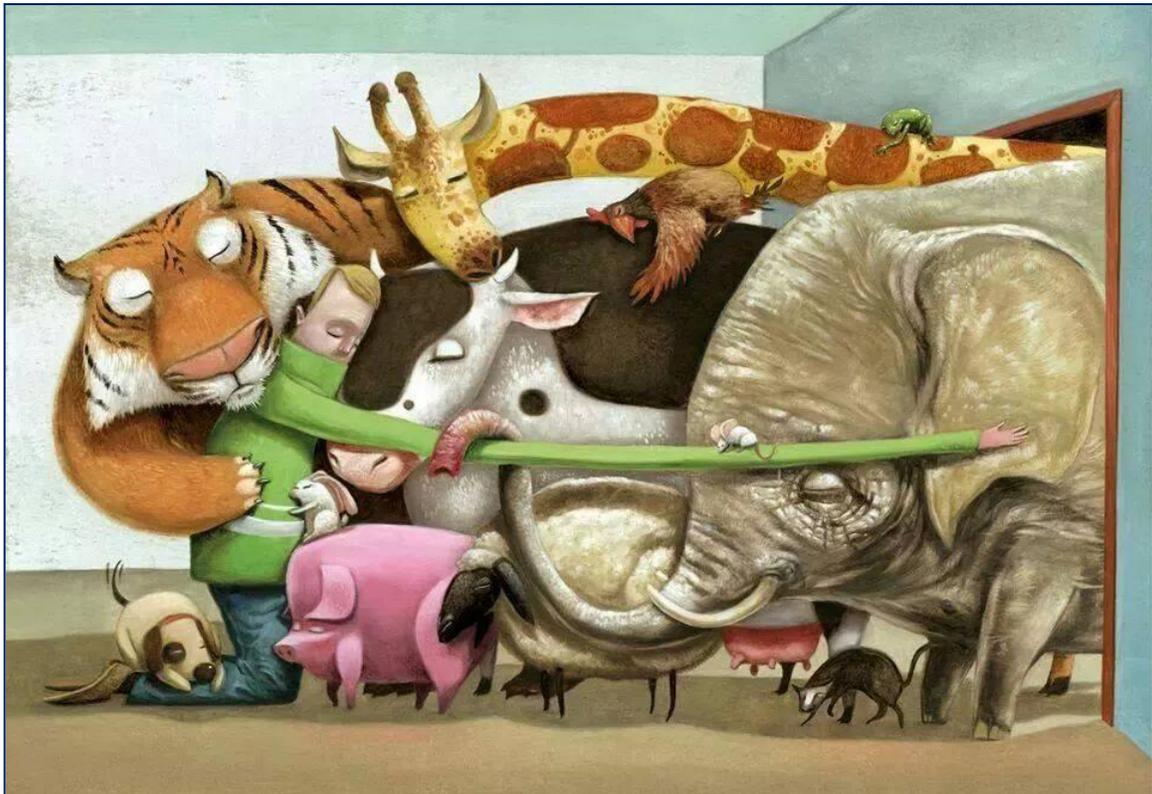


Sanctifying the Sentient

(Volume III ... July 2015 – March 2016)



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

via Scaughdt
an (i)am publication

NOTE: This work is Purpose-fully non-copyrighted, and may therefore be copied, reprinted, forwarded &/or gifted onward in whatever ways any of its readers deem fit. That having been said, the author would also like to remind anyone so doing that, just as these Truths have been given to all for free, so too should they be freely given onward to others – fully profitless to the giver; without any additional costs or conditions attached for the recipients thereof ... *Thank you.*

An Introduction to what Follows

I remember like it was yesterday ... It was late May of 2013, and I was the lone “ethical vegetarian” (an oxymoron, I now realize) 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 the body parts of dismembered calves, and so I asked him to repeat himself. He did so, explaining that the product in question is called “rennet”, and then he dialed up the relevant proof on his smart phone for me to read for myself. Sure enough, it was at that moment confirmed that the vast majority of cheeses are indeed produced using stomach-enzymes “harvested” from slaughtered dairy calves ... And it was at that moment that my world turned upside down.

Later that evening, I went home and began to research the making of cheese – which led me naturally to learn about the cruelties inherent in the entire dairy industry as well. Indeed, it didn’t take long for me to discover that there actually is no separate “dairy industry” at all; to learn that milk cows are not only confined in often unsanitary conditions, but that they are repeatedly forcibly-impregnated (raped, actually), have their babies kidnapped from them shortly after each birth (half of whom are then soon murdered for 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 – 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 overt callousness? ... In short, I couldn’t, and so I stopped doing so.

Admittedly, I tried to rationalize satisfying my physical addiction to the casein in animal dairy by shifting to goat milk & goat cheese for a few weeks, and yet I soon found out that goats were similarly abused; that it didn’t really matter how uncomfortable or inconvenient it was for me if my diet was the direct cause of such brutality & suffering.



And so I went vegan that June, and began sharing with others the facts that had for so long been hidden from me. As such, here is the first volume of my collection of those articles & entries; those posts & those paragraphs. May the facts & truths within them awaken your true, Caring Self the same way they awakened mine ... Peace to ALL!

Scaughdt
(April 2015)

*“**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.”*

~ anonymous

Running FREE
(07/26/2015)

May we all run free with our Friends ...
And may we allow all our Friends to run free.



“Animals are not meant to be caged. Their eyes shine too brightly, their voices croon too sweetly, and their hearts Love too deeply for that ... And so, once we awaken to this humble Truth, we let them go. We realize that they are not ours to use as we wish; that they are no more our slaves than we are the slaves of another -- and so we set them free ... And as we do so, and as they joyfully race past us into the unhindered dawn of their newest day, the part of us that longed to have & to hold them is briefly saddened to see them go ... And yet it doesn't take long for the greater part of us -- the part that knows it was wrong to imprison them in the first place -- to rejoice in their new-found Happiness & celebrate their new-lived Liberty.” ~ inspired by Stephen King

A Call to Freedom (07/18/2015)

Newsflash: The orcas currently kept in SeaWorld (and all other marine “entertainment parks” around the world) suffer immensely during their short & brutal lives. They committed no crime to justify their incarceration in these prisons, and should all be released immediately -- into the wild if possible, or into marine coastal sanctuaries if necessary.

I have faith that this statement alone is enough to inspire you to **A)** stop visiting these “parks”, **B)** stop buying any products that endorse them, and **C)** do your part to raise your voice for the ultimate (and hopefully imminent) release of these wrongfully convicted & wrongfully detained sentient beings ...

And yet if it isn't, please consider the following facts:

***Fact ...** Orcas at SeaWorld spend most of their time floating listlessly at the surface of the water with little to no shade from the hot blistering sun. In the wild, orcas spend up to 95 percent of their time fully submerged, shaded by the depths of the ocean, but at SeaWorld their tanks are far too shallow. Because of this, captive orcas have perpetual sunburns -- shielded from the public eye with the help of black zinc oxide, a tinted ointment which matches their skin.

*** Fact ...** In nature, orcas choose their own mates. But at SeaWorld, orcas are forced to breed on a regular basis. Male orcas are trained to float on their backs, where their trainers then forcibly masturbate them to collect their sperm. Females are artificially inseminated and compelled to breed at a much younger age than they would normally. As one example of many, Katina was forced to breed when she was only 9 years old (at least five years earlier than she would have naturally bred in the wild). Now she is being used as a virtual breeding machine, and is even being inbred with her own sons.

*** Fact ...** Orcas in the wild have an average life expectancy of 30 to 50 years -- with their estimated maximum life span being 60 to 70 years for males and 80 to more than 100 for females ... And yet the median age of orcas kept in captivity is only 9 -- only NINE!

*** Fact ...** SeaWorld abusively confines its whales & dolphins -- each of whom who would normally swim up to 100 miles a day in the wild -- to tanks that, to them, are the size of a small bathtub ... That's akin to you spending your entire life locked in a small closet!

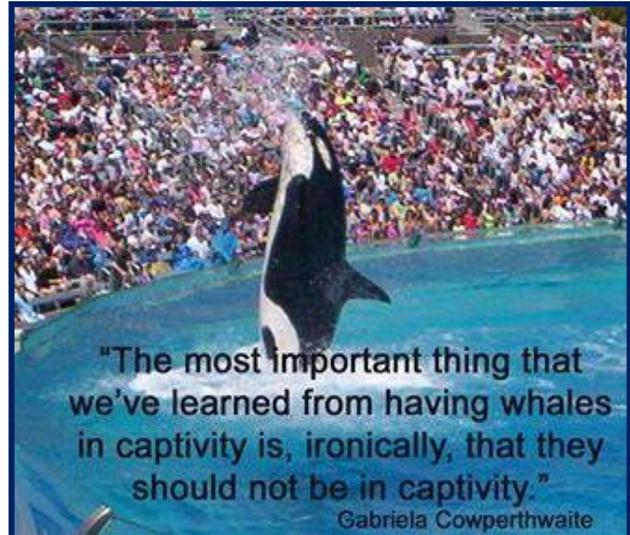
My Friends, SeaWorld and other such "marine parks" may present themselves as “family establishments” full of fun “educational activities”, and yet these parks are merely businesses, and their activities physically & emotionally harm the animals who are held there against their will.

SeaWorld has both the financial means and ability to do the Right Thing -- to release all its orcas who are capable of reintegrating into the wild, and to create coastal sanctuaries for all those who cannot. However, the park instead chooses to stick with the same blatantly inhumane & grotesquely cruel business model it has used for the last 50 years, and this despite the incontrovertible evidence of violence & injustice that animal rights protestors & the film *Blackfish* have clearly exposed to date.

As such, please shout "NO!" to SeaWorld and its enslavement of animals -- by refusing to buy a ticket, by boycotting its sponsors (including Coca-Cola, American Express & Snickers), and by repeatedly & loudly demanding the park to release its prisoners.

Imprisoning others for entertainment is sick & immoral, my Friends. So please firmly & loudly refuse to support such cruelty in any way in the future ...

Thank you.



On Perception & Reality (07/18/2015)

So, can you spot the difference between these two pictures?

HINT: Morally ... **there isn't one.**



“In order to maintain uninterrupted milk production, cows are forced year after year to go through an endless cycle of pregnancy and birth, only to have their calves immediately taken from shortly thereafter. Every single time this separation happens, the mother cows and their calves cry out for each other as they are pulled apart ... Both end up mourning each others' absence for weeks.

All forms of dairy farming involve forcibly impregnating cows, most often requiring a human farm worker to insert his or her arm far into the cow's rectum in order to position the uterus, and then forcing an insemination instrument into her vagina. The restraining apparatus used to keep the cow still during this violation is commonly called a 'rape rack' ...

After just 4 to 6 years, the bodies of dairy cows are “spent” from being forced to over-produce milk. Often weak and ill, they are then forced to endure an overcrowded transport to the slaughterhouse, and a violent death once they arrive there. If they were allowed to exist free of exploitation, abuse and slaughter, cows can live up to 25 years or more.”

~ unknown

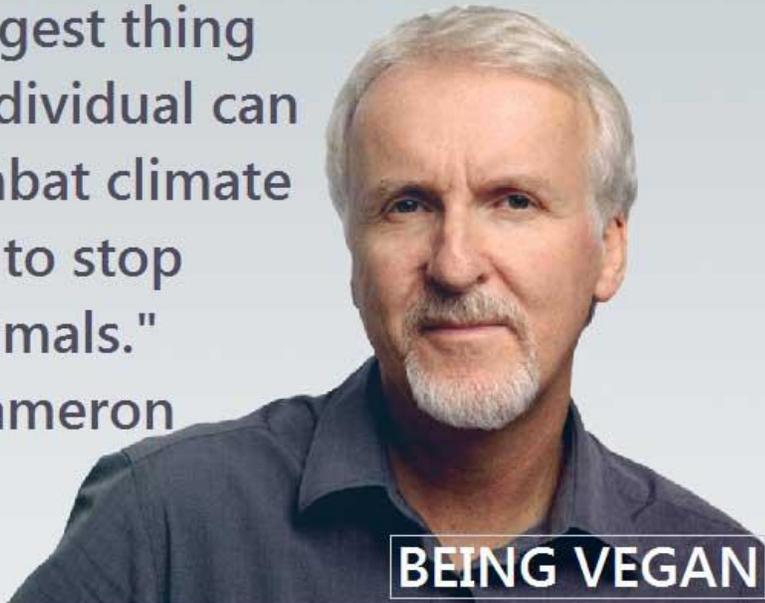
Current denial is imminent Death
(07/24/15)

Did you know that meat & dairy livestock are the number one producer of greenhouse gases – 40% more than all the world’s cars, all the world’s trucks & all the world’s planes *combined*? And did you know that a recent United Nations report concluded that an imminent and significant worldwide shift toward a plant-based diet is critical to preventing the most tragic consequences of the current climate shift?

Well, now you do Please act accordingly.



"This may surprise you, because it surprised me when I found out, but the single biggest thing that an individual can do to combat climate change is to stop eating animals."
 -James Cameron



BEING VEGAN



The Greenhouse Gas impact of different types of diets per person and per year represented in car kilometers



