estimated that someone who doesn't eat animals saves nearly **200** animals **EVERY YEAR**.
7. Animal agriculture is the leading cause of **OCEAN DEAD ZONES**.
8. **ONE THIRD** of earth's land is used for animal agriculture.
9. Animal agriculture is the leading cause of **WATER POLLUTION**.
10. Scientists predict that there will be **NO FISH IN THE OCEAN** by **2048**.

1 <http://www.animalequality.net/food>

2 <https://eoeearthlive.wordpress.com/view/article/150962/>

3 <http://www.fao.org/docrep/010/a0701e/a0701e00.HTM>

4 <https://www.worldwatch.org/files/pdf/Livestock%20and%20Climate%20Change.pdf>

5 <http://documents.worldbank.org/curated/en/758171468768828889/pdf/277150PAPER0wbwp0no1022.pdf>

6 <http://www.peta.org/blog/vegans-save-185-animals-year/>

7 <http://www.scientificamerican.com/article/ocean-dead-zones/>

8 <http://www.fao.org/newsroom/en/News/2006/1000448/index.html>

9 http://www.takeextinctionoffyourplate.com/meat_and_wildlife.html

10 <http://news.nationalgeographic.com/news/2006/11/061102-seafood-threat.html>

Cowspiracy.com/facts

 /PlantBasedNews

Baking vegan cookies ...
(02/09/2018)



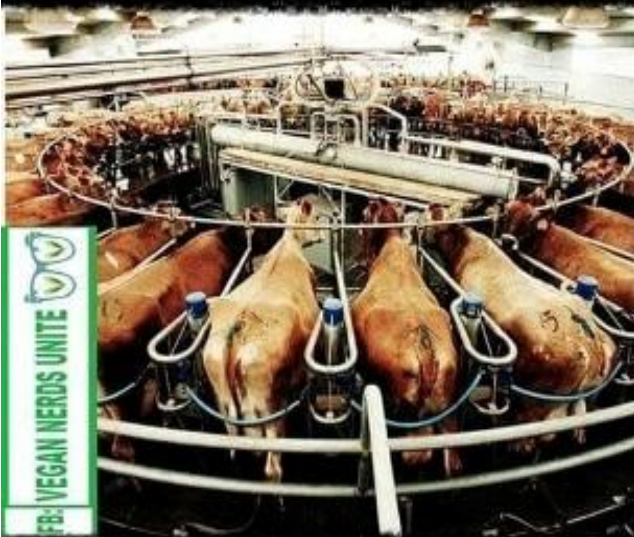
Yes, animal agriculture is the #1 driving force behind global warming, and yet at least now we can bake vegan cookies on the dashboard.

To all non-vegan "feminists" ...
(02/10/2018)

All non-vegan "feminists" ...



... are HYPOCRITES! (Just sayin')



“Nonvegans asking vegans to respect their decision to eat meat or consume dairy products is like asking a feminist to respect the condemnations of sexists, or asking people of color to respect the bigotry of racists, or asking homosexuals to respect the rantings of homophobes. It is absolutely ludicrous to think that a mere difference of opinion warrants mutual respect, especially when the opposing opinion in question not only stands for everything you are against but also appropriates suffering, defends oppression, and encourages the continuance of violence and exploitation.” (via Felix Sampson)

The Wisdom of the Ages ...
(02/11/2018)

Wisdom Through the Ages

"As long as [people] continue to be the ruthless destroyer of lower living beings, they will never know health or peace. For as long as people massacre animals, they will kill each other. Indeed, [one] sows the seed of murder and pain cannot reap joy and love."
~ Pythagoras

We can judge the heart of a man by his treatment of animals.
~ Immanuel Kant

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

Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a [vegan] diet.
~ Albert Einstein

A [person] can live and be healthy without killing animals for food; therefore, if [they] eat meat, they participate in taking animal life merely for the sake of their appetite.
~ Leo Tolstoy

People often say that humans have always eaten animals, as if this is a justification for continuing the practice. According to this logic, we should not try to prevent people from murdering other people, since this has also been done since the earliest of times.
~ Isaac Bashevis Singer

Never, never be afraid to do what's right, especially if the well-being of a person or animal is at stake. Society's punishments are small compared to the wounds we inflict on our soul when we look the other way.
~ Martin Luther King, Jr.

Wisdom only is as Wisdom truly does ...

Be WISE ... Go Vegan.



Oh, you liars & charlatans ...
(02/12/2018)



"Animals are much more intelligent and aware than we give them credit for, and they feel emotional pain at the same guttural level as we do. Stripping a calf away from her mother hurts her as deeply as it would for a baby to be stripped from a human, just as herding cattle down the slaughter chute evokes the same trembling and fear as humans felt in Nazi concentration camps being led to the 'showers.' It's not about superiority or who is more intelligent; it's about sentient beings unnecessarily experiencing intense pain and deep suffering ... I have witnessed first hand what goes on in the livestock industry. It is real and it is brutal and it is horrific. And any veterinarian who tells you otherwise is either a liar, a charlatan, or has a fully warped view of suffering and killing." ~ via Randall Cannon, veterinarian

a Kind & Loving GOD ...
(02/13/2018)

*Dear kind and loving GOD, thank you
for providing us with these carcasses ...*



... of once sentient beings; gentle and innocent creatures originally of Your own creation, who we forcibly conceived through rape, ruthlessly mutilated without anesthesia, callously confined in miserable conditions (for the duration of their unnaturally shortened lives), and then brutally murdered -- all to satisfy our selfish lusts for palate pleasure and cheap desire for superficial comfort ... Amen.

It should be important for Christians to remember that Jesus was first & foremost a liberator, and that his primary mission was to empower the oppressed ... And when we look around the globe today -- especially in the pews of modern-day evangelical churches, it very well seems to be true that as long as Christians continue to focus on Jesus dying for their sins, then they themselves will continue to sin against strangers, their enemies, their animal cousins, and indeed the rest of the world. For when any of us focus primarily on any life after this one, we inevitably restrict Heaven on Earth to only those who happen to be like-minded and like-bodied. Such an inherently dysfunctional dogma encourages us to limit our Love -- not expand it; to attack our enemies and neglect our neighbors, and thereby perpetuate Hell on Earth instead. (inspired by Unknown)

Getting LOVE; getting Decency ...
(02/14/2018)



Going Vegan is actually easy ... All it takes is:

- *a staunch refusal to be a mindless pawn in a still-cruel society;
- *the ability to think logically, morally, critically, and independently;
- *a solid belief in the principles of Justice, Freedom, and Equality;
- *the capacity for wholehearted Empathy & sincere Compassion;
- *the Courage to defend the innocent & fight for the oppressed.

Essentially, ***going vegan*** simply requires you to become a decent human being; someone who champions justice over convenience and ethics over comfort; someone who refuses to cause others pain & suffering & premature death for your mere personal pleasure.

That really is all it takes. That really is all there is to it. So I guess all that remains is for me to ask

Got Decency?

To hold them Close ...
(02/15/2018)



"I hold him close and I understand him. I understand that at this instant there is living within him and me the same feeling; that there is essentially no difference between us -- that we are in all important regards the same. In each of us there burns and shines the same trembling spark -- the same spark that wants to live, the same spark that wants to avoid suffering & death. Who then among us can properly discern that brilliant spark that glows in each of us? No, no one can! For we are not 'beast' and 'man' -- two different qualities of being that merely glance at one another. No, ours are the eyes of equals, equal eyes with equal awareness riveted upon one another. And in each of these very different bodies, in both the 'beast' as well as the 'man', the very same life huddles close to the other." ~ via Iwan S. Turgenjew

Therefore I am Vegan ...
(02/16/2018)



Vita sacrīs ...
*Ergo sum **Vegan.***

In the name of the Daybreak ...
(02/17/2018)



*"In the name of the daybreak and the eyelids of morning,
and the wayfaring moon and the night when it departs,*

*I swear I will not dishonor my Soul with hatred,
but rather offer myself humbly as a guardian of nature,
as a healer of misery, as a messenger of wonder,
as an architect of Peace.*

*In the name of the sun and the day that embraces it,
and the clouds drawn over it and the uttermost night,
and the plants bursting with seed, and the crowning seasons,
and of the firefly and the apple and the fox and the fish and
the fir,*

*I will honor all life — wherever and in whatever form
it may dwell — be it on the Earth my home, or later in the
mansions of the stars." ~ via Diane Ackerman*

on Respect & Sensitivity ...
(02/18/2018)



"Practicing veganism means practicing respect and sensitivity toward others, especially those who are vulnerable and without social privilege, and is precisely the practice required to bring healing to our corrupt and wounded society. Veganism is a call to renounce the corrupt core practice of our culture — reducing other sentient beings to mere harvestable and abuseable commodities — and to practice, in every aspect of our lives, its opposite: mindfulness, inclusiveness, compassion, equality, and respect. There is no force more subversive to our current world than practicing vegans, no force more challenging, no force more healing, no force more transformative, and no force more uplifting than people choosing to fully embody the undeniable Truth that all life is interconnected and that all sentient life is sacred." ~ inspired by & via Will Tuttle

The time has finally Come ...
(02/19/2018)



"The time has come for us to teach all our children compassion and empathy for all sentient beings." ~ via Tatia Kennedy

A maddeningly convenient Myth ...
(02/20/2018)



It is a convenient myth that it is somehow "better" to murder a pig or cow or chicken in their adolescence than to murder a dog or a cat in slightly more torturous circumstances ... The non-vegan who pays the meat&milk industry to confine, enslave, abuse, and murder cows & chickens & pigs is no less guilty than the dog butcher in China who tortures dogs before killing them. No matter where they are kept until their deaths, they *all* suffer. And no matter where or how they are murdered, they *all* die violent, horrifying, premature deaths ... **WAKE UP** to your own hypocrisy, my Friends. If you are non-vegan, you have no standing to condemn anyone else for engaging in animal abuse of any kind -- period!

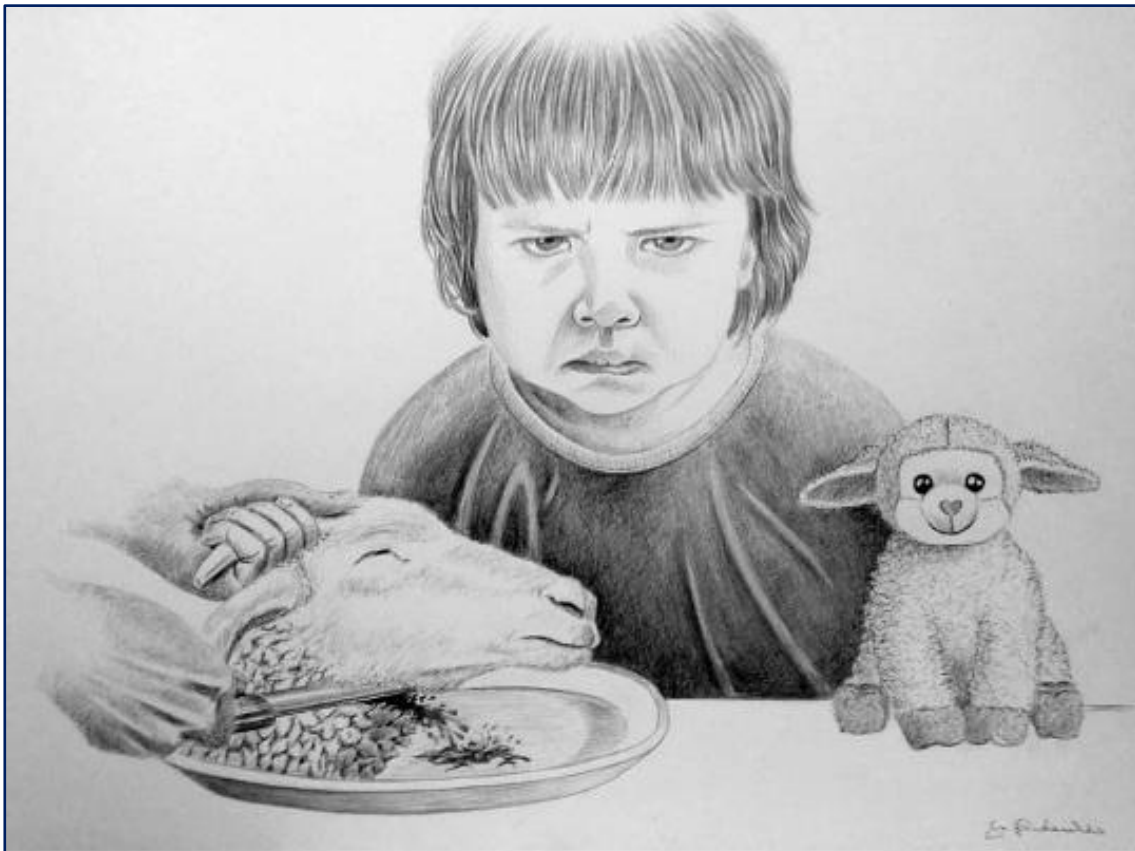
Newsflash #01: Pigs and Cows and Chickens are **JUST AS SPECIAL** in the eyes of the Lord as dogs & cats ... *Newsflash* #02: Those who pay for others to murder are **JUST AS CULPABLE** as those who commit those violent acts ... There might indeed be a "special Hell" for those who abuse and murder the extra-innocent (animals & children), and yet if there is such a place, then ALL knowing non-vegans are headed there -- not only Chinese ones ... **PEACE** to *all*.

A far Wiser concept ...
(02/21/2018)



"We need a wiser and perhaps a more mystical concept of non-human animals. Remote from universal nature and living by complicated artifice, man in civilization surveys other creatures through the glass of his supposed knowledge and patronizes them for their incompleteness; judges them for the supposedly tragic fate of having taken forms so far below our own. And therein do we ever so gravely err. For the animal shall not be measured by man. In a world far older and far more complete than ours, they move finished and complete; gifted with a brilliant extension of senses we have lost or never attained; living with voices we shall never hear or know. They are not brethren and they are not underlings: they are other nations, complete in their own equal right; caught with ourselves in the net of life and time; fellow prisoners of the splendour and travail of living on this most splendid home we call Earth. They are just as worthy of respect and well being, and should all be treated as such." ~ via Henry Beston

The deepest Betrayal ...
(02/22/2018)



"What a profound confession of betrayal a child is asked to accept when they finally see **the Truth** ... We surround our young one's with soft cuddly stuffed animals for a reason; because we know that animals represent the innocence and purity that our children carry within them in their youngest years. We see that inner Beauty, and know that it alone is worthy of snuggling with our children -- beautiful in their lives almost fully free of corruption ... And we would all do well to note that we do not surround our children with stuffed tacos, or stuffed shoes, or stuffed wrenches -- inanimate objects that rightfully have no sentimental value to us. It is the lives of animals that are beautiful in their matching innocence. It is the lives of animals that we give that deserved value. And that is why we give stuffed animals to our children -- as equally beautiful beings; as worthy companions for those we Love the most ... And yet the same betrayal that was handed to us by our own parents, we pass on to our children -- when suddenly those same blessed friends in our beds are turned into mere morsels on our plates. It is so insidiously forced upon us as children, and we just as wickedly force that same evil upon our own progeny ... And yet none of us ever fully forgets the Truth of the matter -- **the Truth** that animals are just as awake, and just as aware, and just as divine as we ever will be; that they merit the same respect and the same honor; that they are not to be enslaved and eaten, but are rather to be protected and cherished ... The meat&milk industry maliciously hides the massive suffering it inflicts so we will continue to pay them -- and so that we will continue to spread their lies to ourselves, our friends, and our families. And yet we are not required to live their lies any longer, and we can choose to stop passing their lies on to our children. **Veganism** is the way out of this nightmare of myth and delusion. **Veganism** gives freedom back to the animals, and frees our Souls as well." ~ via Vanessa Curley

No worries for non-Friends ...
(02/23/2018)



Calling all Love-Nazis ...
(02/24/2018)



"Comparing vegans to religious extremists, or terrorists, or Nazis is a common defense mechanism of carnists and other non-vegans. Indeed, by painting those who stand on the side of compassion & justice as being evil & oppressive, it helps ease the non-vegans' own conscience related to their own oppressive behaviors towards the animals who are completely within their power; the animals who are ultimately abused and murdered by their own selfish choices. There is little doubt that it would suck to know without a doubt that *you* are on the side of violence and oppression -- indeed, the side of evil -- and that vegans are the ones who are actually fighting against those same vile injustices. And yet that is the simple Truth of the matter, and the Truth ain't always pleasant ... Hence, the ridiculous projections of non-vegans." ~ via George Martin

To CARE for gorgeous darlings ...
(02/25/2018)



"We met this gorgeous darling today on the road to Applecross, and I was delighted to see him as we came around the corner and jumped out to meet him. But my glee very quickly turned to sadness as I couldn't help but think about what we will soon do to him and his family. For one day in a future far too near, the broken body on the dinner plate will be his ... In abject desperation at the entrance to the slaughterhouse, he will in vain have pleaded and begged to live. And at the end, his beautiful golden coat -- now stained and bloody and crusted with gore -- will have been ripped from a body still trembling with his final dying sobs, and yet one more magnificent, innocent creature will die needlessly in horror and agony -- all to satisfy the superficial lusts of feeble-souled humans ... I wonder, will he feel betrayed while being ruthlessly murdered by those who had cared for him so tenderly just a few days before? How could such a gentle, harmless child of another species possibly understand how meaningless is the admiration or care of the human species that slaughters and butchers without need or conscience. And so it was that this encounter served to remind me of a simple Truth; and might serve to inspire others willing to be similarly moved -- For our values to have meaning and thereby our lives to have worth, we must **Be Vegan**." ~ inspired by There's an Elephant in the Room

Time to Grow UP ...
(02/26/2018)



"We grow up being told we're more important than every other species on Earth. We're taught not to question the ridiculous idea that our most trivial whim is worth more than the lives of our victims, worth more than their families, worth more than their friends, more than their very right to live unharmed in the world that we all share. We learn to delude ourselves that those who once breathed, who had thoughts, and had bonds, those who just as intensely valued the blood pulsing warm in their veins, those who treasured the life that was theirs and theirs alone, are just things; things like rocks -- unfeeling, insensate, inanimate, unworthy of justice or compassion ... And so, wielding our blades and our saws as they hack agony through their innocent flesh, we cling to our myths; the rose tint of our gaze seeing 'animal lovers' in the reflections of the brutes and tormentors who reside quite fully in our mirrors ... It is impossible to be the people we think we are while our wardrobes, our fridges, and toiletry shelves echo with the whimpers of our heartbroken, terrified, desperately suffering victims. Today is a great day to take off those blinding veils and accept the simple Truth that there is no need for us to hurt, torment, or kill the innocent in order to survive and thrive. Leave the bloodbath behind, my Friends ... *Be Vegan* instead." ~ via There's an Elephant in the Room

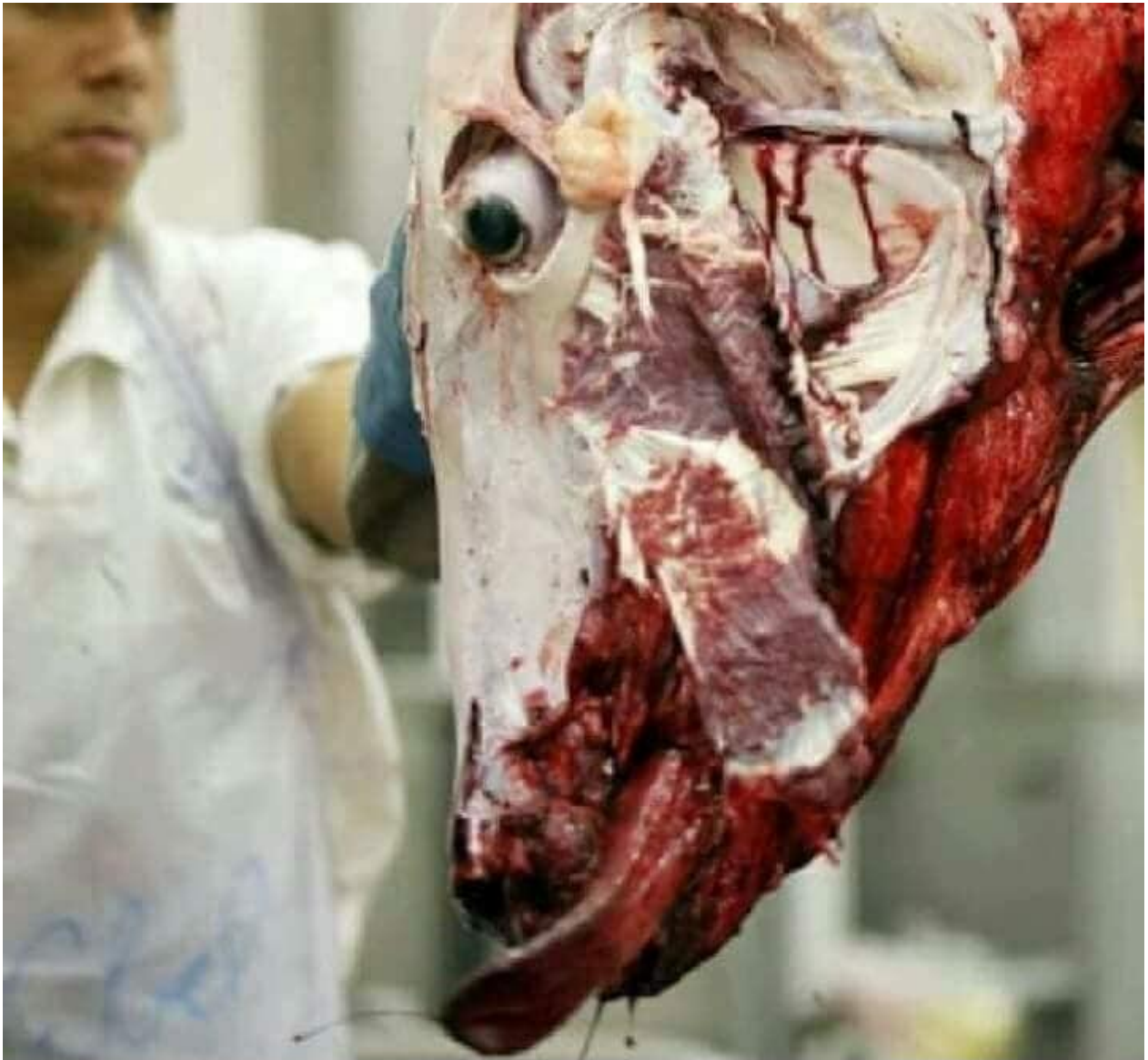
To LOVE and be Loved ...

(02/27/2018)

*"To Love and be Loved. To never forget your own potency. To never get used to unspeakable violence and the vulgar disparities around you. To bring Joy to the saddest places and pursue Beauty to its lair. To never simplify what is complicated or complicate what is simple. To respect strength, but never power. Above all, to **act**. To try and understand the other while never looking away from injustice or cruelty. This is what it means to truly live." ~ inspired by Arundhati Roy*



To admit our greatest Evil ...
(02/28/2018)



“It is difficult to get a man to admit to the evils he perpetrates, when his salary depends upon his not recognizing the same.” ~ via Upton Sinclair

The Voice of Humanity within ...
(03/01/2018)



"We must never permit the voice of humanity within us -- the voice of compassion and kindness and justice and peace -- to be silenced. For it is man's sympathy with all other feeling creatures that first and foremost makes him truly human." ~ via Albert Schweitzer

A far kinder Extreme ...
(03/02/2018)



"Tell me again how we Vegans are so '*extreme*,' then go ahead and tell me how many non-human animals had to die for your taste buds the day before yesterday? or yesterday? or today? or even tomorrow? In all likelihood dozens of them at the very least -- dozens of innocent, sentient lives snuffed out in their adolescence all because you like the way their corpses taste when fried or baked or grilled; dozens of lives that were enslaved and who were tortured and who died brutally violent deaths all because in your world your *might makes right*. Well let me tell you something, my Friends -- that belief makes *you 'extreme'* in every sense of the word -- extremely barbaric, extremely selfish, extremely callous, and extremely immoral ... So perhaps you should look up the definition of '*extreme*' -- and then look long in the mirror -- the next time you are tempted to spew your ignorance at Vegans ... Thanks in advance." ~ inspired by Tatia Kennedy

To be in LOVE with the World ...
(03/03/2018)