Diet without meat and dairy products (= pure plant-based/vegan)

org. **281 km**

conv. **629 km**



Diet without meat, but with dairy products (vegetarian)

organic **1978 km**

conventional **2427 km**



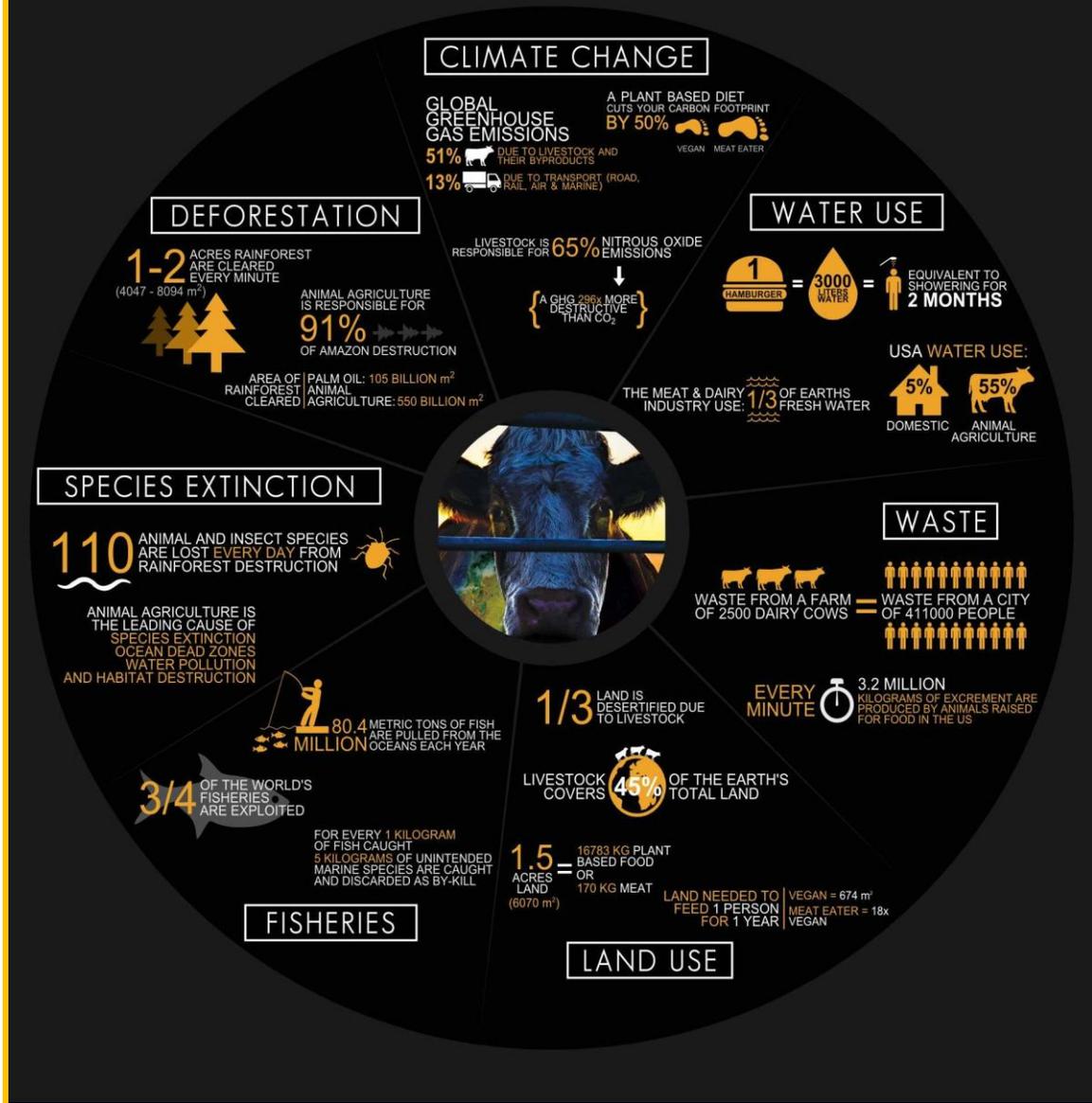
Diet with meat and dairy products

organic **4377 km**

conventional **4758 km**

More about climate change on the Internet: www.vegetarismus.ch/km/index_en.htm

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



“If we take vegan action to stop global warming and it then turns out to be untrue, then at the very least we will have saved the lives of billions of animals, dramatically reduced air pollution, saved the pristinity of our drinking water aquifers and halted the loss of our forests ... On the other hand, if we don't act – and soon, and global warming turns out to be even half as bad as most climatologists say it's going to be, then our apathy will have essentially destroyed the future of our species.” ~ inspired by the words of Tony Blair

A Call to the Front (07/24/2015)

Our species is heading headlong at top-speed towards a cliff -- towards a plummet over that cliff's edge that will end rapidly in massive destruction: famine, flooding, drought, disease, poisoned waters unsafe to drink and poisoned air unsafe to breathe. Even worse, the major contributor to our own imminent demise is ourselves -- our habits & our addictions -- specifically those related to the completely unnecessary & fully barbaric practice of consuming animals & their secretions. If we don't change -- if we don't stop this madness SOON, then we will end up suffering just as much as the sentient cousins we are still enslaving mutilating and murdering by the millions every day.

Going vegan is a good start -- a necessary start -- AND it is only a start. We desperately need new activists on the "front lines", and we desperately need them NOW!

*We need you to protest your local supermarkets' sale of abused animal-parts and animal secretions ...



*We need you to spray-paint stop signs & store-fronts ...

*We need you to pass out vegan literature on street corners and stage vegan protests in parks & plazas. ...



*We need you to talk to your friends & your family members & even strangers about animal abuse & veganism ...



*We need you to bake vegan delicacies and cook vegan dishes and share them with your classmates & co-workers & strangers alike ...

*We need you to stick vegan stickers on animal products in grocery stores ...



*We need you to chain yourselves to meat counters & animal-transport trucks & slaughterhouse gates ...

*We need you to find where animals are being imprisoned & abused & tortured & killed – and we need you to liberate them from that cruelty.



We need you, my Friends -- THE ANIMALS NEED YOU -- to join the greatest social justice movement our planet has ever seen ...

And we need you to do so *today!*

Thank you.

Drinking something else
(07/28/2015)

That's right ... There truly is a slice of terrified baby calf -- suffering from immense pain & fear -- in every single glass of milk you drink ... So PLEASE, my dear Friends, try drinking something else today for a change -- something that doesn't contain the chemical aftershocks of terror & mourning & premature death.

Thank you.



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

The Moral Minimum (07/28/2015)

There are quite a few excellent articles out there about becoming animal activists -- about taking the sorely needed step from passive veganism to courageous advocacy, and yet if you are not into reading them in their entirety, here is a three sentence summation that applies to each & every one: If you see a child being beaten, it is immoral to join in. And if you see a child being beaten, it is even immoral to merely refuse to participate. Indeed, it is a simple truth that when you see any innocent person being abused, the moral baseline -- the very LEAST you should do -- is loudly speak up and tell the abusers to stop (if not directly intervene to physically encourage them to do so).

Deep down, each & every one of us knows this Truth already. And as such, I gently ask the following questions to all of you out there to whom they pertain:

*Why do you sit back passively and do nothing while millions of innocent children are enslaved, abused & murdered every day? ... *Isn't it time for Justice to reign once more in our world? ... *Isn't it time for Compassion to finally come to the fore in your Heart & in your life? ... *Isn't it time we ALL rose up to take a stand for the downtrodden?

Here's a hint: **YES ... IT ... IS!!!**

There are so many ways for us to actively protest the horrific crimes being committed against the innocent in our communities ... We can hold silent vigil outside our local grocery stores ... We can chain ourselves to meat counters & fish markets ... We can place pro-animal/anti-cruelty stickers on animal-based products ... We can physically liberate animals being held prisoner against their will ... We can speak up to family, friends & strangers about the immorality of animal abuse & using animals as mere things ... We can go vegan and share our experience with others ... We can post on Facebook and send emails and write letters to prominent figures asking for their support ... We can blockade the entrances to animal "processing plants" (murder-houses) ... We can paint pro-compassion graffiti on stop signs and train cars and highway overpasses ... We can distribute vegan literature at local stores & malls. The list is almost endless., and in the end it doesn't really matter how we stand up to make our Moral Voice heard -- and yet to be true to your own Soul, it IS crucial that we find at least one way to do so.

No child deserves to be enslaved, my Friends. No child deserves to have its body parts burned off or torn away (even with anesthesia), and no child deserves to be murdered -- regardless of its species. So PLEASE -- help me put an end to this madness.

Thank you ... Peace ... S



“A recent Gallup poll showed that 32% of the population – higher than the percentage who supported LGBTQ equality in 1996 – currently believe that animals should have the same rights as humans people. Moreover, this percentage is increasing quickly, while animal exploiting industries are waning in size and scope. Agriculture, for example, is now a vanishingly small percentage of the American economy, and calculations show that it would take a mere 1-2% of US GDP to rescue every single animal currently in captivity and place them in a sanctuary for the rest of their lives!

Furthermore, animal issues are becoming dramatically popular in our broader culture. The Dodo founders have pointed out that animals are among the most shared subjects on social media, and an astonishing 79% of people in America say they must be protected from all suffering and harm. As Frank Bruni of The New York Times points out, windows into the world of animals are growing, both big and little. And the more we see the animals, the more we realize that THEY ARE US – that they are our family members, that they are our children, and that they are our friends. And when we see they are us, we see, too, our duty to defend them from cruelty and harm.

In the face of all these incredible reasons for optimism, it’s time for us to discard our cynicism and doubt. It’s time for us to be inspired, not to lonely inaction, but to EMPOWERED ACTIVISM. And it’s time for our movement to take a new and more confident tone: That we are strong ... that we are right ... that we are inspired ... and that we will succeed.” ~ inspired by Wayne Hsiung

Cecil -- & all the Rage (07/29/2015)

Most of you have heard the latest outrage: that a 13 year old lion named Cecil -- the alpha male of a pride of lions (including up to 24 cubs, most of whom will now probably be killed by rival adult males) in Zimbabwe -- was recently killed by Walter Palmer, a dentist from Minnesota. And you now what? As horrific as this deed was (trophy hunting is per se one of humanity's most repulsively immoral acts), Cecil's actual murder wasn't what bothered me the most ...

No, what really pissed me off -- and what gets me riled up even to this very day -- is all the high-&-mighty people calling for his head; all those pompous better-than-thou's condemning him in public; all those arrogant how-dare-he's demanding that the U.S. government extradite Palmer to Zimbabwe to face trial; all those who are denigrating him as a person and calling him "the new face of evil" ...

And what's so bad about that? What's so bad about them doing so? Well, I'll tell you what's so bad about it -- roughly 97% of the people doing that denigrating; roughly 97% of the people ranting & raving about the "obscene cruelty" that Walter Palmer inflicted on Cecil the lion, *are themselves committing far worse crimes* in their own lives every day.

That's right ... You heard me say it. If you aren't vegan -- if you eat steak or hamburger or bacon or pork chops or chicken wings or drumsticks or scrambled eggs or ice cream or any kind of cheese -- then **YOU** are paying others to make animals just as sentient as Cecil suffer a FAR WORSE FATE than he did. And **you** are doing this every single time you go shopping for meat &/or milk and every single time you sit down to eat the same.

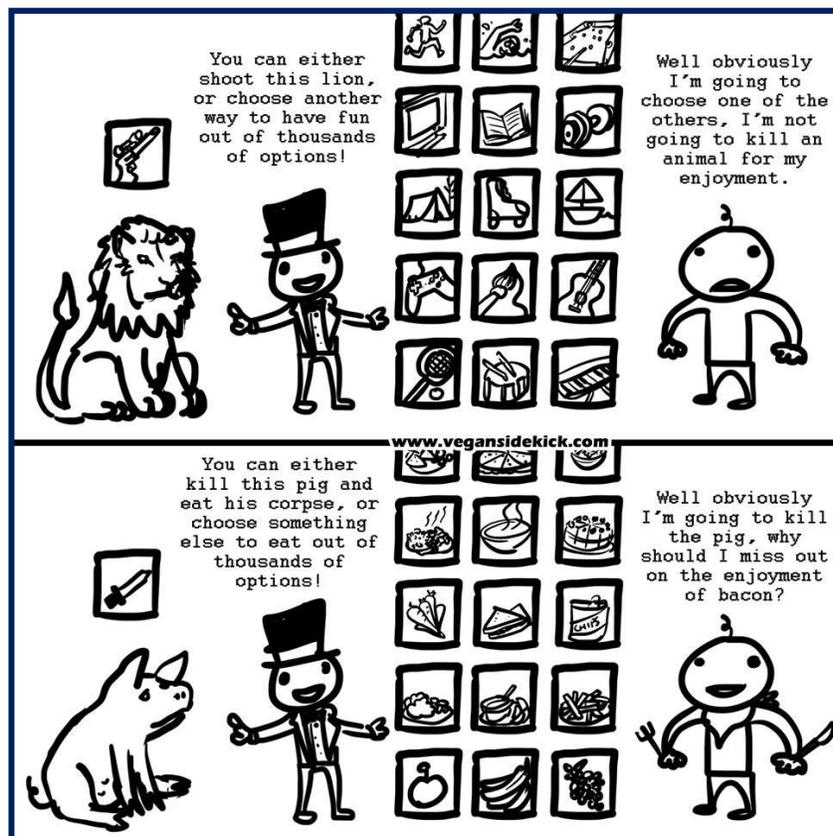
People make mistakes -- we all do. And people will pay the price for those mistakes (we all do that as well). And some of us will even have the humility & the courage -- like Walter Palmer did -- to stand forth and admit we were wrong and ask for forgiveness. And yet the one thing we are **not** to do at any time is publicly condemn others for their sins while our own lives are rife with choices just as damaging &/or failings just as "evil" ... To do so is blatantly hypocritical; indeed, to do so evinces a hypocrisy that makes the one doing the condemning actually twice as wicked as the one being condemned.

In essence then, my Friends, it is fine for you to be upset about Walter Palmer murdering Cecil -- a majestic, sentient animal. It was and remains an egregious sin on his part; one I like to think he will never commit again ... AND if you are not currently living a vegan life, then you have absolutely NO **STANDING** whatsoever to call him out for this particular failing. Indeed, as long as you persist in using your hard earned money to pay others to enslave & mutilate & murder adolescent animals, then the only person you have a right to condemn at all in your life -- is yourself ... Peace -- S

Why are people who say it's their 'personal choice' to be complicit in the deaths of billions of farmed animals so outraged about Walter Palmer's 'personal choice' to kill Cecil the Lion?

Both acts are violent. Both acts are unnecessary. Both acts are wrong. ALL animals value their own lives. Please make the connection.

earthlings.com



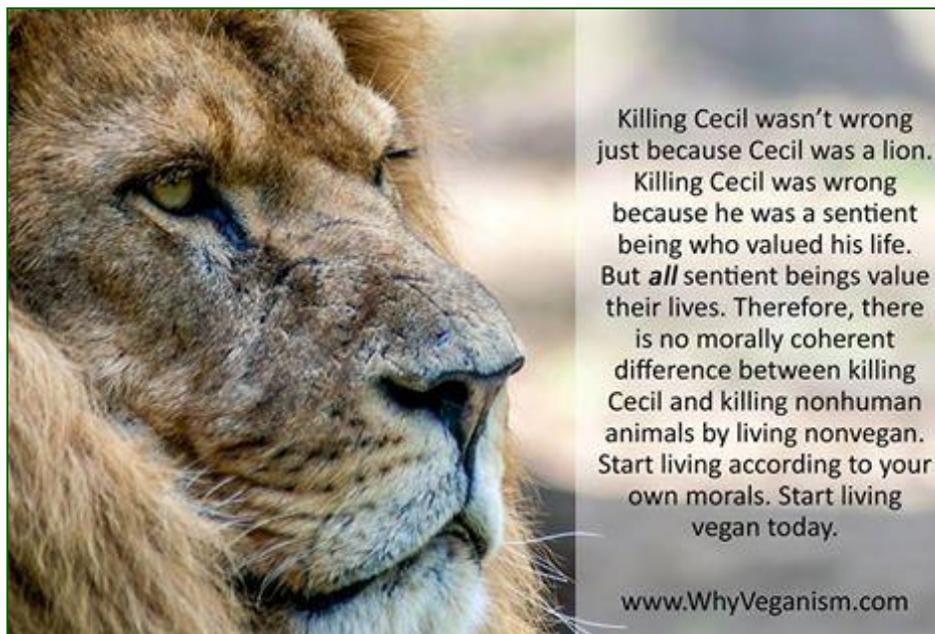
Who Cecil was ... Who you Are (07/30/2015)

Killing Cecil wasn't wrong because he was a lion, and it wasn't wrong because he was a member of an endangered species, and it wasn't wrong because he suffered for 40 hours before being “put out of his misery”, and it wasn't wrong because someone beheaded him after he was finally shot, and it wasn't wrong because no one ate his flesh after his head & skin were taken back to the United States to be mounted on someone's wall ... No, my Friends, killing Cecil was wrong because Cecil was a sentient being who valued his life -- who loved life & who feared death & who celebrated the company of loved ones & who suffered in pain when harmed.

Indeed, there is no moral difference between a hunter killing Cecil and you & yours paying someone else to imprison, maim, mutilate and murder the cows, pigs & chickens whose body parts make it to your plate everyday -- none whatsoever. In truth, the case can actually even be made that Walter Palmer did the far less evil deed, for at least he had the gumption to kill his victim himself, and at least he had the wherewithal to plead for forgiveness thereafter.

As such, I humbly implore you all to please wake up to who You **truly** Are; to please start harmonizing your morals with your choices ... In essence, I am, quite simply imploring you to please **Go Vegan** Thank you.

“Veganism is the natural flowering of consciousness freed from the continuous programming of the inherent violence in our culture. The word vegan is precious, inspiring, and demanding, because it questions the core mentality of our culture and it is the key to our culture’s transformation and to its very survival. So please, let’s love, defend, respect, understand, and propagate this word and what it stands for as if all our lives depended upon it; they very well may.” ~ Will Tuttle



The Right about Wrongness (07/31/2015)

Sometimes questions of morality can get a little “thick” & confusing, so I'm going to break it all down and make Right Action really simple for you – for what human ethics essentially boils down to is the following:

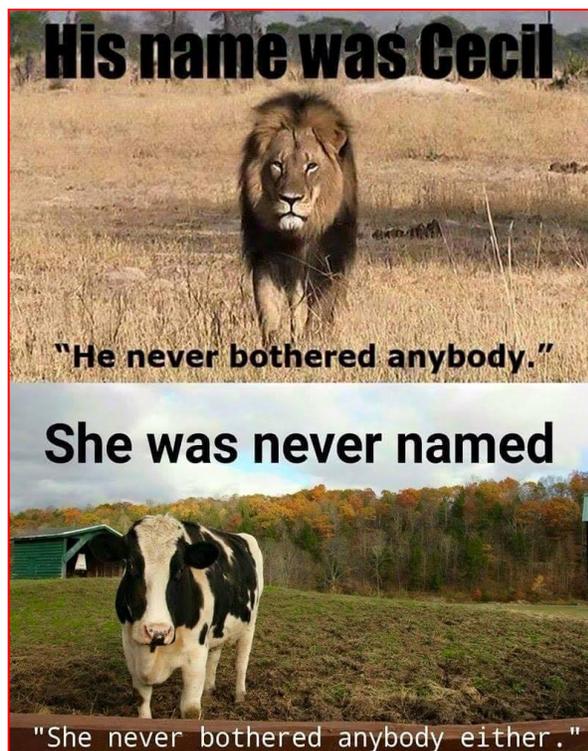
It is Good to maintain &/or enhance the quality of sentient life, and it is not Good to selfishly damage &/or destroy the same.

That's pretty much it ... Essentially, for any human to become a Moral Being (and thereby experience a life that is truly Joy-full & deeply Meaning-full), it is critical to remember that when it comes to feeling fear from being confined &/or abused or from suffering pain by being maimed &/or murdered, a chicken is a pig -- is a cow -- is a horse -- is a cat -- is a dog -- is a whale -- is a lion is a boy.

And essentially, for a human to then remain a Moral Being, he or she must go forth immediately after that awakening and *act accordingly*.

Peace to ALL ... S

(inspired by Albert Schweitzer
& Philip Wollen)



The Well-Lit PATH (08/01/2015)

Most of you have only seen or read about direct action protests for the rights of others after the causes they were for became more widely accepted -- sit-ins & freedom riding for the civil liberties of non whites; peaceful strikes for the respect of abused workers, marches for women's rights and protests for gay rights ... Well here's a little secret: None of those ultimately successful social justice movements were looked upon fondly in their infancy; none of them were adored or well-supported when they first started challenging the wrongs of racism, worker abuse, child abuse, women's suffrage or homophobia. All of the them were difficult to engage and all of them were terrifying to join ...

And yet that is the nature of righting any social wrong. Direct action protests are not meant to make others comfortable, and they are thus not comfortable themselves. They force each and every person -- both those witnessing them, as well as those participating in them -- to look boldly at the oppression and injustices that society at large would have us ignore and even encourage. Indeed, even those who witness such actions and walk away angry and determined to remain unchanged have at the very least been made aware of the Truth thereby ... And seeing as how all humans are innately opposed to injustice & cruelty, exposing the same to the light is well over half the battle.

Yes, taking action is always terrifying -- especially action purposefully designed to challenge socially accepted norms; especially actions designed to expose the flagrant flaws in the majority's thinking &/or being. AND, if justice is indeed to be done and if compassion is indeed to reign -- as they should and ultimately must, such actions are NECESSARY.

And I am here to tell you that there is a new social justice movement under way -- I fact, the largest and most important social justice movement in the history of our species. It is gaining members rapidly every day and it is gaining ground steadily every week -- and this, in every country all around our entire world. And it **MUST** gain members and it **MUST** gain ground, my Friends ... Otherwise our civilization will crumble, and suffering will rule all days in all lands.

We don't have a lot of time to steer ourselves away from the cliff's edge that looms before us, my Friends, and yet all hope is not lost. There are those lighting the new path we must tread to avoid disaster ... There are those already lighting our Path to Liberation.

So -- for the animals, for your family, for your friends, for your planet -- won't you please walk it with me today?

(inspired by Jarphanie Stemon)



**“Don’t judge each day by the harvest you reap
but by the seeds that you plant.”**

~ Robert Louis Stevenson ~

A simple Acknowledgment (08/03/2015)

“Veganism is the simple acknowledgement of our responsibility as moral individuals to minimize the harm we cause by our existence. It simply asks that we re-manifest in ourselves the qualities we have had since we were born and the qualities that are necessary to become citizens of a better future; a future where no one is oppressed, a future where no one is tortured; a future where no one is murdered for sport or pleasure; a future where no being is treated as a mere means to a selfish end ...

To be vegan is simply to openly & consistently demonstrate one’s awareness of and appreciation for the fundamental principles of Justice. It is an ongoing declaration of the conviction that acts of brutality and oppression are not excusable simply by virtue of the species of their victims ... Veganism is nothing less than the evidence of one’s commitment to the sacred principle of nonviolence – the determination to fully eliminate our support for any & all cruelty that is either directly or indirectly carried out on our behalf.”

~ inspired by Angel Flinn



Hunting the hunters; hunting the Hunted
(08/08/2015)

Those who hunt with their wallets have no business criticizing or condemning those who hunt with their bows and guns.



“So I'm talking with a man sitting next to me in a cafe and he tells me how much of an animal lover he is and how he likes to hunt ... I told him you can't Love women and rape them, and you can't Love children and molest them; just like you can't Love animals and kill them, much less Love them and eat them. Indeed, there is absolutely no Love in any act of selfish violence.” ~ inspired by Jamison Scala



Un-damning Denmark
(08/08/2015)

I recently sent the following email to every sitting member of the Danish Parliament, in the hopes of awakening enough latent decency to have them halt the repulsively barbaric practice of the Faroe Islands whale hunts -- where every year close to 1000 highly intelligent & emotionally sophisticated pilot whales are herded onto beachheads and ruthlessly murdered ... This abjectly cruel practice serves no purpose other than the preservation of a long-since outmoded facet of Faroese “culture” -- one that should go the same way as the practice of enslaving Africans in the United States and the genocidal murder of Jews in Europe.

And because I could do nothing for the whales from afar other than write this email, that is what I did ... Yes, direct action in or own communities (sharing vegan literature, protesting slaughterhouses & meat counters & fish markets & zoos & circuses, plastering stickers on cruelty-infested products, actively liberating animals who have been wrongfully imprisoned etc) *is* indeed always the better choice when it comes to righting wrongs and standing up for justice for our animal cousins, **and** every act counts nonetheless.

As such , please feel free to join me in reminding the Danish government that the year is 2015 -- and that cruelty towards the sentient is no longer en vogue; “cultural heritage” & “longstanding tradition” be damned.

Peace to ALL ... S
.....

To all the sitting members of the Danish Parliament:

Several of my ancient forefathers were Danes, and up until recently I felt more than an inkling of pride at being even distantly related by blood to your admirably progressive nation ... **And yet** recently I became aware of a practice – one still at least indirectly supported by each & every one of you – that is so backwardly barbaric and so outlandishly cruel that this small measure of personal pride has been almost overnight transformed into a cloak of cultural shame ... I refer, of course, to the ongoing brutal & inexcusable slaughter of pilot whales on the Faroe Islands.

How can it be that such a repulsive practice can still be sanctioned in this day & age? How can it be that **you** -- the governmental representatives for the generally kind & caring people of Denmark, still allow such bestial barbarity to persist under cover of the Danish flag? How can you allow your own Danish Royal Navy to not only refuse to stop this diabolical practice, but to actually actively ensure that it succeeds? ... For shame, I say -- **For shame!!!!**

Yes, I realize that the Faroese people have been essentially a self-governing folk since 1948, AND YET the Danish government still holds the authority over them regarding matters of Justice to this very day ... And rest assured that this indeed is a grave matter that is shouting for Justice. For it is indeed patently unjust -- indeed, downright cruel (if not outright **evil**) -- to take the life of an innocent being that does not want to die, and this, no matter how quickly or “humanely” said killing might be done.



And yet that is precisely what is happening even as we speak ... The Faroe whale hunts continue -- with hundreds of highly intelligent and emotionally sophisticated cetaceans already having lost their lives (over 250 on July 24th alone), and with hundreds more scheduled for extermination in the near future.

The Faroese people claim that this malicious massacre is a sacred part of their culture, and yet to this claim I say: so was the enslavement of Africans in Europe & the Americas; so was the attempted (and almost successful) genocide of the Native Americans by early settlers in the United States, and so was the termination of over 6 million Jewish lives by the Nazis in & around World War II ... That a culture accepts a form of cruelty as “normal” makes its evil no less wrong, and as such claiming “heritage” as a defense to acts of cruelty makes not a single soul participating therein one iota less culpable.

And this is especially true for all of you, for **YOU** -- each & every one of you -- have the ability to see that Justice is done; not only for the peaceful protestors who have been wrongfully accused and imprisoned for their efforts to stop the aforementioned madness, but also for the whales themselves -- magnificent creatures who deserve the same measure of respect & decency that you or any member of your own family would also deserve.

Evil is evil & injustice is injustice, my Friends -- and both must be openly condemned & courageously abolished for any society to lay consistent claim to being truly compassionate or even truly civilized.

Please let it finally be so in Denmark.

Sincerely yours,

Scaughdt Iam

Speaking for the Trees (08/08/2015)

*“I speak for the trees,
for the trees have no tongues.”
~ The Lorax (Dr. Seuss)*

Are you concerned about nature & the environment & the loss of our world's forests? Well, did you know that animal agriculture is the primary cause of rainforest destruction (with 40% of all global rainforests having already been razed for cattle pasture within the past 40 years – and 220 square feet of rainforest being currently destroyed for every single pound of rainforest beef produced)? And did you know that animal agriculture is the primary cause of global topsoil loss? And did you know that animal agriculture is one of the primary causes of global water pollution?

Well, now you do.

*“Unless someone like you Cares a whole awful lot,
Nothing is going to get better. It's not.”
~ The Lorax (Dr. Seuss)*

The Lorax was right, my Friends ... Unless we choose to set aside our addictive cravings for comfort & pleasure in favor of becoming active, responsible stewards of our planet, it's going to get pretty painful for us pretty quickly. And the key to doing so is **A**) to remember that our lives are essentially worthless unless we use them to Care for others, and **B**) to remember that our Caring is essentially worthless unless our Caring becomes a verb ...

Facta, non verba -- Actions, not words.

Amen ... Let it be so.

“I really wonder what gives us the right to wreck this precious planet of ours. Well make no mistake, even though we are indeed wrecking it, we won't be doing so for long ... For once our greed and our stupidity finally reach critical mass – once we finally make things truly unlivable here for ourselves and start to die off in mass numbers, the Earth will finally be free of us once and for all – and she will sigh in relief – and she will bloom once more.” ~ inspired by Kurt Vonnegut

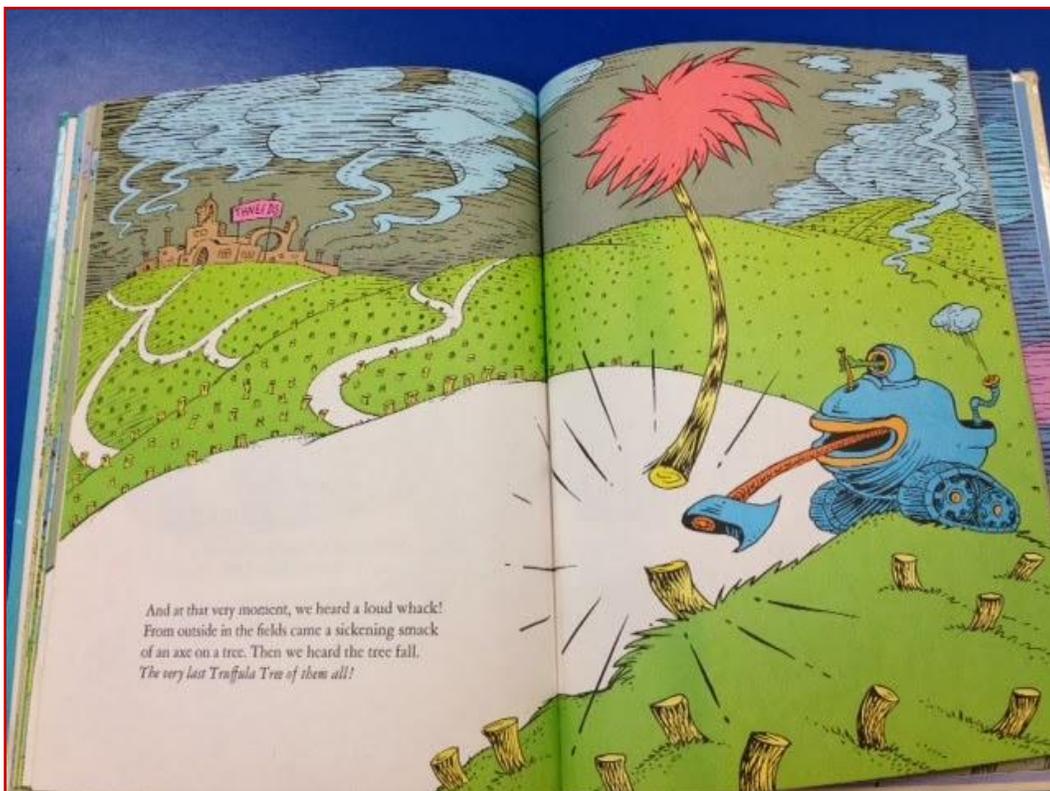


Something to think about: The Earth is 4.6 billion years old. Let's scale that to 46 years. We have been here for 4 hours. Our industrial revolution began 1 minute ago. In that time, we have destroyed more than 50% of the world's forests.

P.S. To better understand what I'm saying, here's how things looked before we humans started thinking we knew better ...



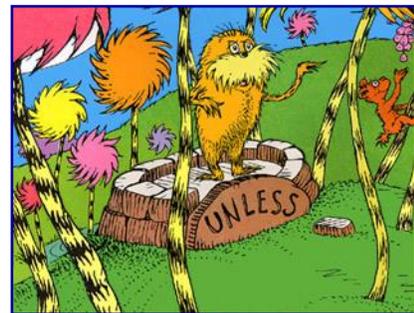
... and here's what has happened since then -- *a lot* ...