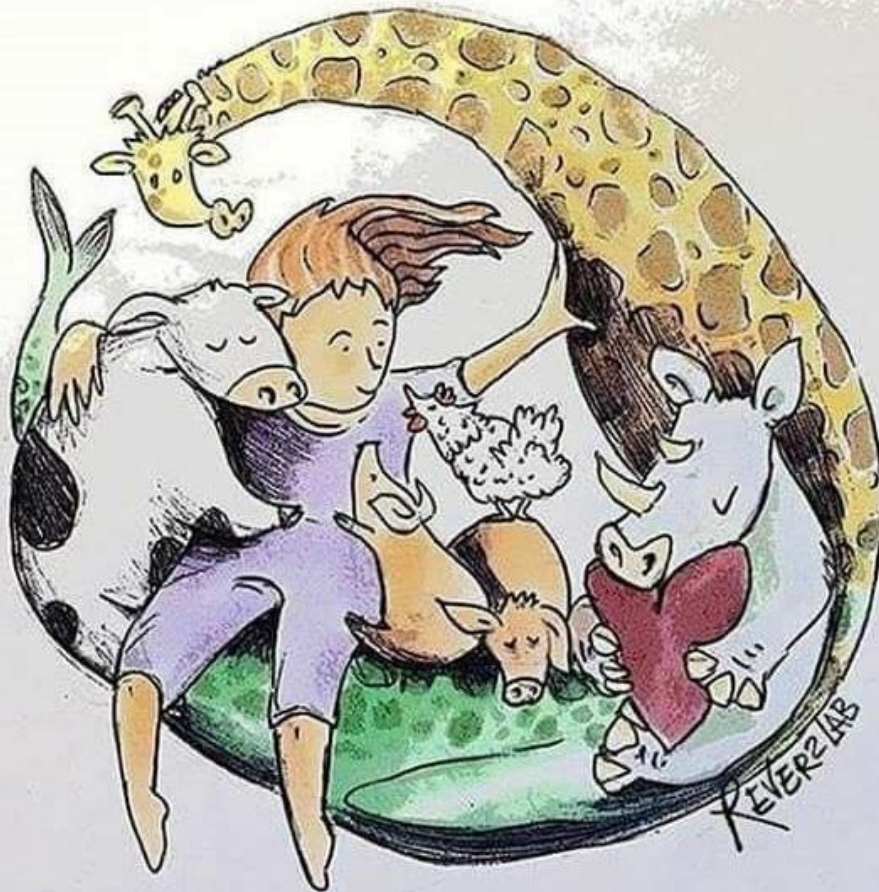


"I am in love with this world, and have ever nestled lovingly within it. I have climbed its mountains, roamed its forests, swum its waters, and crossed its deserts. I have felt the sting of its frosts, the oppression of its heats, the drench of its rains, and the fury of its winds -- And yet always have its denizens watched over me with honor and respect while I have done so; always have beauty and peace persistently and willingly graced all my goings and comings." ~ via John Burroughs

To embrace all Equals ...
(03/04/2018)

In a world where
you can be anything,
be kind.

-Unknown-



“We must embrace each other as equals, and continually strive to protect the rights and well being of all sentient beings.” ~ via Ken Nwadike Jr.

The Courage to ACT ...
(03/05/2018)

The hardest thing is the initial decision to act,
the rest is just courage.

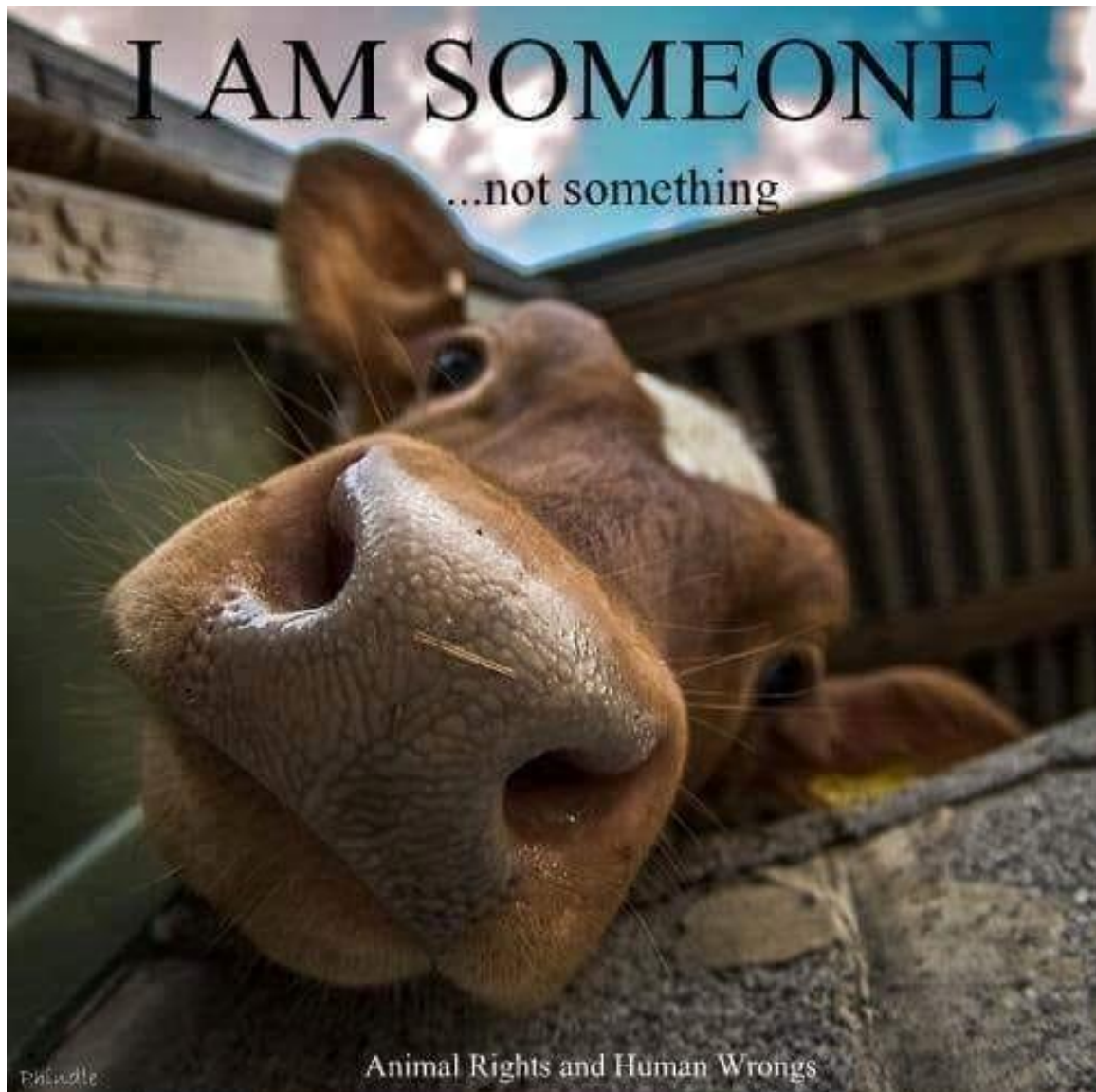


WHEN INJUSTICE
BECOMES LAW
REBELLION
BECOMES DUTY



“Humankind’s most fundamental moral test consists of its attitude towards those are ever at its mercy: our non-human cousins. And in this respect humankind has until now perpetrated a most devastating debacle; a debacle so vile and so deep-seated that all other social crimes stem from it and all other injustices are sustained by it ... It almost goes without saying that it is our weak-willed cowardice and our callous apathy that have allowed this travesty of travesties to take place and fester, and it therefore also goes almost without word that only an activism most bold that can repair the damage done.” ~ inspired by Milan Kundera

They are all Someones ...
(03/06/2018)



“As vegan activists we are fighting to expose certain Truths – Truths that shouldn’t have to be exposed: that kidnapping is not kind – that rape is not compassionate – that murder is never humane ... These are not lessons that anyone should ever have to impart, and yet impart them we still must – and impart them we will.” ~ via Emily M. Barwick

Calling all Feminists ...
(03/07/2018)



To all feminists, and indeed all women in general: Since **YOU** do not want to be raped, forcibly impregnated time and again only to have your babies stolen from you each and every single time you give birth, and since **YOU** do not want to then be enslaved as milk-machines; to be abused until you can no longer produce enough to satisfy your greedy masters, and since **YOU** do not wish to thereafter by hung upside down and have your throats slit to be slowly bled out and then turned into cheap hamburger meat - why are **YOU** paying to have these same things done to others?

Please ***STOP BEING HYPOCRITES ...***

Please ***GO VEGAN ...*** Thank you.

"How absolutely bizarre it is that there are still millions of human beings who still believe that cows magically produce milk without being forcibly impregnated once a year and having their babies stolen and murdered thereafter." ~ via Jona Weinhofen

The greatest Awakening ...
(03/08/2018)

So many minds to Awaken ...



... so many Hearts to rekindle.

“Veganism is not some mundane diet choice. Veganism is the difference between enslavement and Freedom ... It is the difference between torture and Peace ... It is the difference between death and Life.” ~ via James Aspey

Beyond all Understanding ...

(03/09/2018)



“I’m a little confused ... How much more information do you need? You already know that what you are eating and wearing are pieces of *dead bodies*. You know they are not roots, but limbs – limbs that walked and ran and climbed and flew and swam – limbs that were connected to bodies that had minds; minds that had thoughts and memories and hopes and dreams and fears and joys – minds that cherished their families and loved ones – minds that formed individuals who formed relationships and communities – minds that had purpose and minds that knew beauty ... And I know you know what is done to those bodies before they get to your plate; how what is done is done, and where what is done is done ... And I know you know that what is spilled there – what actually gushes forth from those writhing bodies – is not sap or juice, but *blood and tears* ... I know you know all of this, my Friends, and yet what I don’t know - and what I am having real trouble comprehending at all -- is how you can know all of these things and yet still contribute to them; how you can know all of these things and yet obviously choose not to care.” ~ anonymous

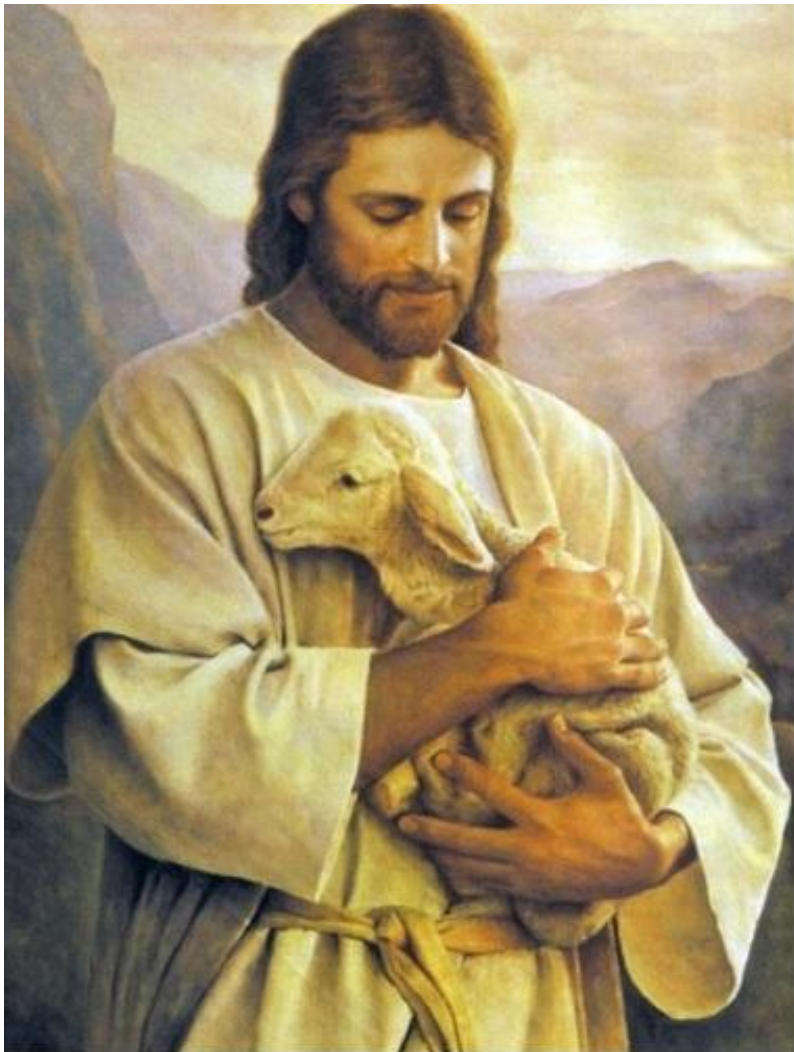
A Pact for PEACE ...
(03/10/2018)

Basic morality is really not that complicated ... It starts and ends with **BE KIND TO ANIMALS**



"Dear humans of Earth, let's make a pact together ... Let's agree to have less tolerance for injustice and cruelty; to edit the parasitic side of our fear and start using its adrenaline for Good; to care less about the size of our bellies and more about the fullness of our Hearts; to be afraid of neither the dark nor confronting societal conventions; to acknowledge the Love waiting underneath our angst and the Courage waiting beneath our callousness; to accept the fact that we sometimes must struggle to grow and ache to heal and breakdown to breakthrough; to eat less sugar and plant more trees; to stop being mean to one another and pretty much all other sentient beings; to cherish mercy towards others more than comfort for ourselves ... *Amen* – Let it be so." ~ inspired by Thug Unicorn

To be extra Christ-like ...
(03/11/2018)



Easter has finally arrived, so please remember to be extra Christlike today: Have a newborn baby stolen from his mother, have his throat slit while he is still partially conscious and suffering horribly, and then fry up pieces of his corpse, call them 'lamb chops,' and eat them ... Thanks.