... which in many places has the forests now looking something like this:

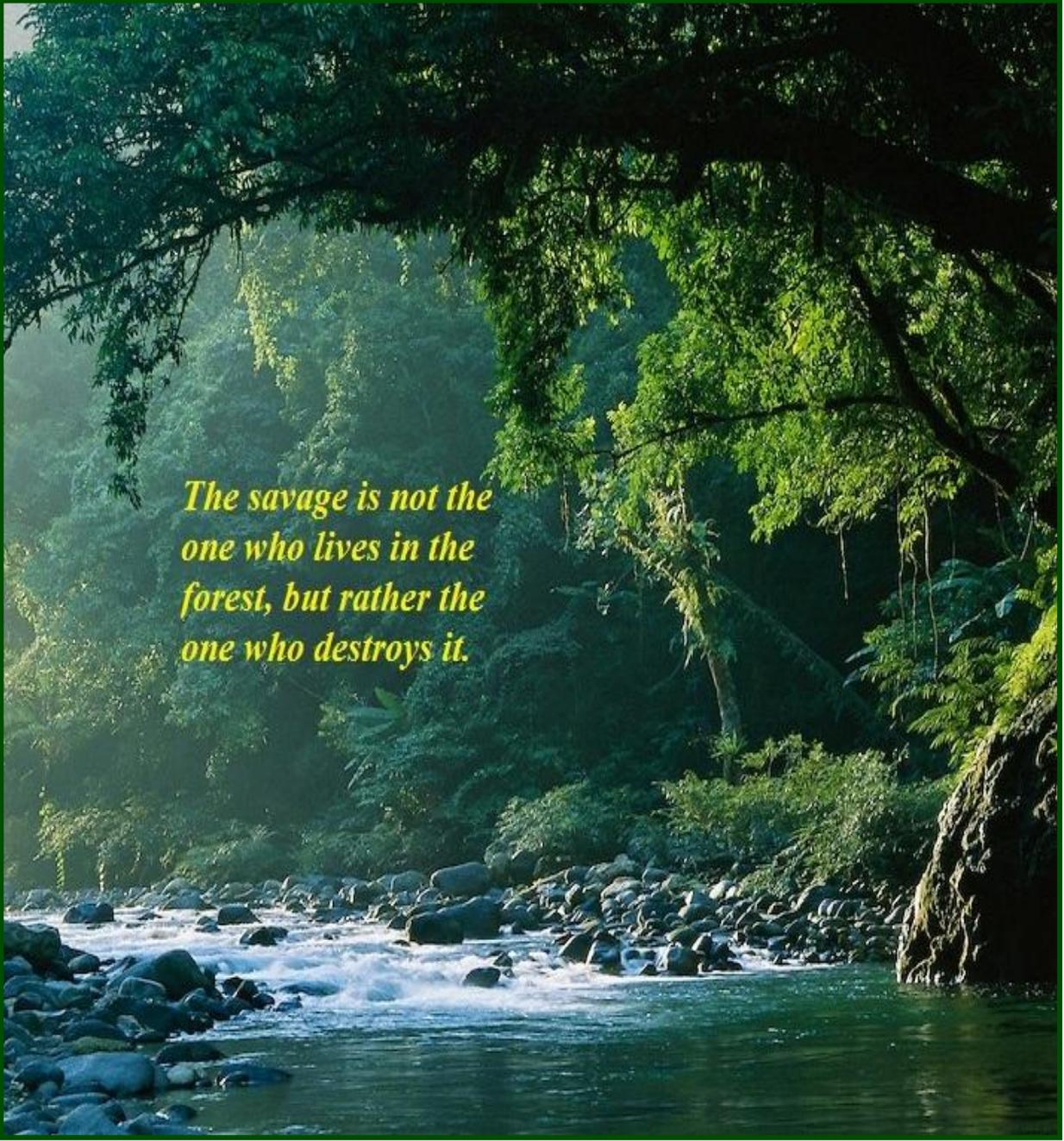


... which is getting bad enough that it *should* be slowly reminding more & more of us that **we still have an alternative available** to the self-destruction of our Home -- that there is something that **WE CAN ALL DO RIGHT NOW** to significantly halt this madness ...



... and that something is first & foremost is to **GO VEGAN!**





An Image of our Selves (08/11/2015)

“Bringing innocent beings into existence as a purely superfluous resource -- as mere commodities that serve no purpose other than to quell our rumbling stomachs &/or sate our primal lusts for palate pleasure, is in and of itself a cruel gesture. And to couple this heinous crime with enslaving those beings -- with confining them in shacks & stalls & pens & cages; with painfully mutilating their tails & horns & beaks & genitals; and with ultimately murdering them all in their sweet adolescence, is a reflection of evil itself.

We may be shielded from this Truth -- we may have not yet been told of it, or we may have heard and yet chosen to look away, and yet the sordid Truth it remains ... a horrific Truth ... a wicked Truth ... a deadly Truth ... a catastrophic Truth.

My Friends, for us to breed, birthe, abuse, murder, and then discard other sentient beings merely to consume their secretions or their dismembered corpses can never -- *ever* -- by any stretch of any imagination -- comply with any image we might hold of ourselves as Kind, or Caring, or Just, or even decent human beings ... Indeed, when we face up to the massive suffering we are directly funding -- to the helpless & the vulnerable & the innocent victims of our superficial greed; victims who are indeed the direct consequences of every single one of our non-vegan consumer choices, then there remains only one course of action that makes any sense: We finally awaken ... We finally shout 'Enough!' ... We finally refuse to be an accomplice to the madness ...

In essence, we finally choose to be vegan.”*

(*with great gratitude to the author of the blog “There’s an Elephant in the Room”)

Amen ... Let it be so.



A Matter of Rudeness (08/12/2015)

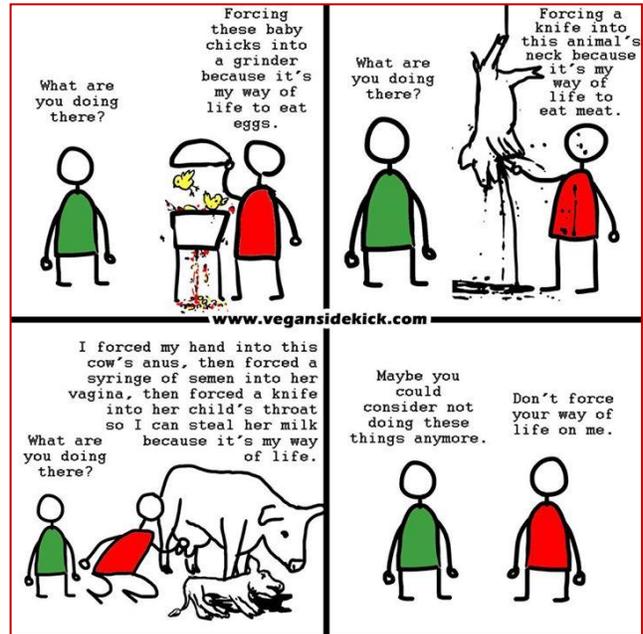
I totally get it when non-vegans get a little irritated with me over my pro-animal writings. After all, I don't particularly like it either when others illuminate my own inconsistencies & moral weaknesses ... I am thankful for those “rude awakenings” after the fact, of course -- after I have had the humility to see my own failings therein and the courage make the necessary shifts in my behavior -- and yet the act of awakening itself is admittedly never a comfortable one.

That having been said, it is not an accurate statement for non-vegans to claim that I am “pushing my beliefs” on them ... I do not do so in my daily life, I do not do so in my everyday conversations, and I certainly do not do so in my writings. I have simply chosen to live a life that fully & completely respect the rights of others -- **ALL** others. I live this life openly and, when asked, I champion it passionately. That is not forcing anything on anyone ... I never get up in anyone's face (knowing that it would be fully counterproductive to do so) and I never condemn anyone as a person (even though I most certainly do “condemn” all choices that are cruel &/or unjust &/or callous).

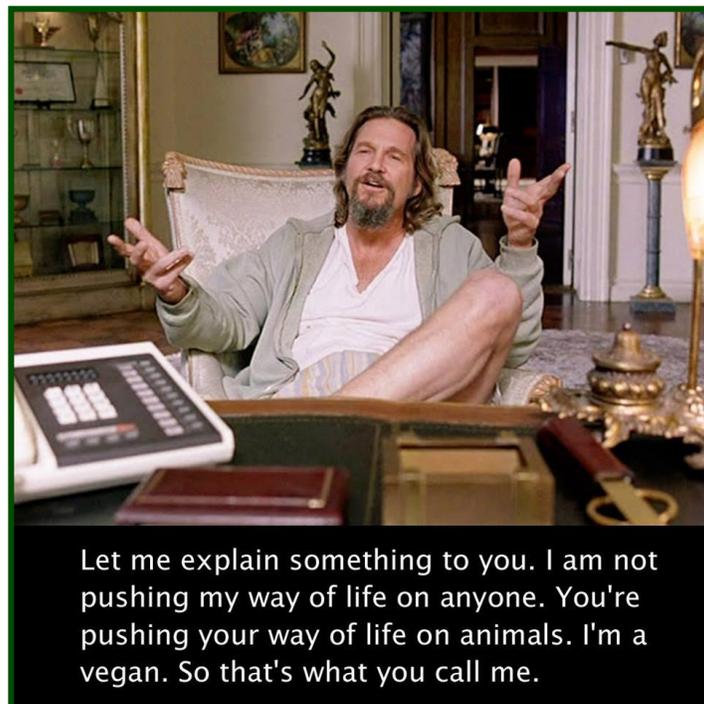
Indeed, the truth of the matter is that vegans do not push beliefs on others at all. That farmed animals are confined and abused is not a belief – **it is a fact**. That it is completely unnecessary for humans to eat animal products to actually live longer & healthier lives is not a belief – **it is a fact**. And that non-vegans paying for animal products directly prolongs the massive suffering & insane injustice of the meat & dairy industry is not a belief – **it is a fact** as well.



In conclusion, my pro-animal/anti-cruelty posts are not telling you what to eat, my Friends. They are only illuminating what you are already eating ... They are not telling you what to support. They are merely informing you what you are already supporting ... And they are not telling you what to do. They are simply reminding you of what you are already doing ... And as such, if you are one of those non-vegans telling us vegans to stop pushing our beliefs on you, it seems to me that you are simply confused as to who is really pushing whom.



We are part of one large family, my Friends -- a family that includes our animal cousins. If someone were confining &/or abusing &/or murdering your family members or your classmates or your co-workers, I am almost certain that you would stand up and do something to stop them. As such, I think you understand quite well that factually and non-judgmentally illuminating your own actions that are confining & abusing & murdering our other, equally worthy family members is not rude at all ... It is actually Noble & Kind. It is Kind to you, that you might one day soon repair the harsh discord that exists between your actions and your values; and of course it is Kind to the animals, who will then no longer suffer therefrom ... Peace to *ALL* ... S



Right Action isn't rocket science
(08/12/2015)

Right Action really isn't rocket science ...



P.S. There is no such thing as “humane slaughter” ... If you think otherwise, just ask any animal having its throat “humanely” slit after having been “humanely” enslaved for the entirety of its “humanely” shortened life.

The Sooner, the Best
(08/15/2015)

“The sooner we acknowledge that animals are equally worthy emotional beings, the sooner we will cease to confine them & mutilate them & destroy them for our own personal pleasure -- and the sooner we will begin to do what we have all been truly Called to do: namely, to embrace them openly and gently and consistently as our brothers and sisters and friends.”

Amen ... Let it be so.
(~ inspired by Anthony Douglas-Williams)



The MOVE is ON (08/15/2015)

For the past several hundred years, we humans have been steadily waking up; steadily allowing the wise & caring stewards of life that we were born to be slowly yet surely come more fully into Being ... We did so in the anti-slavery movement that blossomed in the late 1800's, we did so in the women's rights movement that blossomed in the early 1900's, we did so in the civil rights movement that blossomed in the 1960's, we did so in the gay rights movement that blossomed in the 1990's, and we are doing so in the animal rights movement that is blossoming even as we speak.

Groups like *Direct Action Everywhere* are growing rapidly; exponentially increasing their membership and exponentially increasing both the volume & the fervor with which they champion the rights of the downtrodden & the tortured & the abused. And indeed, this latest wave of cruelty-protestors & compassion-activists is the greatest & the most important social justice movement that our world has ever seen ... It is gaining strength every day -- and it is critically important that it do so. For unless the way we treat animals radically shifts from callousness to compassion, from death to dignity, from egregiousness to equality -- then our own species will suffer & ultimately perish as well.

My Friends, for the sake of the animals screaming for mercy & moaning for reprieve, for the sake of the health of all those you love and all those you cherish, and indeed for the sake of the survival of life on Earth as we know it -- this movement simply **MUST** succeed ... and it must succeed soon.

And succeed **IT CAN** ...

Won't you please join us in making it so?



The simple Truth
(08/19/2015)

And I gently say to you all once again: Right Action is not rocket science ...
And I urgently beg you all once again: **Please act accordingly.**

Thank you.

“The critical question we must ask ourselves is not, 'Can animals talk?' or even, 'Can they reason?' but rather, 'Do they suffer?' And even as we ask this question, we realize that we already know the answer. We know what must be done for them ... And we know what we must cease doing to them.”

~ inspired by Jeremy Bentham



Who's really getting crammed (09/28/2015)

*"Vegans are not cramming their beliefs down your throat ...
They are reminding you of your own." ~ unknown*

Whether factory-farmed or "humanely raised", whether ingested at McDonald's or bought at your local farmers market; no matter where you find your pork or how its sellers claim their pigs were tended, this is where they **ALL** ended up -- crammed onto transport trucks; prodded roughly into slaughterhouses; shot in the head to (only partially) render them unconscious; strung up by their ankles -- terrified of what is happening to them and what they know is about to happen; throats slit ruthlessly to bleed out – while their friends are forced to watch.

My Friends, if you love your cat or dog at home and yet still support such abject cruelty towards other species, ask yourself why ... Once you do you'll almost certainly remember that the only way to live in harmony with your own morals and knowledge of what is Right & Decent is to return to how you were as a child -- and **go vegan**.

In the name of all pigs (& all cows & all chickens & all turkeys & all goats & all sheep) everywhere, I thank you for doing so.



fun fact:
Mother pigs recognize the unique voices of each piglet and will respond rapidly to their cries of need.

harsh truth:
Over 1.2 billion pigs are killed for food each year at just 6 months of age.

 **WORLD DAY for FARMED ANIMALS**

Photo: 30-Aime McArthur / WeAnimals

Hunter hunted – killed with Kindness (09/26/2015)

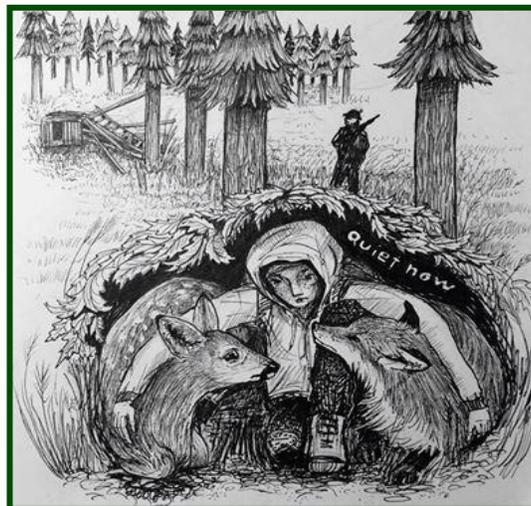
Well, today is National Hunting & Fishing Day in the United States -- a day when Americans can celebrate the far less Noble characteristics of their heritage: dominating the less powerful; disregarding the rights of all those deemed “other”; and destroying the Earth & her inhabitants for greed &/or pleasure.

I've got an idea: Let's make today “Hug a Hunter Day” instead ... After all, hunters are innately Good People just like you & I; they merely seem to forget the same whenever they are out in Nature.

“The fascination of shooting as a sport depends almost wholly on whether you are at the right or wrong end of the gun.” ~ P. G. Wodehouse



SOME MEN ARE HEROES, AND SAVE ANIMALS....
others are weak and need to kill them to feel strong....
why does our world celebrate those that **kill**,
and persecute those that are **kind**...
it is time we **LET LOVE RULE....**



A Great Life for ALL (10/03/2015)

Every animal should have a great life every day ... True, we cannot guarantee that pain & suffering won't ever enter the lives of the innocent, and yet we most certainly *can* see to it that we are not the ones causing the same. As such, please stop paying people to enslave and torture and murder animals ...

As such, please **go vegan** **Thank you.**

“Language is important. The very definition of slavery is the treatment of one group as property -- to be bought, sold, and forced into work by another group. If non-human animals are not slaves, then are they free? ... Cows do not clock in and clock out. They don't go home to their families. They don't have conversations in the lunchroom. And the only retirement package available to them at the end of their painful lives is a terrifying, bloody, violent death when their usefulness to us has run out ... Of course, coming to terms with the sobering reality of slavery is probably the most difficult mental hurdle to overcome when having these discussions. Because when we are forced to acknowledge that slavery is wrong and that non-human animals are indeed slaves, then we suddenly acquire the moral obligation not only to talk about abolition, but to walk that talk. The repercussions for our own social structures could prove to be uncomfortable, and yet I imagine such courage wasn't easy for pre-Civil War Americans either.” ~ inspired by Christopher-Sebastian McJetters



Leaving GOD out of it (09/27/2015)

I realize that the majority of you are -- at least for the time being -- going to continue to use your hard-earned money to actively support the incredible cruelties of the meat&dairy industry by buying & consuming the dead flesh & aging secretions forcefully taken from our animal cousins ...

And to this I say: Fair enough ... For while I find this particular choice (as disturbingly “normal” as it is) fully abhorrent and morally bankrupt, I understand why it is being made and I can see past its ignorance to the Good Soul within each person making it. After all, it is not for me to legislate or otherwise coerce the moral choices of others ... Indeed, we are each allowed to choose which actions we will take in this life, and we each are thereafter allowed (actually, required) to reap (in this case, suffer) the consequences of those actions.

And yet if you do decide to continue making this choice, my dear Friends, let me make one thing perfectly clear -- please be sure and LEAVE GOD OUT OF IT ... For *if* God exists at all -- and *if* He* truly is a God of perfect Love & Justice, then you can rest fully assured that He* wants nothing at all to do with such untoward deeds of unjust barbarism & abject cruelty.



No, if you are going to continue to support the mass-murder that is the meat & dairy industry, I'm afraid you are going to have to take full responsibility for that choice yourself ... God -- if He* is at all worth worshiping -- simply cannot be used as an excuse.

Peace to ALL ... S

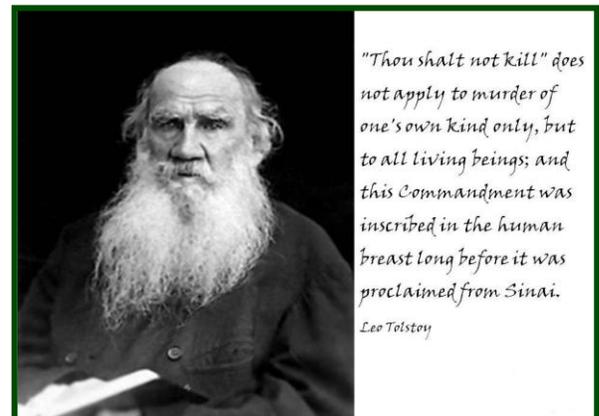
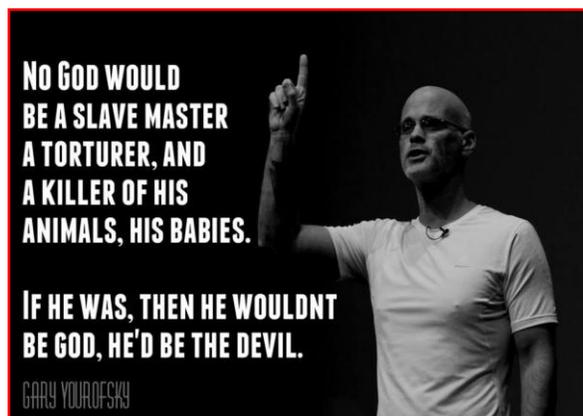
(*or "She", or "It")



“And God said, 'See, I have given you every plant yielding seed that is upon the face of all the Earth, and every tree with seed in its fruit; You shall have them for food.’” ~ Genesis 1:29

“I desire mercy, not sacrifice.”

~ Jesus Christ (Matthew 9:13)



A Taste of TRUTH (10/10/2015)

Truth #01: You already know that it is wrong & immoral to intentionally cause others to suffer for personal benefit or pleasure.

Truth #02: You already know that animals suffer *immensely* whenever they are treated like mere things -- whenever they are confined, mutilated & then murdered as “food” or “fur” or “fun”.

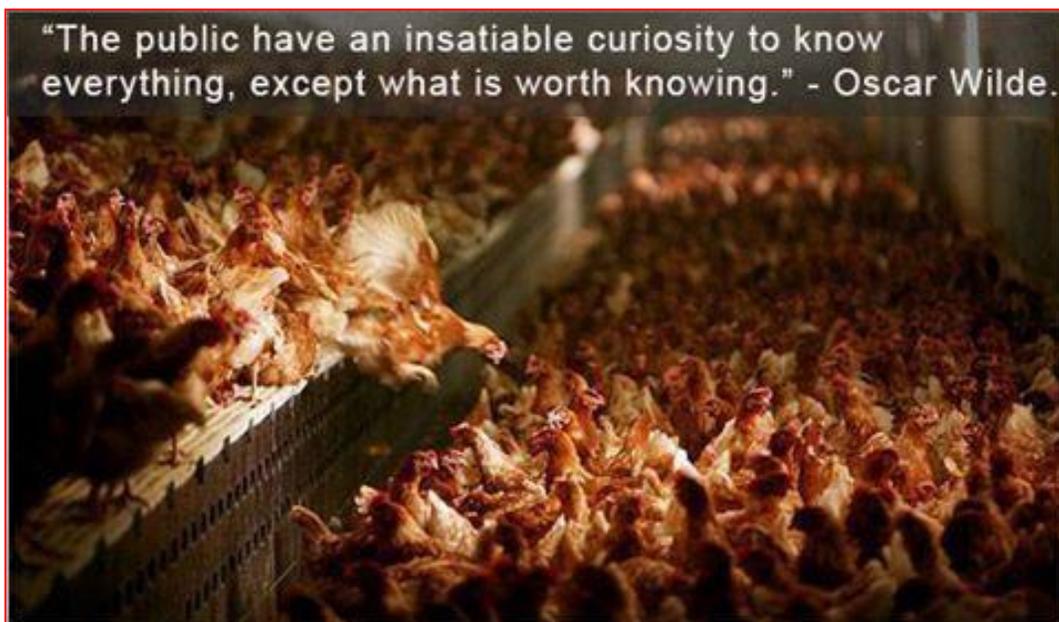
Truth #03: You already know that we humans absolutely do **not** need to consume *any* animal flesh (“meat”) or mammary secretions (“milk”) to live healthy (actually far healthier) and long (actually much longer) lives.

Truth #04: You also know that every single time you purchase beef (or bacon, or chicken nuggets, or milk, or ice cream, or cheese, or eggs etc), **you are paying for animals to needlessly suffer**..... every -- single -- time.

Truth #05: And now you also know that YOU CAN STOP THIS MADNESS whenever you wish ... You know that you can live in a way that harmonizes the values of your conscience with the moral fiber of your choices ... You know that you can lead a life filled with Compassion instead of callousness, and that you can lead a life founded in Grace instead of greed.

In essence, you now know what you have known all along – namely, that you came into this world a vegan, and that the world's inhabitants -- **all** of them -- desperately need you to become a vegan once again.

Thank you in advance for doing so,
whenever you decide to do so ... S





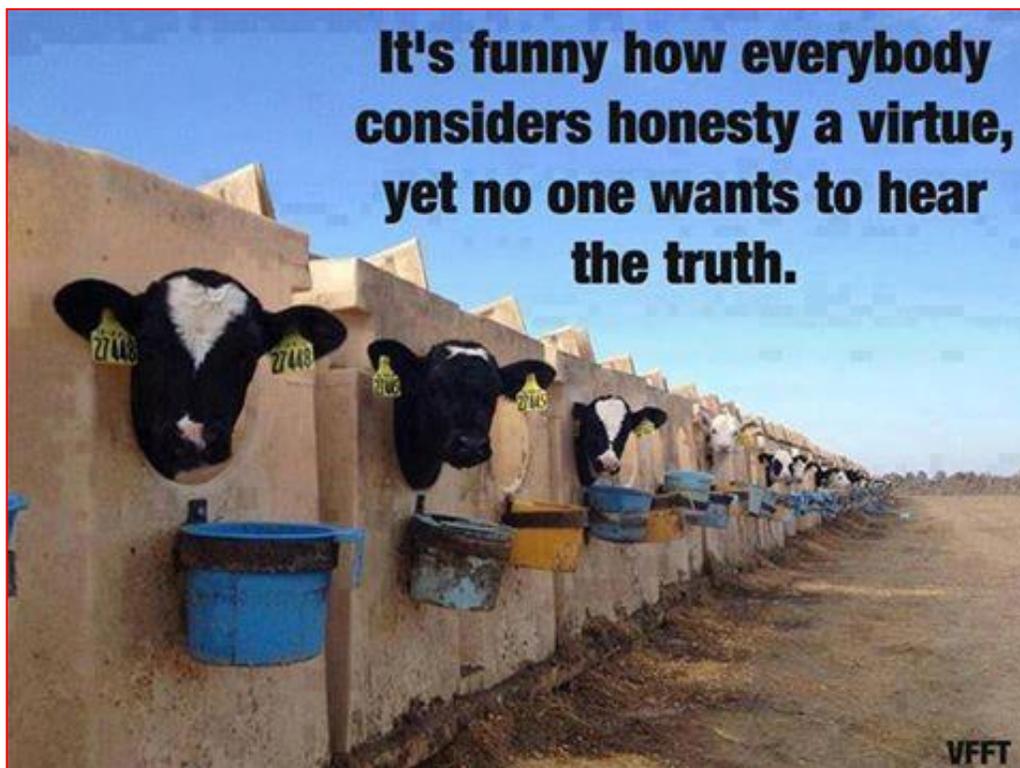
“
THE GOOD NEWS FOR US
I THINK IS THAT [CONSUMER]
AWARENESS IS LOW...
MOST PEOPLE ARE ONLY
CONCERNED ABOUT WHAT'S
THE NEXT IPHONE.
”

The National Pork Board shares its views on American consumers in a speech about how the pork industry treats animals.

facebook.com/HSUSFarmAnimals

SHARE

Photo: JoAnneMcArthur



**It's funny how everybody
considers honesty a virtue,
yet no one wants to hear
the truth.**

VFFT

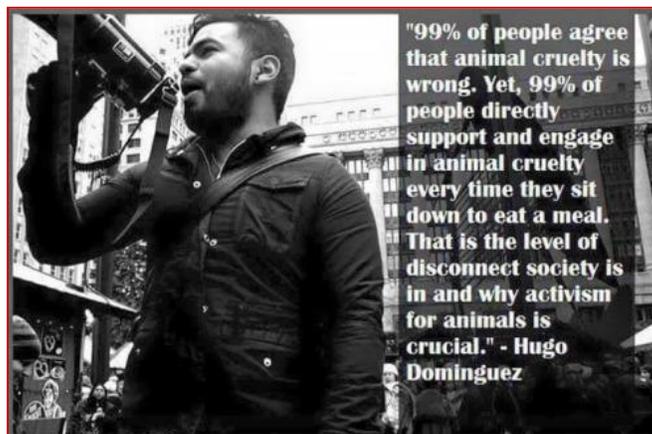
The Outrageometer (10/11/2015)

I think it's pretty safe to assume that almost all of you would be pretty outraged to find out that one of your neighbors was torturing puppies in his basement ... And I think it's just as safe for me to err on the side of believing that almost all of you are at least somewhat outraged at the senseless murder of whales & dolphins being carried out every year by the people of Iceland, Norway & Japan ... And I would also like to assume that almost all of you are outraged over the vile butcheries practiced every day by poachers & “sport hunters” alike when it comes to the patently immoral slaughter of lions and elephants and rhinos in Africa.

Well, what about the other equally sentient & equally innocent animals that are actually treated far worse and actually suffer to a far greater degree? What about the dairy cows that are repeatedly raped and have their babies repeatedly stolen from them immediately after birth? And what about the piglets that have their teeth cut out of their mouths and their tails cut off their behinds and their testicles cut off their bodies -- all without anesthesia? And what about the male chicks that get thrown into the macerator to be ground up alive only hours after hatching? And what about every single farmed animal that makes its way to your plate -- every one of whom lived lives of unjust confinement, and every one of whom was brutally murdered at a very young age? ... Aren't you outraged over their deaths as well? Aren't you outraged over how much they have to needlessly suffer; about how much cruelty they are forced to endure?

No? ... Well why the Hell not?

“No one ever says, 'I believe in violence, I think it's absolutely fine to cause unnecessary harm.' ... No one ever says, 'I'm not interested in respect or justice.' ... No one ever says, 'I support torment, violation and needless death.' ... And yet many people are still not vegan -- and when we are not vegan, we don't need to say these things out loud to say them nonetheless. Why? Because every single non-vegan choice we make -- every single non-vegan dollar we spend -- says these things for us; indeed, shouts these things for us loud and clear at the top of our silent lungs.” ~ unknown



OUTRAGEOMETER

Shoot a giraffe
and pose with
the dead body

OMG SICK
MONSTER YOU
MUST BE STOPPED

Kill an animal
to wear their
fur

OMG YOU SPOILT
BRAT, WEAR SOMETHING
ELSE SICKO!

Kill a dog
to eat because you
like the flavour even
though you could eat
a million other things.