(Plese NOTE thst *Jesus Christ* most certainly does **NOT** approve of this message.)

The matter of Life or Death ...
(03/12/2018)



"The question you must ask is -- will you be celebrating this Easter with *life* or with *death*? If you will be consuming non-human animals, their babies, &/or their bodily secretions, then you are celebrating death. If you will be consuming non-human animals this Easter, then instead of thanking your God for that 'food' (that you should not be eating in the first place -- while hypocritically praying for Peace on Earth, no less) you should be asking your God for forgiveness -- asking His forgiveness for your selfish choices that caused so much suffering; forgiveness for the ultimate sacrifice your animal victims unwillingly made, all so you could enjoy stuffing your face with their cooked corpses ... Easter is supposed to be a celebration of rebirth, not slavery and murder. Choose to celebrate *Life* instead of *death* this Easter, my Friends ... Choose to celebrate Easter as a *Vegan*." ~ inspired by Tatia Kennedy

The mass of the Matter ...
(03/13/2018)



"The number of animals bred, raised, transported, and slaughtered for the American diet went up another *billion* last year. The United States now kills more than 14,000 living, breathing, reasoning, thinking, feeling animals *every minute*. That's more than a million every hour; 24 million every single day. And essentially every single one of these animals are confined, deprived of proper food & water, dehorned &/or detoothed &/or debeaked &/or debudded &/or castrated &/or branded &/or sexually assaulted without any anesthesia. They are shocked, crowded, bruised, shoved, and screamed at in order to be crammed into trucks &/or trains for hours or days of transportation -- often in extreme temperatures, and always without food, water, or rest. They are terrorized upon their arrival at slaughtering factories with the rancid smell of putrefying blood, with the screams and mewlings of the terrified others writhing helplessly in their death throes. And then they are electrocuted or shot in the head (and often thereafter boiled alive) before having their throats slit and being 'bled out' -- all at the disgusting rate of 275 life-loving, panic-stricken, death-dreading sentient beings a second." ~ inspired by Animals Voice

Oh you harm-full Hypocrites ...
(03/14/2018)



If you worship this guy as God ... but eat this for your Easter dinner, then you are nothing less than a *hypocrite* while you do so.

"Isaiah prophesied rightly about you hypocrites, saying: 'These people honor me with their lips, and yet their hearts are far from me. In vain do they worship me; teaching mere human precepts as though they were divine doctrines ... Woe to you, you hypocrites! For you are like whitewashed tombs, on the outside looking beautiful and pure, and yet inside full of the bones of the dead and all kinds of filth. So you also on the outside appear holy to others, and yet inside are full of hypocrisy and selfish greed ... You are those who justify yourselves in the sight of others; and yet God knows your hearts. For what is prized by human beings is ever an abomination to the LORD.' ~ *Jesus Christ* (Mark 7:6-7, Matthew 23:27-28, Luke 16:15)

Seriously?!? ...
(03/15/2018)



The collage consists of six panels. The top-left panel shows a white, fluffy lamb lying on green grass. The top-right panel shows three long, thin, reddish-brown pieces of meat. The middle-right panel shows three smaller, more complex pieces of meat. The bottom-left panel shows a rack of lamb. The bottom-middle panel shows a pile of lamb chops. The bottom-right panel shows a large, dark piece of meat, possibly a leg or shoulder.

You are actually going to eat lamb today?
Seriously?!? ... You do realize that lamb is nothing more than flesh taken from the corpse of a murdered baby sheep, right?



A non-nuanced Newsflash ...
(03/16/2018)



NEWSFLASH: These are lambs -- by definition baby sheep. So if you ever see anyone eating *lamb* in a restaurant or at their dinner table, what you are actually witnessing is them eating dismembered pieces of flesh taken from the corpses of **ruthlessly murdered baby sheep** ... I just thought you might want to know.

A pretty safe Bet ...
(03/16/2018)



"When an act is so repulsive that we have a difficult time watching it be performed ... then it's a safe bet that it is also an act that we should never financially support." ~ via Animal Equality

The Truth of Before & After ...
(03/17/2018)



Before

After

Do you have the guts to show your children the Truth? Just as important, do you have the courage to ask them if they approve of eating the flesh of murdered children -- and do you have the basic decency to act accordingly after they tell you NO?

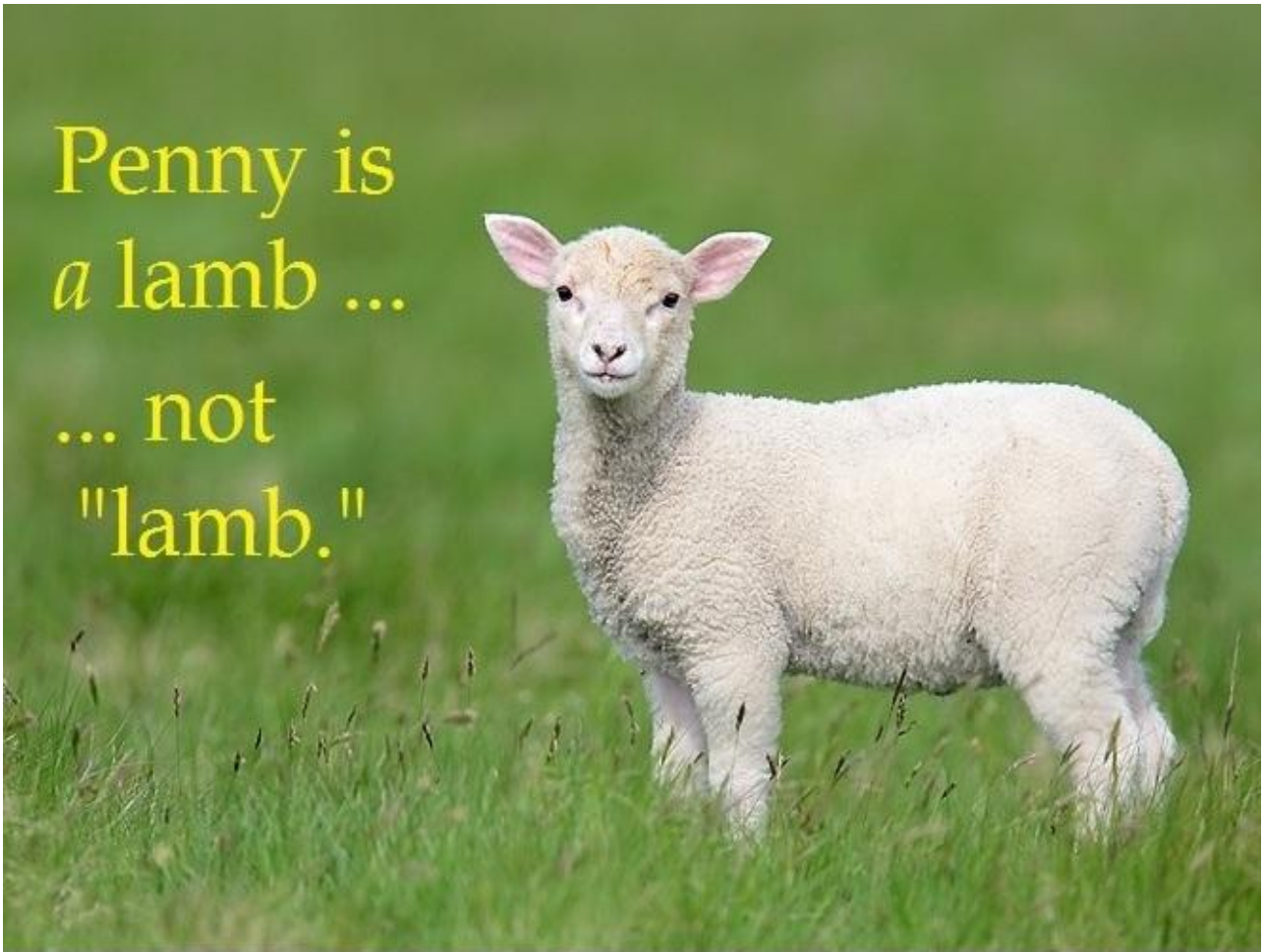
To encourage all Children ...
(03/18/2018)



"All children should be encouraged to Love and Respect all animals, not to turn a blind eye to the massive suffering that is required for others to stab forks into their dead bodies." ~ via Mango Wodzak

All Pennies are from Heaven ...
(03/19/2018)

Penny is
a lamb ...
... not
"lamb."



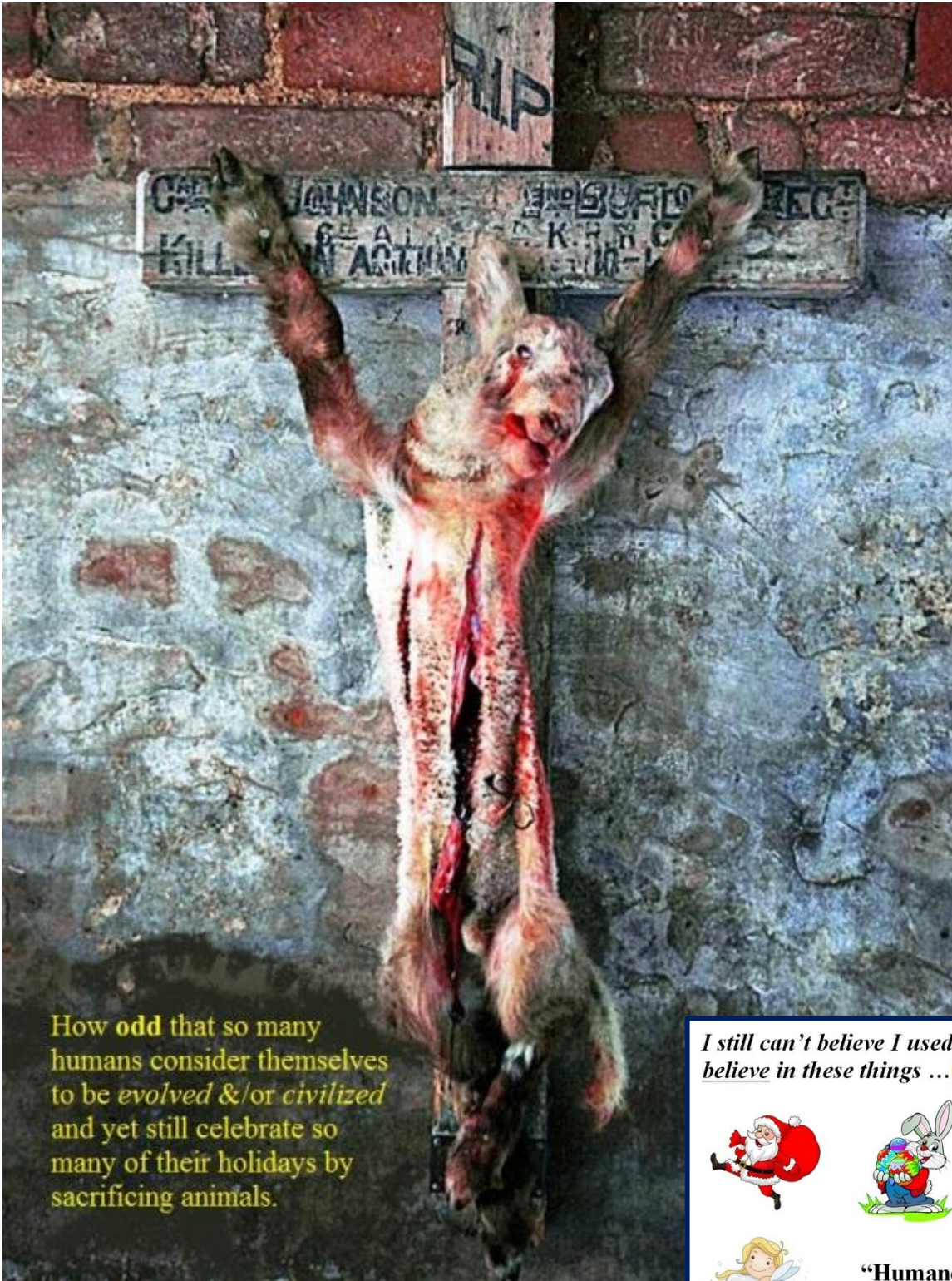
When you finally recognize that every animal is actually a *someone*, it becomes next to impossible to continue treating him or her as a *something*.

Sparing thoughts for sparing Lives ...
(03/20/2018)



"At this time of religious significance for some, a time when words like *Love* and *Forgiveness* spring easily to so many lips, let's spare a thought for those defenseless innocents whom our daily choices condemn to short and miserable lives. Let's think of the knives and the saws that on behalf of our own lust & greed reduce each magnificent and incomparable life to the cost per kilo of its corpse. Solely to fulfil the superficial demands of our traditions and festivals, they were each brought into the world by our contrivance, solely to endure a brief bleak existence and a terrifying death -- an existence where the uniqueness of their personality, the potential to know fun and joy, the blessings of nurturing full-fledged families and even forming friendships with humans all lay deadened and dormant; shunned by our relentlessly predatory species as an unwelcome reminder of the aware emotions, the inquiring minds, and the complex longings and fears of our needless victims ... Let's stop for a while and ask ourselves how the screams of terror, the whimpers of agony, the sobs of their torment, and the desecrated bloody corpses of these innocent infants -- slaughtered and dismembered by our fellow humans without any true justification -- can possibly symbolize anything less than a shrill triumph of *evil*." ~ inspired by *There's an Elephant in the Room*

Not so Civilized ...
(03/21/2018)



How **odd** that so many humans consider themselves to be *evolved &/or civilized* and yet still celebrate so many of their holidays by sacrificing animals.

I still can't believe I used to believe in these things ... 🤔👉



“Humane Slaughter”



Time for a different God ...
(03/23/2018)



If your God authorizes this kind of insanely violent treatment of some of His most gentle creations, then *shame* on your God -- and *shame* on you as well; both for supporting that violence, *and* for worshiping that God.

The best thing about Easter ...
(03/24/2018)



To have the Decency ...
(03/25/2018)

No good and noble holiday tradition should ever require others to suffer and die ...



As such, this Easter & Passover, please have the decency to honor *all* other beings, by not partaking of *any* animal products ... Thank you.

To run & jump for Joy ...
(03/26/2018)

Lamb #24 runs & jumps for Joy ...



... completely unaware of the sad, brutal fact that he has already been marked for the Easter slaughter.

"If we had only seen that lamb begging for life; trembling and crying amidst the stench of blood and the screams of his friends ... If we had only heard his panic as he begged to go back to his mother, to the comfort of her voice and her warm sweet milk ... If we had only seen his fear and his horror; his longing for the joy of the springtime fields that are now gone for him forever ... If we had only seen these things, we could never have even entertained the thought of celebrating our Easter with his broken and desecrated body on our plates -- much less have actually eaten of the same." ~ via Linda Clark

The only Question ...
(03/27/2018)

There is only one question of any real importance for all non-vegans, and that question is this one:

Since you can easily live a happy & healthy life without harming any other sentient beings ...



... why do you still refuse to do so?

"Once you realize something is morally wrong, you don't need to take 'baby steps' toward doing what you have already recognized to be Right ... You just do it. If you realize the Truth that consuming animals is wrong and you continue to do so, then either you don't actually believe it's wrong to exploit animals -- or you simply don't give a damn ... There is no third alternative." ~ via Gary Francione

When dogs' dreams come True ...
(03/28/2018)



***Be the kind of person your
dog already thinks you are ...
Show mercy and compassion to
all other beings this Easter.***

How in the World? ...
(03/29/2018)



***If you (quite rightfully)
would never dream of
eating a puppy or a kitten,
why in the world do you
look forward to eating
lambs and calves?***

The fundamental Difference ...
(03/30/2018)



The only fundamental difference between animal abuse and animal agriculture is the amount of people paying for it to happen.

How much can a Conscience weigh? ...
(03/31/2018)



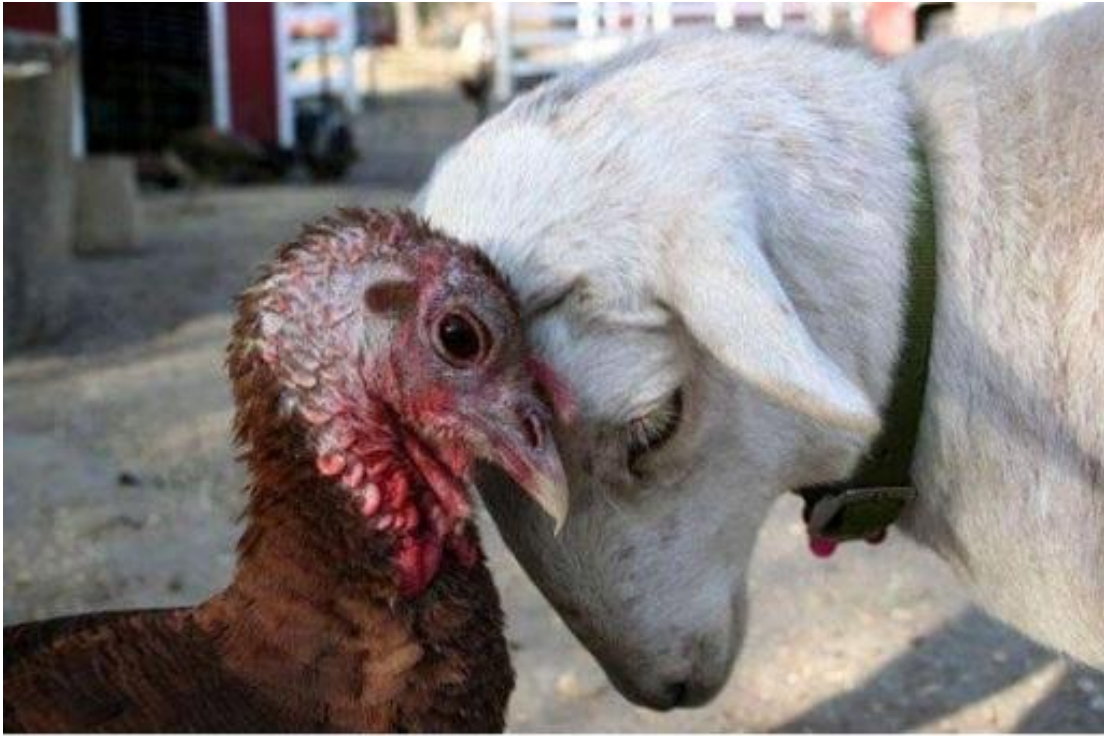
This newborn lamb is being "weighted" before being sent to brutal death in the slaughterhouse ... If this is going to be your Easter dinner, the question must be asked: How much does your conscience weigh?

Easter lamb or Easter ham



Eating the corpses of babies should never be a part of any celebration ... Please *choose compassion* instead ... Please leave babies off your plate this Easter.

A most proper Prayer ...
(03/31/2018)



A proper prayer for Easter ...

Dear heavenly Father,

We who are gathered here today wish to give great thanks, not only to You for the gift of life itself, but also to those who unwillingly lost their own lives that we might eat of their bodies on this day ... We recognize the simple Truth that all of Your sentient creations have fears and feelings, that all of them long to live and love, and that all of them suffer greatly when killed before their time. And even though there are indeed millions of other victims whose bodies adorn thousands of other tables on this day, we seated at this meal choose to acknowledge the dozens of brilliant *individuals* whose bodies rest before us, and whose premature deaths made such a feast of meat & milk possible. We are thankful that their dark lives of loss and suffering are behind them, we are joyful that their previously tortured Souls now reside in Peace with You, and we are hopeful for the day when our own species learns to show a proper & heartfelt respect for all of our non-human cousins, and exude the basic decency required to act -- and eat -- accordingly.

Amen ... May it soon be so.

A fool for Milk ...
(04/01/2018)



Newsflash: Drinking milk & consuming dairy products gives you strong bones & healthy teeth ...

APRIL FOOL'S!
Drinking milk & consuming dairy products *actually* gives you **osteoporosis, diabetes, heart disease, and cancer.**

A fool for Meat ...
(04/01/2018)



Newsflash: Eating meat gives you a healthy source of iron and provides a necessary source of protein ...

APRIL FOOL'S!

Eating meat *actually* gives you a dramatically increased risk of contracting heart disease, having a heart attack, &/or suffering from colon cancers, prostate cancer &/or stomach cancer.

A fool for Eggs ...
(04/01/2018)



Newsflash: Eating eggs is a healthy way to start your day; providing an excellent source of energy and protein ...

APRIL FOOL'S!

Eating eggs is *actually* a very good way to get high blood pressure, heart disease &/or diabetes.

A fool for LOVE ...
(04/01/2018)

I love animals.



(art by Vegan Sidekick)

Newsflash: It is perfectly consistent for you to consume animal flesh &/or animal secretions while openly & proudly claiming to be an "animal lover" ...

APRIL FOOL'S!

It is actually **impossible** to support the animal agriculture industry in any way and also be a true & actual lover of animals, and making any claims to the contrary is as ignorant as it is hypocritical.

A new Tradition ...
(04/02/2018)



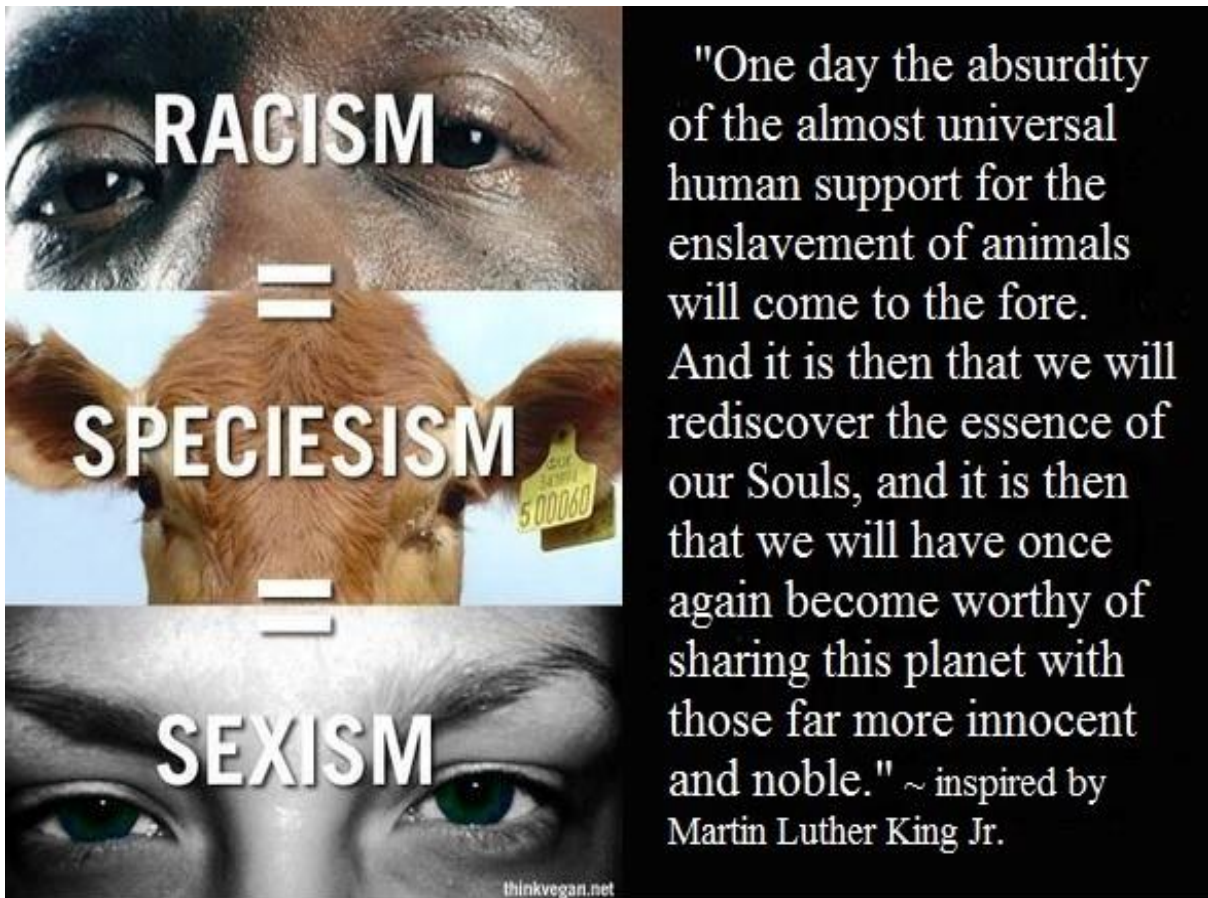
There is not a single taste in the world worth taking someone else's life for ... Please make Justice & Compassion your new tradition.