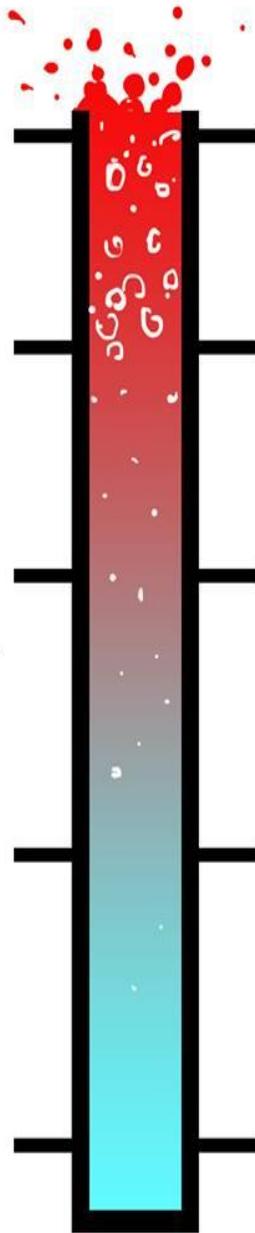
Well I... like
dogs but it's culture
or something.

Kill a pig
to eat because you
like the flavour even
though you could eat
a million other things.

Yeah but it's humane
at least they
were born and
lived for a bit
before being electrified
and then stabbed.

Throw a male chick
into a grinder as soon
as they hatch in the
egg industry because
you like eggs.

I do like eggs.



www.vegansidekick.com

Slamming the “scientist”
(10/11/2015)

On June 18th of this year, Neil deGrasse Tyson was addressing a crowd in Austin, Texas, when he was asked the following question: “What are your thoughts on adopting a plant-based diet in order to decrease greenhouse gases and prevent global warming?”

Now admittedly, this was a loaded question, if for no other reason than science (and remember, Neil professes to be a “scientist”) has conclusively shown that animal agriculture is **the** #1 cause of human-generated climate change -- producing more global warming agents than all modes of human-created transportation *combined* ... So Neil really only had one viable answer available to him: namely, to admit that going vegan is indeed BY FAR the best thing any one of us can do to help scale back the impending ecological collapse of our planet.

AND YET Neil obviously didn't (and probably still doesn't) know the science on this matter -- and he is probably just as addicted to his steak & milkshakes as many of you are (yes, the flesh & mammary secretions of animals are indeed physiologically addictive to humans). So instead of doing the proper thing and simply admitting that he didn't know the answer and that he would have to look into it -- Neil first lied to the audience, and then he had the *gall* to obfuscate the gravity of the matter by diverting the audience's attention using a cheap & heartless joke – calmly & heartlessly quipping:

“Cows were invented by humans to turn grass into steak.”

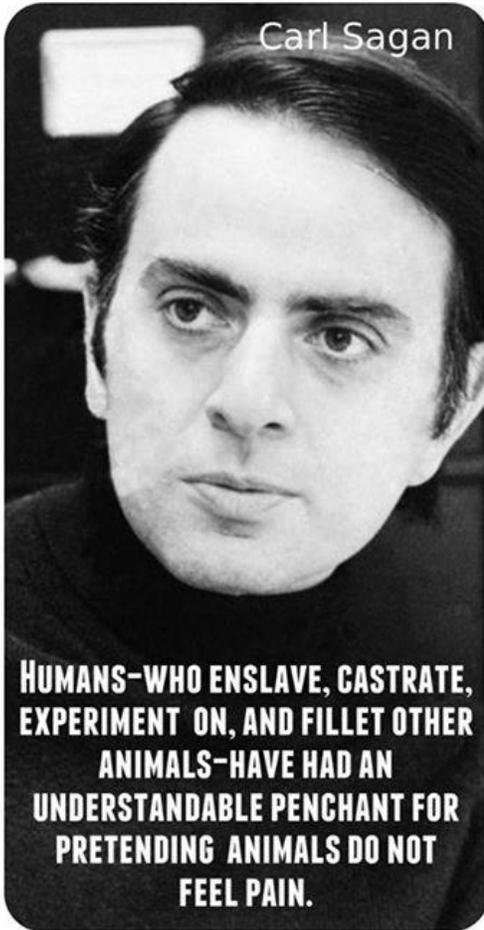
What?!?!? Unbelievable! What an UNREAL statement!!
... And this guy claims to be a scientist?!?!?

Well, no more bullshit, Mr. Tyson (pun intended) ... I hereby announce to the world that until you have the humility & the forthrightness to publicly admit your error and openly expound upon the TRUTH about animal agriculture and what it is doing to destroy our planet, you will, my good Friend, remain nothing more than *a populist hack*.

Good day, to you then, sir ... Good day.

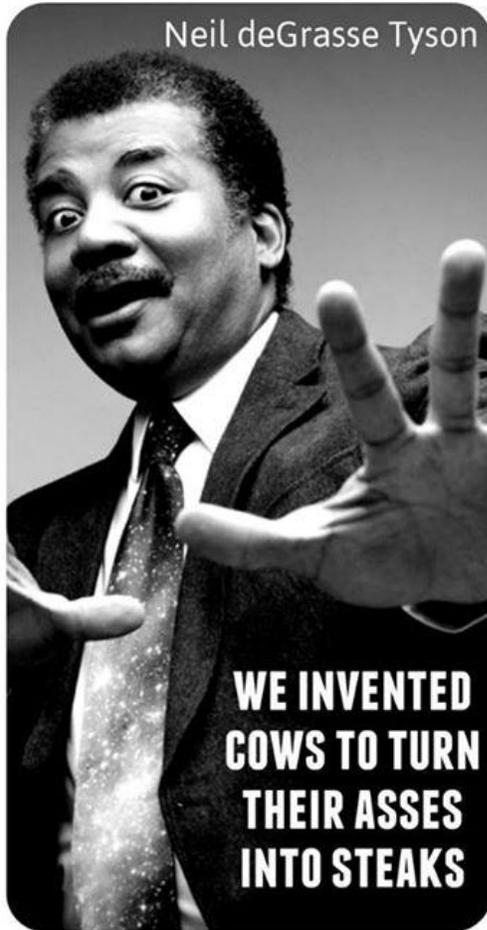
“Fraud is the daughter of greed.”
~ Jonathan Gash

Carl Sagan

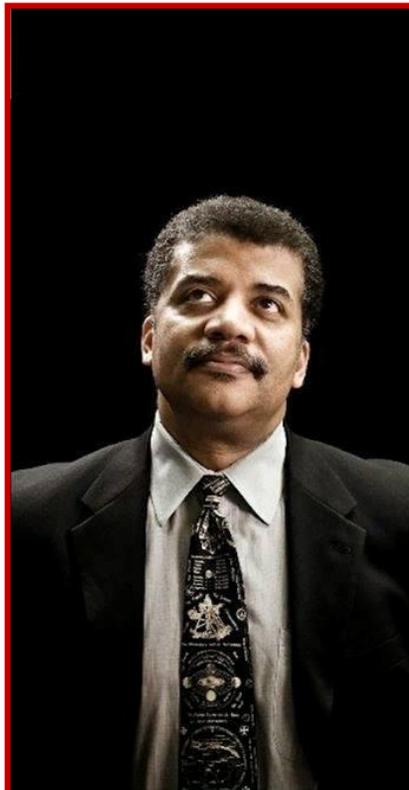


HUMANS-WHO ENSLAVE, CASTRATE, EXPERIMENT ON, AND FILLET OTHER ANIMALS-HAVE HAD AN UNDERSTANDABLE PENCHANT FOR PRETENDING ANIMALS DO NOT FEEL PAIN.

Neil deGrasse Tyson



WE INVENTED COWS TO TURN THEIR ASSES INTO STEAKS



"One of the biggest problems with the world today is that we have large groups of people who will accept whatever they hear on the grapevine, just because it suits their worldview—not because it is actually true or because they have evidence to support it. The really striking thing is that it would not take much effort to establish validity in most of these cases... but people prefer reassurance to research."

Neil deGrasse Tyson

Like grapes on the Vine
(10/11/2015)

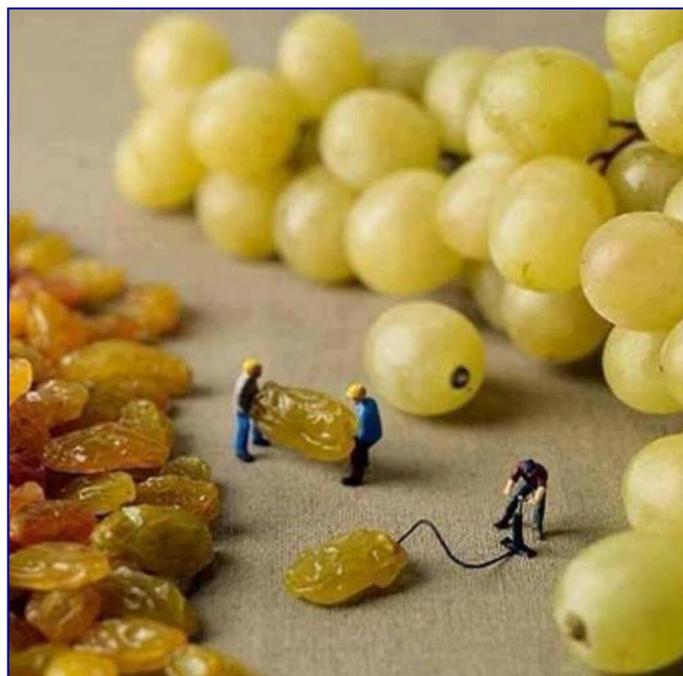
We humans all share a few things in common -- an innate knowing that the infliction of needless suffering is wrong; an innate knowing that being Kind to others is Right; and an innate knowing that when someone is being cruel to others, it is Powerful & Good to stand between that harm and those victims ...

Indeed, **that** is why I am vegan, and **that** is why there are hundreds of new vegans every day all across the world, and **that** is why you too are destined to one day be vegan again as well ... Because deep down you are Good -- Because deep down you are Just -- Because deep down you are Kind -- Because deep down you are Moral ... Because deep down (maybe for some of you, VERY deep down) you are all still aware of the same fundamental Truths -- Because deep down, you are all still composed of the same yearning to live lives forged in Meaning & Generosity; all still built upon the same Noble Foundation of Fairness & Decency.

And yet if we do not choose to Walk that Talk; if we do not choose to actively enliven the Truths into which we are born and engender the values with which we are blessed at birth, our innate Nobility begins to wither -- like grapes left too long on the vine ...

AND YET if we choose to awaken that inner Knowing -- if we choose to once more make our days filled with the adventures of Justice & Purpose, then our fruit will grow full & ripe once again, and the succulence of our consciously courageous living will shine forth to awaken the masses with its wisdom & feed the masses with its inspiring Call to Action.

Amen ... Let it be so.
(inspired by unknown)



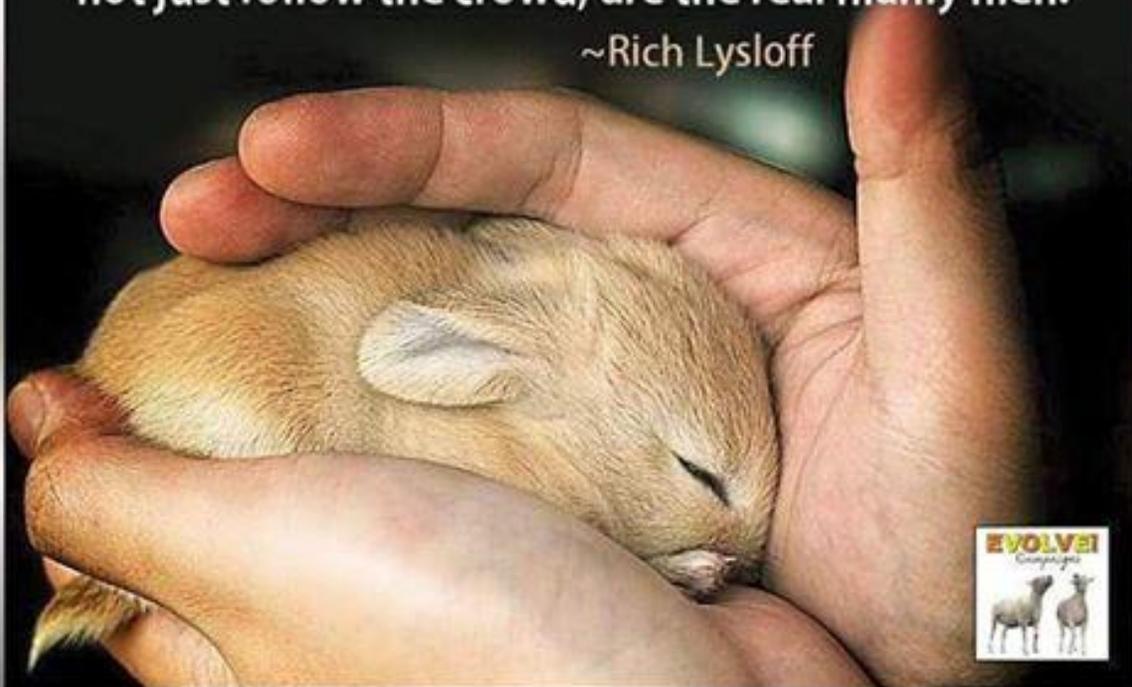
Being a REAL Man
(10/15/2015)

Ruthlessness does not make one “manly”
... It makes one a coward.

Compassion does not make one a “wimp”
... It makes one a Hero.

I've always thought it strange that vegan men would be thought of as wimpy or less manly. I mean how manly is it to slaughter a completely innocent, docile animal? Or worse yet.. pay someone else to do it for you? I think that men who aren't afraid to show compassion, speak up and show mercy for the defenseless, and stand up for what they believe in, not just follow the crowd, are the real manly men!

~Rich Lysloff



The Cries of the Innocent (10/13/2015)

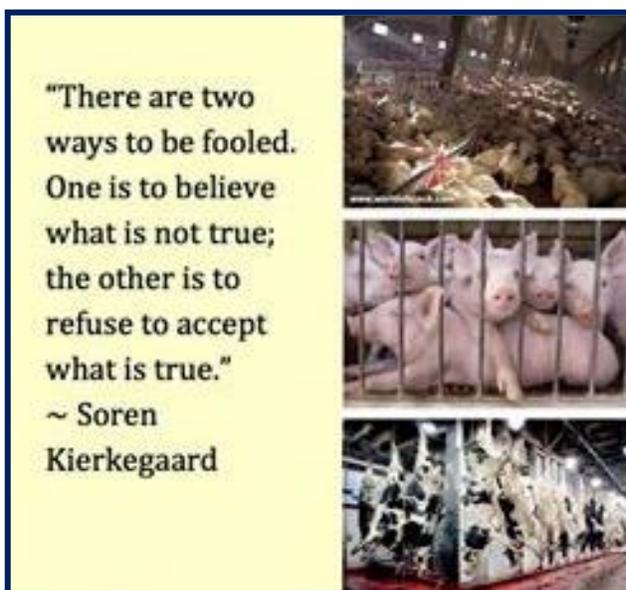
The animals you consume every day didn't volunteer to die ... They didn't shrug their shoulders and give thanks for the few months they were given to live ... They didn't willingly raise their chins to give their killers easier access to their soon-to-be-slit throats ... No, every single animal you consume today -- indeed, every single animal you will ever consume for the rest of your life -- died screaming in fear; died moaning for mercy; and died wailing in pain ... EVERY -- SINGLE -- ONE -- OF -- THEM.