Nothing near as Strong ...
(04/03/2018)



"VEGAN: Because slavery, rape, cruelty, mutilation, oppression, abuse, injustice, callousness, destruction, murder, barbarism, willful ignorance and cognitive dissonance are just not my thing." ~ via Anita Mahdessian

Anywhere means Everywhere ...
(04/04/2018)



"One day the absurdity of the almost universal human support for the enslavement of animals will come to the fore. And it is then that we will rediscover the essence of our Souls, and it is then that we will have once again become worthy of sharing this planet with those far more innocent and noble." ~ inspired by Martin Luther King Jr.

thinkvegan.net

"The existence of injustice anywhere is an attack on justice everywhere." ~ via MLK Jr.

“We can’t help but wonder: Would Martin Luther King, Jr. have become a vegan at some point in his later life? It’s certainly conceivable (and morally consistent) to think that he would have. His son Dexter Scott King -- President of the Martin Luther King Jr. Center for Non-violent Social Change -- has been vegan for more than 20 years, and once said that a plant-based diet is the logical extension of his father’s philosophy regarding non-violence. Martin's wife, Coretta Scott King -- a tireless activist for social justice, was also a vegan for more than ten years before her death in 2006 ... And so we must wonder: If his wife and son both saw the obvious link between animal agriculture and unjust violence, it’s not hard to imagine that Dr. King would have perceived this connection at some point as well. After all, writing from the Birmingham jail in 1963, he did make the Truth-full point that “*Injustice anywhere is a threat to justice everywhere*” ... Coretta Scott King also wrote that, while we remember Dr. King himself today, it must also be a day that commemorates ‘the timeless values he taught us through his example — the values of courage, truth, justice, compassion, dignity, humility and service.’ As such, it is a commitment to veganism that fully honors the principles that were at the core of Dr. King’s work, and it is a commitment to veganism that best honors him on this and every day. Indeed, the only way for us to truly honor Dr. King — the only way for any of us to truly “*Let Freedom Ring*” — is to have the courage to stand up and demand freedom for **ALL** those who are currently being imprisoned, and demand Justice for **ALL** those who are currently being oppressed ... *Amen*... Let it be so!”

~ inspired by Virginia Messina

Veganism has given me a higher level of awareness and spirituality, primary because the energy associated with eating has shifted to other areas.

If you're violent to yourself by putting [harmful] things into your body that violate its spirit, it will be difficult not to perpetuate that [violence] onto someone else.

~Dexter Scott King,
dedicated vegan and animal rights
activist since the late 1980s

EVOLVE!
CAMPAIGNS

Always right to Do Right ...
(04/05/2018)



What does it say about our society when despite knowing otherwise, we still continue to rely on a might-makes-right philosophy that declares it is perfectly acceptable to abuse, exploit and kill innocent animals?

★ We can do better. Stop. Think. Evolve. ★

***"The time is always right
to do what is Right."*** ~ via MLK Jr.

Causing others to suffer for your mere personal pleasure or comfort is always Wrong, my Friends, and ceasing to do so is always Right ... As such, please ***Go Vegan*** today ... Thank you.

One is All; ONE for ALL ...
(04/06/2018)



"Never ever be afraid to do what's Right, especially when the well-being of another is at stake. For society's punishments are small compared to the wounds we inflict on our own Soul in times of strife and injustice -- when we act not in defense of the downtrodden, but instead stand idly by and look the other way." ~ inspired by MLK Jr.

Still deeply Hope-full ...
(04/22/2018)



"To me it is deeply hopeful that the same plant-based food choices that give us the best chance to eliminate world hunger are also the food choices that take by far the least toll on our planet, contribute by far the most to our overall health, and are far and away those most compassionate and just towards our non-human animal cousins." ~ via John Robbins

The only real Alternative ...
(04/22/2018)



"The animal agriculture industry has, in a staggering act of near total censorship, managed to stifle public discussion about the industry's complicity in global destruction It is barely mentioned in climate summits, and yet livestock and their byproducts account for roughly 51 percent of all worldwide greenhouse gas emissions. Methane and nitrous oxide are rarely mentioned in climate talks either, although those two greenhouse gases are -- respectively -- 86 times and 296 times more destructive than carbon dioxide. Cattle worldwide produce 150 billion gallons of methane daily, and 65 percent of the nitrous oxide produced by human-related activities is caused by the animal agriculture industry ... And it's not just Greenhouse Gas Emission -- animal agriculture water consumption ranges from 34 trillion to 76 trillion gallons annually. And raising animals for human consumption takes up to 45 percent of the planet's land. Ninety-one percent of the deforestation of the Amazon rain forest and up to 80 percent of global rain forest loss are caused by clearing land for the grazing of livestock and growing feed crops for meat and dairy animals. The animal agriculture industry is also a principal cause of species extinction and the creation of more than 95,000 square miles of nitrogen-flooded dead zones in the Earth's oceans ... In stark contrast, every vegan saves 1,100 gallons of water, 45 pounds of grain, 30 square feet of forested land, 20 pounds CO2 equivalent, and at least one animal's life every single day." ~ via Chris Hedges

The driving Force of Calamity ...
(04/22/2018)



"The human appetite for the consumption of animals is a driving force behind virtually every major category of environmental damage now threatening the future of humanity -- deforestation, soil erosion, fresh water scarcity, air and water pollution, climate change, biodiversity loss, social injustice, the destabilization of communities, and the spread of disease." ~ The WorldWatch Institute

The only Right Choice ...
(04/22/2018)



The science is in and there is now one thing above all others that is beyond all hedge and doubt, and that Truth is this: a massive shift to *veganism* is the only way humanity will ultimately survive. As such, there will almost undeniably come a day when the majority of the world's remaining population realizes that today's vegans were Right. And on that day the only question will be: will those people be saying "Thank God our grandparents realized the Truth in time," or will they be saying "Oh regret of all regrets -- We should have listened sooner"?

My Friends, time is truly running out, and all your planet's inhabitants need you to **make the Right Choice ...**

... They need you to ***Go Vegan!***

The wrong Support ...
(04/22/2018)

"Every single year, we torture and kill trillions of innocent sentient animals, destroy millions of acres of virgin rainforest, poison your air and water and oceans and soil, and make billions of dollars by selling you products that cause you to contract dozens of chronic diseases and die premature, painful deaths.

***Thank you so much for
your support!"*** ~ The Meat&Milk Industry

Now to Know ...
(04/22/2018)

Did you know ...

**... that you save more potable water by not eating one pound of beef than you do by not showering for an entire year?*

**... that farmed animals are given almost 18 million pounds of antibiotics every year?*

**... that livestock accounts for 70% more methane gas emissions (and 40% more greenhouse gas emissions overall) than the entire fossil fuel industry?*

**... that 7 football fields of land are razed every single minute for livestock-related industries?*

**... that over 30% of the world's land mass is currently used solely to raise farmed animals for food?*

**... that the Earth has already lost roughly 70% of its virgin topsoil, and that animal agriculture has accounted for over 85% of that loss?*

**... that animal agriculture is by far the biggest polluter of the Earth's oceans, its fresh water sources, and its atmosphere?*

**... that the loss of our rainforests is responsible for the loss of over 100 animal & plant species to extinction every single day -- and that animal agriculture is responsible for over 80% of that rainforest destruction?*

**... and that 500,000 innocent sentient beings (who most certainly do not want to die) are brutally murdered every single hour for meat consumption alone?*

***Well now you know ... And now that you know,
what are you going to **DO** about it?***

On giving a Damn ...
(04/22/2018)



"If we all became vegan, nearly all the crop land currently used to produce animal feed could revert back to forests and natural grasslands -- purifying the planet's water, its soil, and the air." ~ George Eisman, R.D.

The Earth needs YOU ...
(04/22/2018)



Please don't wait for a better world to somehow happen on its own. The Earth & all its inhabitants need **YOU** to start creating a world of Harmony and Compassion and Peace and Justice, and they need **YOU** to start doing so today ... It is up to **YOU**, my Friends, and it truly always has been. Every single day -- at least three times a day -- you have the chance to show that you give a damn. So please start giving a damn ...

Please Go Vegan ... Thank you.

The 3rd Alternative ...
(04/23/2018)



There is no 3rd Alternative ... Please choose wisely.

A dangerously false Dichotomy ...
(04/24/2018)



“Some people actually believe that because we are human and speak a verbal language we somehow matter more than other animals. And yet is this actually so? Is our pain and suffering really any different from the pain and suffering experienced by other sentient beings? Of course not! Creating a dichotomy between human and animal is just as ignorant and just as bigoted as creating a dichotomy between women and men, black people and whites, or Nazis and Jews. All of these dichotomies are patently false, and all are in conflict with -- and indeed are a direct affront to -- the hallowed moral principles of decency, freedom, justice, and compassion.” ~ anonymous

A collection of Someones ...
(04/25/2018)



“All animals are *someone* – individual personages with aware minds and special lives all their own. Behind each of their eyes is always a unique story; the story of their life in their world as they are experiencing it; a life that is just as worthy and just as precious to them as yours is to you -- indeed a life that is just as precious objectively, just as worthy of respect and compassion, as your own most certainly is as well.” ~ via Tom Regan

Today is THE Day ...
(04/26/2018)



vegan

"Today is a priceless day, one that can never come again. And you have been given this day to freely use however you will. You can waste it -- by causing others harm for your mere personal pleasure, or you can give it great Meaning -- by championing the cause of those who are downtrdodden &/or oppressed. And no matter which of these options you choose, know that what you do or don't do today will ever remain extremely important, not the least of which because you are exchanging an entire day of your life for it. Indeed, when tomorrow comes, this day will be gone forever; and in its place will be whatever you have chosen to have left behind -- whatever you have chosen for Good or whatever you have chosen for ill ... Let it be something **Good**." ~ anonymous

One day soon, ONE Day ...
(04/27/2018)



“**One day** humans will understand other animals ... **One day** they will weep from regret and shame for what they have done to their non-human cousins, and no amount of consolation or reprieve will be enough to staunch their sorrow. **One day** humans will wake up to what they have done to those others, and they won't even feel worthy enough to offer up even the feeblest of apologies. Because on that day those humans will come to realize what every vegan already knows – that every being is immensely important; that every being is priceless; that every being has exactly the same right to live frère and to be free of unnecessary suffering ... And yet we humans – in all our arrogance and greed and vanity and ruthlessness, have crushed all that is worthwhile and beautiful in this world. We have completely disregarded and relentlessly harmed and destroyed billions upon billions of irreplaceable individuals – all for personal benefit &/or simply because they were different than ourselves ... Even though we are far from worthy of the same, may God **one day** have mercy upon us for this greatest of all crimes ... *Amen.*” ~ anonymous

To LOVE a greater Family ...
(04/28/2018)



“I love every single member of my *Family* – a *Family* which includes every sentient being on Earth; the seven+ billion humans who live here, *and* the umpteen trillions of equally worthy non-human animals as well.” ~ via Anthony D. Williams

Undemonizing Dachau ... (04/29/2018)



On this day some 73 years ago (April 29, 1945) American forces liberated the remaining prisoners from the Dachau concentration camp in southeast Germany. And yet though this anniversary should be cause for celebration, and though it could inspire us to transcend our species' darker days, the former remains unwarranted and the latter, sadly unrealized. For Viktor Frankl, himself incarcerated in Dachau (and pictured above), said it best: "Destruction starts with the destruction of identity." And this is the critical lesson that so many today -- ironically even so many Jews -- are still ignoring when they sit down to eat and justify the suffering on their plates with a feeble, "They were only animals." Indeed, seeing as how **evil** is properly defined as the purposeful infliction of pain on others for mere personal enjoyment -- and seeing as how the intelligence of our victims is essentially irrelevant when calling out that **evil**, we must sit back today in honest remembrance and humbly ask ourselves: are we any less "**evil**" when we look upon a steak or a drumstick or a porkchop or a milkshake as mere "food"? Are we any less "**evil**" when we justify doing so because the animals that sacrificed their lives unwillingly (and always with great suffering) were "only animals"? Are we any less "**evil**" for meekly accepting societal norms that are patently unjust -- if not themselves "**evil**"? Are we any less "**evil**" for excusing ourselves from answering these questions because we have arbitrarily decided -- just like the Nazis arbitrarily decided about the Jews -- that our indirect victims are "only animals", and thereby somehow not as worthy of life as we humans?