I admit that it is easy to forget this simple Truth when you go into supermarkets that package their animal corpses as “products” -- or those that blatantly lie to you and tell you their animals were “humanely slaughtered” (the **gall!**) ... And yet these animals' cries of horror still tremble in their flesh, their wails of sorrow still vibrate through their milk; their screams of agony still rumble through every bite of their now-dead-bodies that you ingest.

This truth has been hidden from you for far too long, my Friends. The cries of the innocent have been kept from your sheltered ears for far too many moons ... And yet we who fight for their freedom are now their voice, and your ears have been liberated.

Can you hear them screaming? Can you hear them desperately begging you to stop paying for others to imprison, torture & then ultimately murder them & their family members & their friends?

Far more importantly - now that you have indeed heard their pleas for assistance, will you finally DO SOMETHING to help stop the madness?



“For us, warriors are not what you think of as warriors. The warrior is not someone who fights -- because no one has the right to take another's life. No, the warrior, for us at least, is one who sacrifices himself for the good of others. His task is to take care of the elderly and the defenseless; those who cannot care for or defend themselves” ~ Sitting Bull

Remembering what it means to LOVE
(10/17/2015)

None of us can know exactly what the child in this picture is thinking, and yet one thing is certain: He is **NOT** thinking about veal ...

Let us all have the humility to remember (and the courage to re-member) what it was like for us *all* as small children; a time when we always thought of animals as Friends; and never as “food” or “fun” or “fashion”.

Amen ... Let it be so.



“Truly I tell you, unless you change and become again like young children, you will never enter the Kingdom of Heaven. For truly, whoever becomes humble like this young child is the greatest in the Kingdom.”

~ Jesus Christ (Matthew 18:3-4)

Waking Up to Awareness (10/16/2015)

I realize that many of you are going to continue to eat animals and the secretions of animals. It's what you learned to do as children, it's what your culture told you to keep doing as adolescents, and it's what your addicted bodies demand that you continue doing today ... That having been said, please at the very least have the decency to stop uttering feeble excuses for these choices; one of the feeblest of being that “animals are not conscious and therefore don't suffer”.

This statement is absolute HOGWASH!!!
(for all you bacon lovers, pun intended)

Just as we all innately already know that it is wrong -- indeed, that is abjectly cruel & immoral -- to imprison &/or torture &/or murder chimpanzees or dolphins or elephants or dogs or cats because we know that they suffer immensely when we do so, so too is it equally reprehensible to confine &/or mutilate &/or murder cows or pigs or fish or chickens or turkeys -- because, as science is now conclusively showing, THEY SUFFER JUST AS MUCH!

In essence, you can treat these animals as mere commodities instead of the viable, caring, conscious beings they are if you wish ... Just know as you do so that you have **no viable excuse** for that hard & heartless choice.

Peace to *ALL* ... S

SCENARIO:

- 1. Imagine that there is something you need to stay alive and there are two methods to obtain it.**
- 2. If you choose method 1, you will live but others will suffer and die.**
- 3. If you choose method 2, you will live and nobody else will suffer nor die.**

Do you choose method 1 or method 2?

**Congratulations.
You now understand veganism.**

“An international group of neuropharmacologists, neurophysiologists, neuroanatomists, and computational neuroscientists has signed ‘The Cambridge Declaration on Consciousness’ -- in which the prominent cognitive scientists proclaimed their support for the idea that animals are conscious and aware to the degree that humans are — a list of animals that includes all mammals, birds, and even the octopus ... ‘The absence of a neocortex does not appear to preclude an organism from experiencing affective states, they write, ‘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.’ Consequently, say the signatories, the scientific evidence is increasingly indicating that humans are not unique in possessing the neurological substrates that generate consciousness.” ~ Katherine Harmon



To Care for all Earthlings (10/18/2015)

We are alive today to celebrate Love ... When most of us think about Love, we think about our wives, we think about our husbands, we think about our children, we think about our friends ... Well, when I think about Love I also think about people all around the world -- from all creeds and all cultures, from all races and all ages, from all sexual orientations, and all genders ... I think about all my brothers and sisters who are my allies even though we have never met; whose struggles with whom I am aligned even though we will never meet.

Women, and immigrants, and people of color, and people with disabilities, and LGBT community members -- AND ANIMALS ... Yes, let us have the courage & the decency to remember that animals too, are a part of humanity's still-overarching system of oppression -- a facet of which is called speciesism. Just like racism & sexism & homophobia, speciesism too is a vile & entrenched form of discrimination. It is the assumption that animals are inferior to human animals based on their species alone -- that their fears & their feelings as such do not matter; that their lives are of little value and that their suffering is of little consequence.

My Friends, almost without exception we have all been told at one time or another that we are inferior -- maybe because of our race, maybe because of our gender, maybe because of our sexual orientation, maybe because of our disability, maybe just because of the way we looked or talked or acted ... And because we ALL know how it feels to be abused and neglected; because we ALL know how it feels to be abandoned & mistreated; because we ALL know how it feels to be victims of injustice -- we have a moral duty to stand up for ALL those who today are suffering the same travesties of neglect & abandonment & abuse & injustice & cruelty.

And it is in this far greater sense that we simply must remember that we are all allies with our still-abused & egregiously-mistreated animal cousins; animals who care & feel & know & fear & love just like you & I do -- animals that as such deserve our consideration and our respect --- and yes, our protection.

Animals LOVE, my Friends ... They -- just like you & I -- are individuals who long to live full and meaningful lives of joy & tenderness ... As such, let us have the courage & the decency to remember what it is to truly Love -- by letting *all* the animals in our lives know & feel the same.

Amen ... Let it be so.

(~ inspired by Raffaella Ciavatta)

I AM NOT



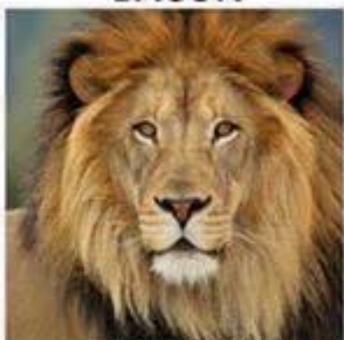
BACON



AN EXPERIMENT



AN ORNAMENT



A TROPHY



A STEAK



A COAT



A SPORT



MEDICINE



ENTERTAINMENT



CLOTHING



NUGGETS



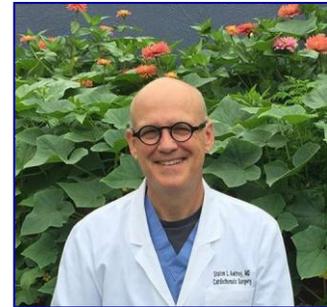
GLADIATOR

**ANIMALS ARE NOT OBJECTS PUT HERE FOR HUMANS TO USE AND ABUSE
TRY VEGAN - FOR THE PLANET, ANIMALS, YOUR HEALTH & HUMAN KIND**

Choosing to CARE (10/20/2015)

“As a result of the emerging awareness that what you eat largely determines your health, the concept of food as medicine is gaining momentum. Dr. Caldwell Esselstyn of the Cleveland Clinic published a study last year in *The Journal of Family Practice* demonstrating that patients with coronary artery disease eating a whole food plant-based diet had approximately a 30-fold decrease in cardiovascular events (heart attacks, strokes, placement of coronary stents, and heart surgery) when compared to patients treated with conventional strategies. Unlike conventional medical and interventional therapies -- which at best slow the progression of coronary artery disease -- 70 percent of Esselstyn’s patients actually have some degree of reversal of their coronary artery blockages ... [Indeed], cardiovascular disease, breast cancer, colon cancer, diabetes and hypertension are all virtually unknown among Central Africans, the Tarahumara Indians of Mexico, the peoples of rural China and the highland tribes of New Guinea. What these peoples all have in common is their diet. They all consume an unprocessed, plant-based diet with no dairy or animal products ... Hundreds of scientific studies demonstrate that a 'whole food plant-based diet' will lead the way to less cancer, less heart disease, less diabetes, fewer strokes, less osteoporosis, less Alzheimer’s disease and less obesity. Conversely, our diet, or the 'standard American diet,' will continue to lead us down the path to disease, infirmity and bankruptcy.”

~ Dr. Staton Awtrey (Thoracic Surgeon)



Well there you have it ... Even if you don't care about animals at all, certainly you care about your Loved Ones, and certainly you care about yourself, right?

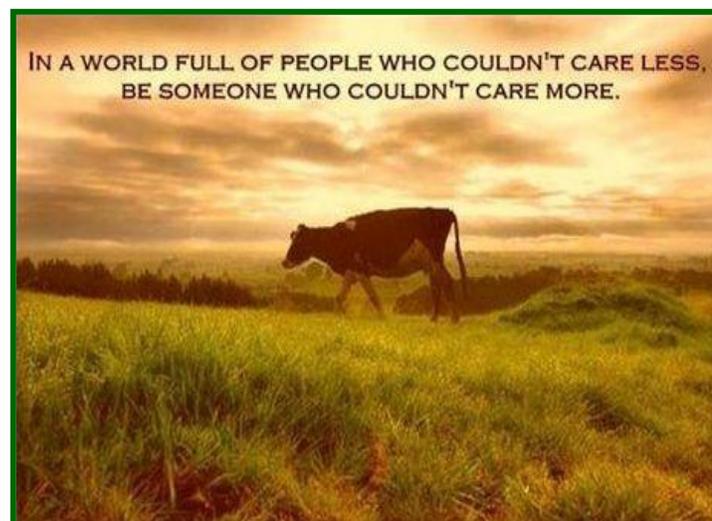
So **GO VEGAN** already!!!

Dinner

VEGAN:
Eat Plants
Live Healthy

Non-Vegan:
Destroy rainforest,
grow plants, feed
plants to animals,
pollute the Earth,
pollute the water,
torture and kill
animals, eat
carcinogens,
antibiotics,
rotting flesh
Die Unhealthy

Stop Being A Victim of
the Meat Industry
Live Vegan



To Walk your true Way
(10/24/2015)

To remember that you are intimate kin with all that thinks & feels & knows is to remember who You truly Are ... And yet the Great Awakening cannot come until you walk & live & act accordingly.



“Doing nothing in a period of repressive violence is itself a form of violence. That's really the part that I think is the hardest for people to understand ... If you sit in your comfortable house, live your comfortable life and go every day to your comfortable job, and allow the neighbors that you live with to murder innocent beings and the country that you live in to make war against innocent people, and you sit there and don't do anything about it, that is in and of itself an act of great violence ... Peace cannot be prayed for -- Peace must be made ... Peace cannot be understood -- Peace must be lived.” ~ inspired by Naomi Jaffe

Devalidating Violence (10/23/2015)

Almost every one of us is quick to distance ourselves from violence. We often hear it said, 'Violence solves nothing', or 'War creates more war', or 'All lives matter', or 'Do unto others as you would have them do unto you' -- and every time we do so we nod along sagely; readily accepting such statements as the Truths they most certainly are ...

And yet despite our agreements about the ultimate futility & indeed the patent immorality of aggression, violence is the very backbone of animal agriculture -- the meat & milk & egg industry that callously turns caring, sentient individuals into mere commodities; that coldly turns the lives of caring animals into dead flesh; that capriciously turns innocent beings into victims of ruthless violence ...

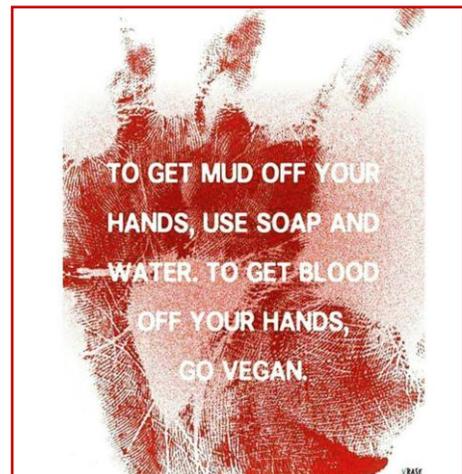
And make no mistake, it is this selfsame brutality and this selfsame barbarism and this selfsame violence that is directly supported and indeed purposefully perpetuated by every non-vegan consumer choice you make ... For every single time we purchase the dead flesh or forced secretions of an animal, we ourselves are responsible for keeping an industry alive that needlessly persecutes & brutally murders millions & millions of thinking, feeling, breathing beings -- beings whose lives mattered to them; beings who wanted more than anything to continue to live.

My dear Friends, the truth of the matter is that it is impossible to confine animals compassionately, it is impossible to mutilate their bodies kindly, and it is impossible to murder them "humanely" -- the Truth of the matter is that it is simply not possible to forcefully take another sentient being, violate them, use them, and ultimately end their lives without using violence so extreme that if were we to witness it firsthand, we would never sleep untroubled again.

Every single individual that we use for "food" or "fashion" or "fun", regardless of its species, fights with their last ounce of strength to be free, fights with every fiber of their being to live, fights until the very last moment to breathe through throats slashed and gurgled with blood. And as long as we pretend that it is otherwise, we will remain ignorant and deluded -- even worse, we will remain ignorant in our complicit barbarism.

The day we can face the Truth with humble honesty is the day when we decide to be vegan ... Why not make that day today?

(~ inspired by the blog *There's an Elephant in the Room*)





Plain & simple: Milk is Misery (10/24/2015)

I didn't know either, my Friends ... Just like you, the Truth had been kept from me for the vast majority of my life:

*For the first 45 years of my life, I had no idea that dairy cows are repeatedly raped -- because just like human females (indeed, the females of all mammals), only pregnant cows make milk.

*And for the first 45 years of my life, I had no idea that dairy cows form just as intense an emotional bond with their babies as human mothers do with theirs.

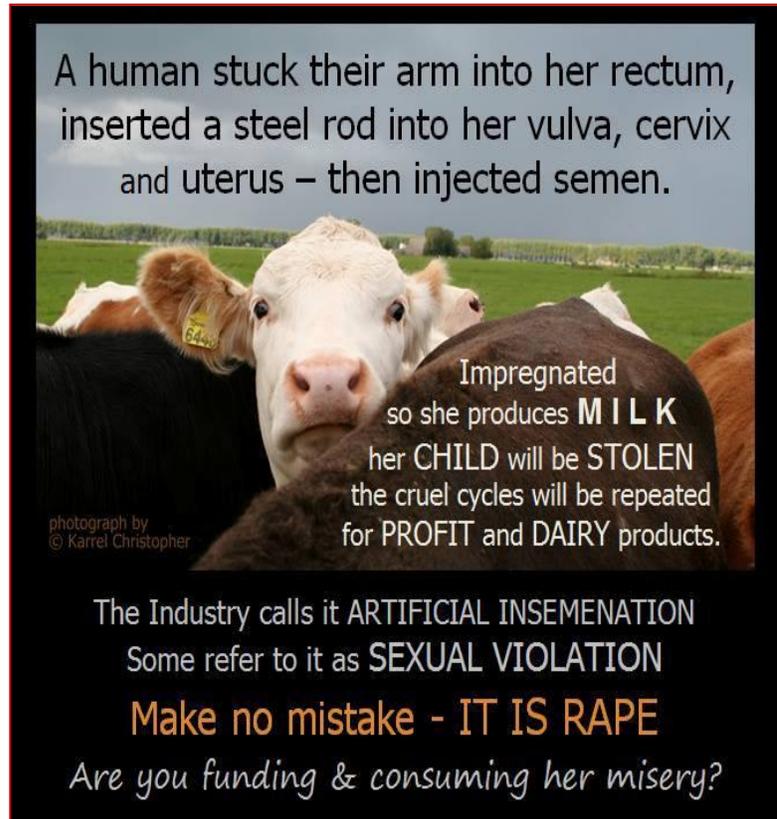
*And for the first 45 years of my life, I had no idea that dairy cows have their children stolen from them just a few days after birth.