To end what never Ended ...

(04/29/2018)

THE HOLOCAUST NEVER ENDED.....



.....IT ONLY CHANGED SPECIES!

"If you are not vegan, you are contributing to the largest systematic injustice this world has ever faced. Initially, that statement might seem absurd to you and make you uncomfortable and even defensive, and yet consider *the facts*: about 7.4 billion humans are alive today, and about 108 billion humans have ever lived. Meanwhile, more than 36 billion animals are killed *every single week* via animal agriculture alone. That is 5x the current human population. And at the end of the year that number reaches to more than **1.9 trillion**. To offer another comparison, about 11 million humans were killed in Hitler's holocaust, and in 2013 the U.S. alone killed about **112 million pigs** -- not counting cows, chickens, or fish; just counting the pigs. Now I realize that this is where your defensiveness comes in. And yet I am in no way suggesting that human deaths are somehow irrelevant and the atrocities that have taken place against humans should be belittled. Nor am I suggesting that animal lives are more important than human lives. I am simply bringing awareness to **the irrefutable fact** that billions of innocent, caring, sentient beings are unnecessarily confined, abused, mutilated, and murdered every single year -- and that almost every one of them goes essentially unnoticed. Because *each second* you read this article, another **60,000 innocent lives** will have been violently destroyed. And every -- single -- one -- of -- those -- lives -- **mattered**. Every single one of their deaths was vile and unjust, and every single one of them deserves to be recognized and mourned." ~ Tara Katlyn

"I see many disturbing similarities between what the Nazis did to us and what we are still doing to farmed animals."

~ via Alex Hershaft, Holocaust survivor and animal rights activist

To Live the Noble Way ...
(04/29/2018)



"I refuse to eat animals because I cannot nourish myself by the sufferings and death of other creatures. I refuse to do so, because I suffered so painfully myself that I can feel the pains of others by recalling my own sufferings. I feel happy and nobody persecutes me, so why should I persecute other beings or cause them to be persecuted? I feel happy and am free, so why should I cause other creatures to be made prisoners? I feel happy and nobody harms me, so why should I harm other creatures or have them harmed? I feel happy and nobody wounds or kills me, so why should I wound or kill other creatures for my mere pleasure and convenience? Is it not only natural that I do not inflict on other creatures the same thing which, I hope and fear, will never be inflicted upon myself? Would it not be most unfair to do such things for no other purpose than for enjoying a trifling physical pleasure at the expense of others' sufferings and others' deaths? These creatures are smaller and more helpless than I, and yet can you imagine a reasonable man of noble feelings who would like to base on such a difference a claim or right to abuse the weakness and the smallness of others? Don't you think that it is the bigger, the stronger, and the superior's duty to protect the weaker creatures instead of persecuting them? ... I want to act in a noble way. And that is the point: I want to grow up into a better world where a Higher Law grants more happiness; into a new world where God's commandment reigns: You Shall Love Each Other." ~ Edgar Kupfer-Koberwitz, Dachau concentration camp survivor

The soullessness of Man ...
(04/30/2018)



***“From beasts we scorn
as soulless, in forest,
field, and den, the cry
goes up to witness, the
soullessness of men.”***

~ M. F. Hartley

*To deprive an entire Soul ...
(05/01/2018)*



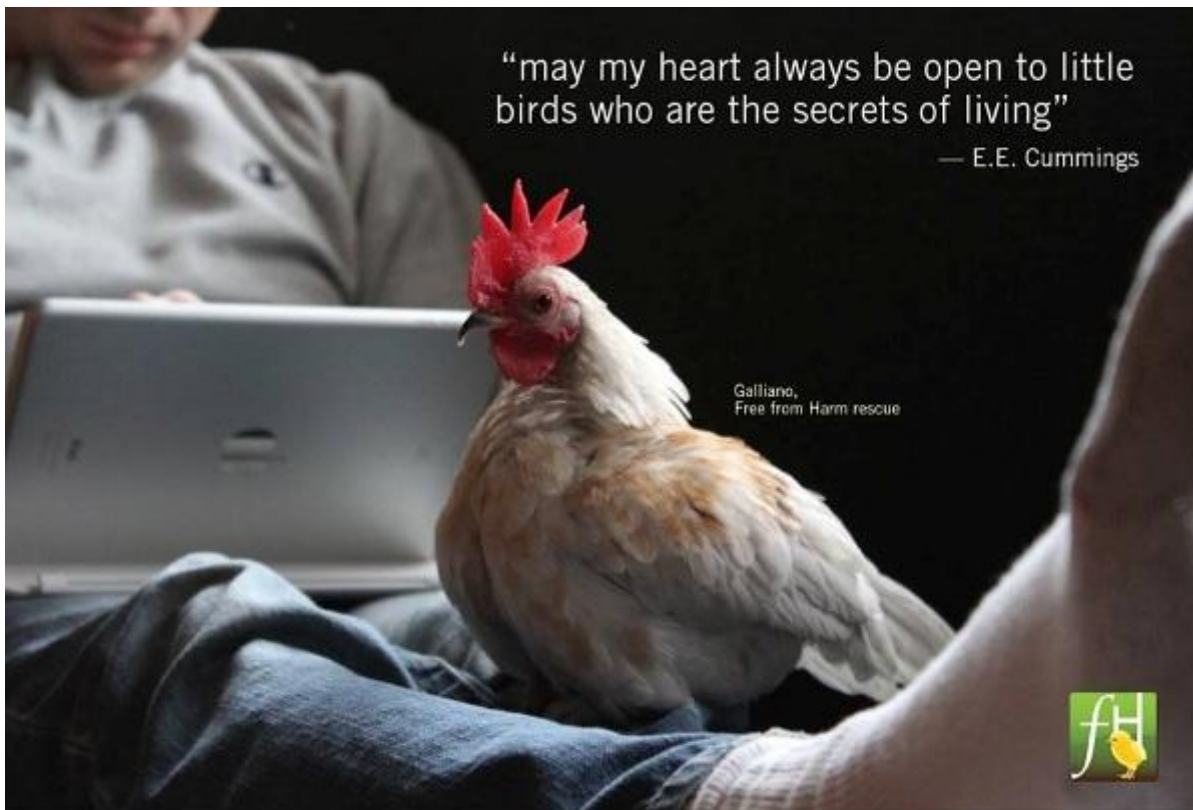
“But for the sake of the smallest mouthful of dead flesh, we deprive an entire Soul the sunlight and the beauty and the proportions of life and time it had been born into this world to enjoy.” ~ via Plutarch

At the bottom of the Top ...
(05/02/2018)



“You can say that humans are superior to other animals, that you are at the top of the food chain, that God put animals here for us to eat, or that it is somehow natural for humans to eat animals. You can say all those things over & over and louder & louder until you are blue in the face, and yet doing so won’t make those claims any less false, and it certainly won’t prevent you from outing yourself as embodying the absolute opposite of the first thereof.” ~ anonymous

To Honor what ever IS ...
(05/03/2018)



“Do we really believe in the depths of our hearts and minds that other species have no rights unless we grant them to them? And can we truly call ourselves kind and compassionate if we impose limitations upon those same qualities – such as wrongfully declaring that our kindness and our compassion does not need to extend to most species of other animals? ... Indeed, if we believe that our sense of justice and basic decency should extend to other sentient beings at all, then isn't it obvious that we must stop eating other animals, since eating animals is so obviously neither kind nor compassionate?” ~ via David G. Irving

A crisis of Culpability ...
(05/04/2018)

**YOUR IGNORANCE ABOUT ANIMAL AGRICULTURE
WOULD BE LAUGHABLE – IF NOT FOR ALL OF
THE PAIN AND SUFFERING BEHIND IT.**



“If you would never dream of putting newly hatched male chicks into a blender, then you must stop buying eggs. If you would never dream of raping an animal or of enslaving and abusing a mother – taking her newborn babies and slaughtering her newborn male calves, then you must stop buying dairy products. If you would never yourself cut the throat of another beautiful adolescent being, chop up her often still-conscious body, and then rip the skin off her back, then you must stop buying meat ... To put it quite simply: *Stop paying others to do horribly violent things to animals that you would never do yourself.*” ~ via Lachelle Julie

To be Sane, Rational, and Good ...
(05/05/2018)



"WE CANNOT GLIMPSE THE ESSENTIAL LIFE OF A CAGED ANIMAL, ONLY THE SHADOW OF ITS FORMER BEAUTY."

– Julia Allen Field

“Any argument against veganism is actually an argument for slavery, for bullying, for theft, for rape, for torture, for cruelty, and for the murder of innocent individuals – all merely to satisfy your own primal selfishness &/or vapid gluttony ... Why would any sane, rational, fundamentally ethical person argue in favor of such atrocities? Indeed, no sane, rational, fundamentally ethical person can.” ~ anonymous

The most unpardonable of Crimes ...
(05/06/2018)



"Humane Slaughter" my ass ...

“To a man or woman whose mind is truly free there something far more intolerable in the sufferings of animals than the sufferings of humankind. For at least with the latter it is admitted that the suffering is evil and that the cause of it is criminal. And yet regarding the former, millions of equally viable animals are ruthlessly butchered every day without a single shadow of remorse. And indeed, if any man or woman were to refer to their needless slaughter as wrong, he or she would be thought ridiculous. And it is *that* most grave of errors that then becomes the most unpardonable of crimes.” ~
via Romain Rolland (1915 Nobel Laureate)

A heartfelt Reverence for Life ...
(05/07/2018)



“Veganism is the only way to truly live in accordance with a sincere and heartfelt Reverence for Life; clearly recognizing the innate rights of all sentient creatures; fully extending each and every one of them the compassion, kindness, justice, and decency demanded by all the greatest moral tenets of human history.” ~ via Jay Dinshah

The steam of Meat & Milk ...
(05/08/2018)



“The steam of meat darkens the light of every Spirit. One can hardly embody real virtue or have any sense of true decency while enjoying flesh-laden banquets and milk-filled feasts.” ~ via St. Basil (AD 320-379)

Forgiving the idiocy of Man ...
(05/09/2018)

"It's just like man's rampant vanity and insipid impertinence to call other animals stupid merely because they seem dumb to his own dulled perceptions and primitive to his own ignorant mind." ~ via Mark Twain



“Forgive man his idiocy, for he still errantly believes that the barbaric customs of his own tiny tribe are the actual immutable laws of Nature.”

~ via George Bernard Shaw

To understand again as a Child ...
(05/10/2018)



"If your child stops eating meat or stops drinking milk, it doesn't mean she's sick -- it means she *understands*." ~ via Jess Lanatess

Choosing to BE their Voice ...
(05/11/2018)

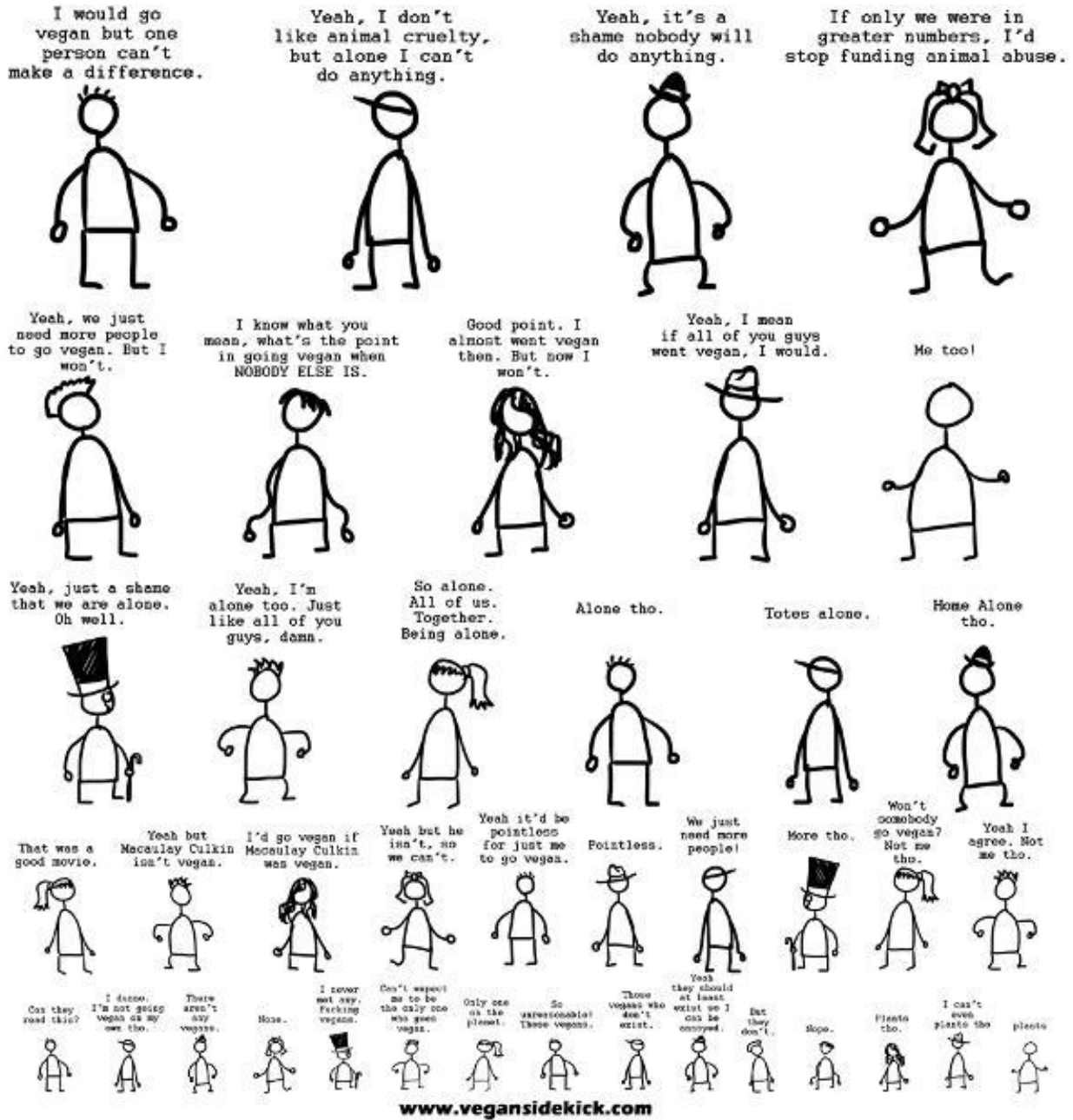


"For all the dogs boiled alive in Korea ... For all the dolphins eviscerated in Japan ... For all the whales hunted by the Norwegians ... For all the bulls stabbed to death in Spain ... For all the donkeys worked to death in Nepal ... For all the foxes and badgers torn apart in England ... For all the elephants maimed and shackled in India ... For all the bears and bison and wolves shot in America ... For all the seals clubbed to death in Canada and Iceland ... For all the rabbits skinned alive in China ... For all the kittens and puppies starving in Serbia ... For all the animals enslaved &/or tortured in every lab, in every zoo, in every circus, and on every farm ... For every animal whose tortured body makes it to every breakfast bar, every lunch menu, &/or every dinner plate ... Indeed for every animal on the Earth who is forced to endure and suffer the raw cruelty of human greed & the slow silence of human indifference ... ***I shall be their voice.***"

~ via Mark Stewart

ONE is just Right ...

(05/12/2018)



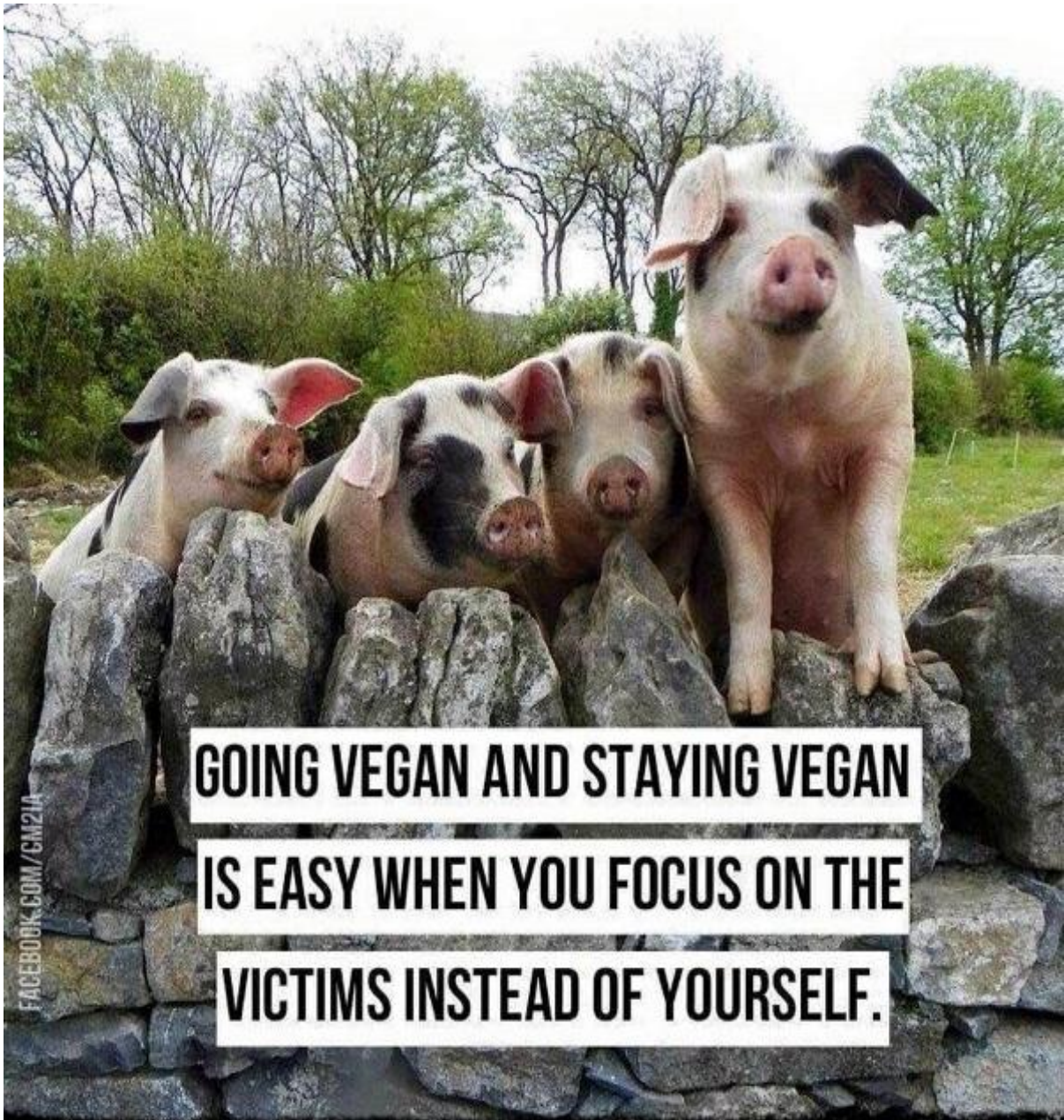
Just one **vegan** saves 1000+ gallons of fresh water, 40+ pounds of edible grains, 30+ square feet of forest land, 20+ lbs. of CO2-equivalent greenhouse gases, and at least one innocent sentient being's life -- *every single day* ... One **vegan** alone saves all that -- and that alone is enough to **go vegan**. Of course, millions of vegans together could ultimately save our species, and there's still a chance that could happen -- but only if you do your part.

Please be on the right side of history ... please **Be Vegan**.

Be one
less person
harming
animals

... *Be Vegan!*

Recognizing your Victims ...
(05/13/2018)



**GOING VEGAN AND STAYING VEGAN
IS EASY WHEN YOU FOCUS ON THE
VICTIMS INSTEAD OF YOURSELF.**

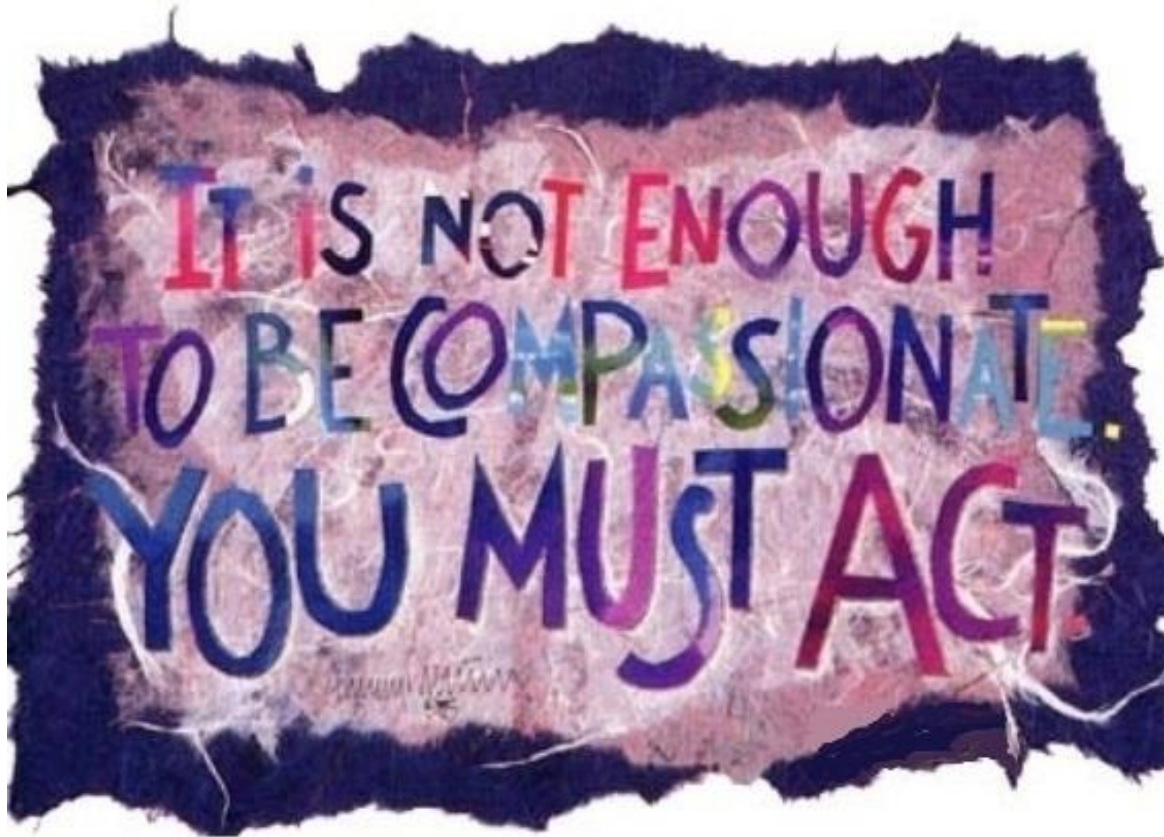
Newsflash: there is nothing “correct” or “natural” or “normal” about paying other people to unnecessarily enslave, abuse, and murder innocent beings for your mere personal pleasure. As such, it is not at all true that you join a cult when you *Go Vegan* You actually leave one behind when you do so.

Awakening to who you truly ARE ...
(05/14/2018)



“Going Vegan isn’t about becoming a different person. I still am who I’ve always been. It’s just that now my actions more accurately reflect the same... This isn’t about me suddenly changing from the person you’ve always known. It’s actually much more about *your* willingness to see that the caring & compassionate person I’m choosing to be is actually the very same person I’ve been all along.” ~ via Cooper L. Bombardier

Compassion is a VERB ...
(05/15/2018)



“There is absolutely NO reason whatsoever to be apologetic about being a *VEGAN* ... Without any doubt, you are on *the right side of history*. A time will indeed soon come when the animal industrial complex will be called to account – and people like you will be raised up and admired for standing against its vile practices. I personally cannot wait for that day to arrive, and neither can the billions of non-human animals still being tortured and slaughtered by that complex every day. Those animals do not need you to be put off or diffident – they need you to **BE STRONG**. So never ever apologize for speaking up for them. Indeed, the world’s brutes and murderers should doff their caps and genuflect towards you whenever you walk into the room. And indeed, one day they will do so! The message is ultimately a simple one – *You are Right*, and they are wrong, and one day all will know and admit the same.” ~ via Philip Wollen

“A long habit of not thinking a thing wrong will give it the false appearance of being right, and yet the question persists: Why do you still remain in prison -- when the door to your cell stands wide open?” ~ via Thomas Paine & Rumi



*“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)*