*And for the first 45 years of my life, I had no idea that male calves -- who cannot be enslaved for milk like their mothers -- are fattened up and slaughtered soon after their birth to make "veal".

*And for the first 45 years of my life, I had no idea that female calves are fed hormone-laden formula and made to "mature" as quickly as possible, that they might take their mother's place by the tender age of two.

*And for the first 45 years of my life, I had no idea that every single dairy cow in the meat & milk industry today -- even those labeled "cruelty free" or "organic" or "grass fed" or "humanely handled" -- has her udders dry up from overuse by the young age of 4-6.

*And for the first 45 years of my life, I had no idea that, after she has been used & abused -- repeatedly raped and thoroughly traumatized in ways that only other mothers can even begin to comprehend, every single dairy cow will be sent off to a brutally violent & bloody end; murdered to make cheap hamburger meat.



Cows are kind, caring, intelligent, sentient animals. And, if treated with respect & dignity, they easily live happy lives of up to 25 years ... As it stands, dairy cows know nothing but misery until they are ruthlessly murdered in their early adolescence.

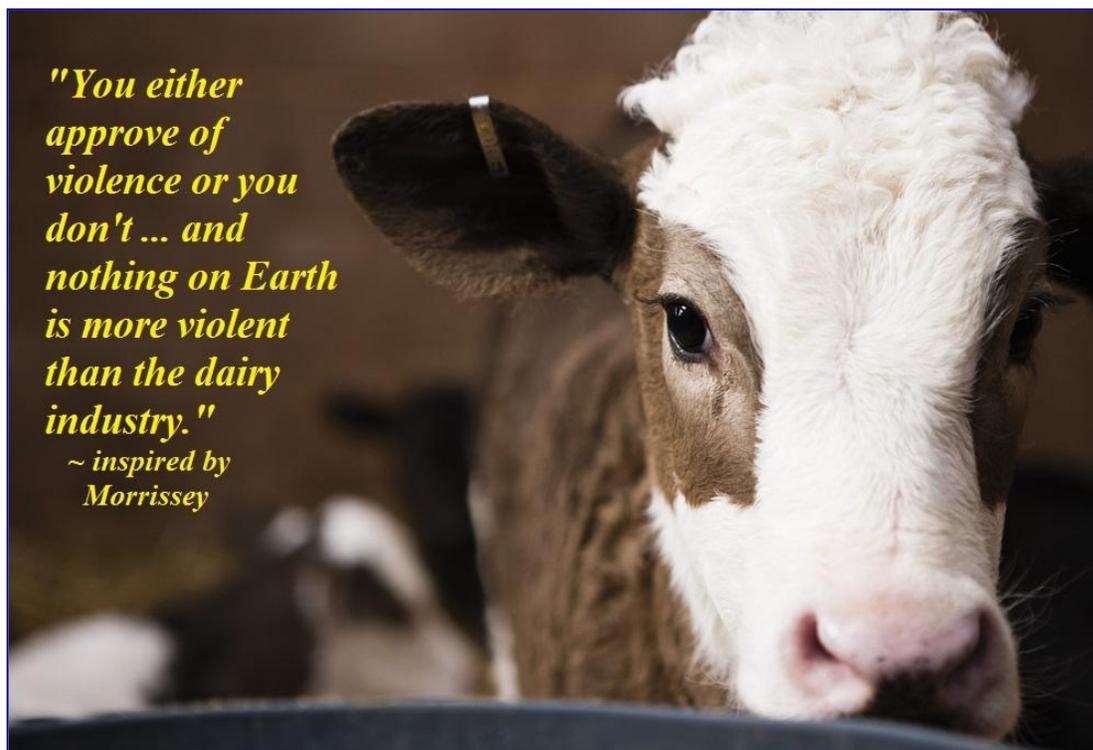
This is a **TRAVESTY** of the gravest proportions, my Friends.

Please help stop this madness ...

Please **go vegan** ... **Thank you.**

“There are cows down the road who have been bellowing all morning for their babies. They haven't stopped for a breath. Their calves, in another field, are so small and so lost and so helpless ... It's heartbreaking. This is the animal exploitation industry ... This is the "idyllic", "free-range", "grass-fed" lie that's being sold to us by dairy farmers & supermarkets & meat packers ... This grief I hear is a slice of dairy cheese. This grief I hear is a glass of milk, or splash of cream in a cup of coffee; things that are surely not worth the torment of these mothers who are crying their hearts out for their babies; babies who are taken away so that we can drain the milk from their exhausted, overworked bodies as they endure forced insemination and brutal separation again and again and again and again -- only to be murdered when they are labeled to be of no more use.”

~ inspired by Frances McCormack



A look into your Future (10/25/2015)

The ignorant belief that animals are mere commodities -- the immoral lie that is fed to us that it is proper & legal to enslave animals for human use, abuse & consumption -- is somehow still accepted in almost all corners of the globe as not only “normal” but also “appropriate”. And this means that animal liberation activities are still currently on the fringe of our society – are still done primarily under the cover of the night; are still punished harshly & unjustly, and are still astonishingly under-reported by the media.

And yet -- as we continually **Wake Up** as a species -- this, too, is beginning to change. One day -- maybe 200 years from now; maybe in only 100 -- all sentient animals will correctly be afforded the same fundamental rights of life & liberty that are currently given to most of the world's humans. One day, history students will look back in disgust upon our generation and those that preceded it -- they will look back with horrified disbelief at the way we needlessly confined, abused, mutilated, and then brutally butchered millions upon millions of innocent sentient beings -- for “food” that was actually harmful to our health; for “fashion” that was actually repugnantly unattractive; for “fun” that was actually nothing more than culturally sanctioned sadism.

One day, students of human history will look back upon the way we treat animals today and shake their heads in sorrow and disbelief ...

AND YET even today, some humans are actively & courageously bringing that Peace-full & Justice-rich future a bit closer to the present ... Some of us are not only refusing to pay others to torture & murder those who are imprisoned; some of us are actually going forth and risking our own well-being to liberate those who are being oppressed.

And this is what the next several decades will look like more & more, my Friends. We humans are finally waking up to who we could have been all along -- and more & more of us are acting on that latent Nobility by going forth to **Do the Right Thing** by those who the more-ignorant or more-malicious of us would harm or injure or malign. And whether or not you ever have the courage to join these Loving Liberators in their fight for Justice & Compassion, let no one be shy about openly applauding the Noble Work they do!

So onward, my A.L.F. warriors -- **until every cage is empty!!!!**

“We fight not for glory nor for wealth nor for honors; but only and alone we fight for freedom.” ~ Bernard de Linton



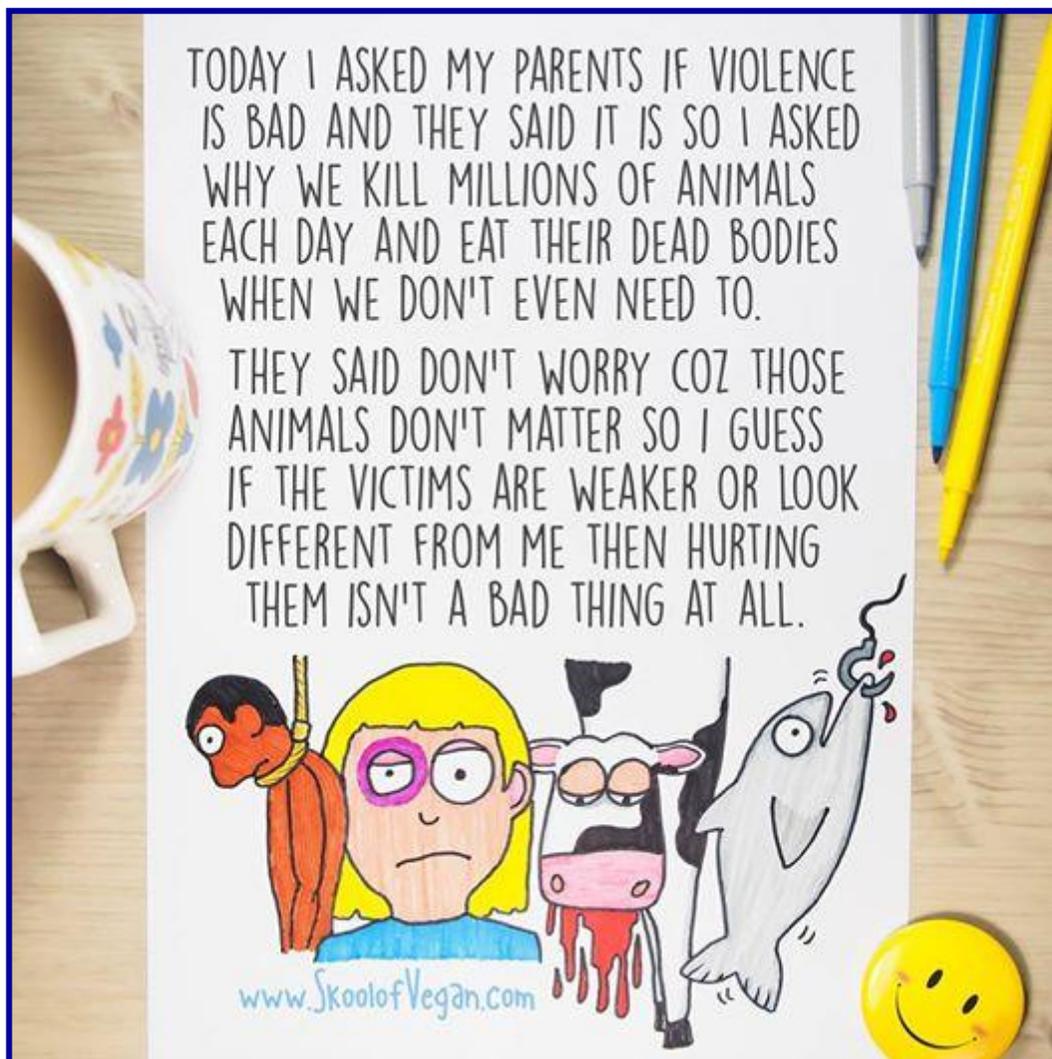
IF NOT YOU, WHO? IF NOT NOW, WHEN?
**SUPPORT THE ANIMAL
LIBERATION FRONT.**

The ROOT of all our Problems (10/28/2015)

Speciesism (the discrimination against sentient life forms based on their species -- i.e. in the West, essentially the graphic discrimination we place on all other species -- except for humans, dogs & cats) breeds all other forms of bigotry (including racism, sexism & homophobia), lays the foundation for all other forms of violence, and co-creates all other manifestations of injustice ...

As such, if you truly want to **do something** to truly help society at large (as I know many of you truly want to do), it is best to go right to the root of the problem and start from there.

Hence ... **GO VEGAN!**



The LOVE of every Mother
(10/29/2015)

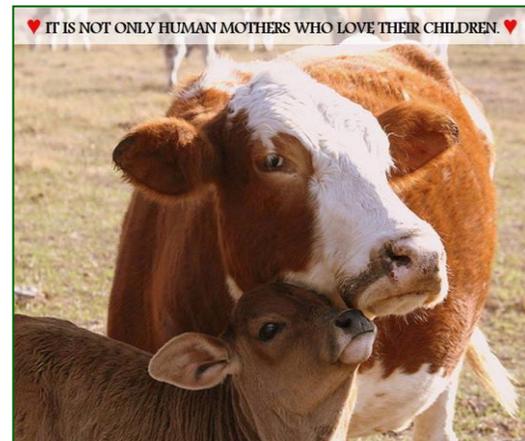
Every mother -- regardless of her species -- has an innate drive, and indeed an innate right, to nurture her baby. When you consume meat and dairy and eggs you are supporting newborn babies being taken from their mothers. You are supporting families being torn apart. And you are supporting grief, abuse, torture and death.

Please stop contributing to this horrific emotional cruelty.

Please **Go Vegan** ...

Thank you.

(~ inspired by Annie Mags)

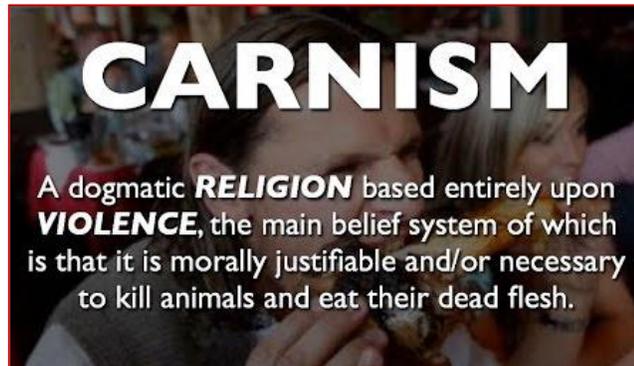


Teaching a Greater TRUTH (10/31/2015)

Halloween (what some call Samhain) -- a day made for the tellings of myths and the sharing of legends and the relaying of tales of mystery & death and the fear of mystery & death. So what better day to start doing just the opposite? What better day to start telling your children where their meat & milk *actually* come from -- and how that meat & milk is *actually* obtained?

Not a single human child comes into this world desiring to eat the flesh of dead animals or drink the mammary secretions of animals soon-to-be-slaughtered, and not a single human child needs to do either of these things to live a long (actually, far longer) and healthy (actually, far healthier) life ... So why not do Right by your kids today and tell them what they are *actually* eating? And then why not do Right by them again and stop doing so from here on out?

Peace to ALL ... S





Vegan parents are often accused of indoctrinating their children into veganism. Those who accuse vegan parents of 'forcing' their views on their children should think a little more deeply about the nature of parenting itself, especially since none of us is born with a need to use animals and, in reality, most are indoctrinated into nonveganism. Teach your children about justice: the hope for an end to animal exploitation is in their hands.

“How much is enough? We already needlessly take the lives of BILLIONS of beautiful creatures each year for things we are told we need, that we actually don't need at all ... How did we become a species that desires to confine & abuse & kill everything in sight? And what does this say about us as a species that we refuse to stop doing so -- even after we learn the Truth and know better? Why can we not educate our children about the importance of ALL sentient life and that ALL lives matter? Why can we not teach them that we should respect all those who just want to live -- simply because they want to live; that we need to share this wonderful planet with them, not persecute them, be fearful of them, alienate them, destroy their habitat, rip apart their families and destroy their lives? ... All lives matter, my Friends ... ALL of them. So, please make the connection. Educate yourself and your loved ones on what it means to live a life that causes no intentional harm to any other being ... Educate yourself on what it means to live a compassionate life, a kind life, a life where Love & Compassion & Decency & respect rule each & every day.” ~ inspired by Donald Wisch

Wisdom – an uncommon Arrival (10/31/2015)

Sometimes the Truth is not to be found in the realm of “common knowledge” ... Sometimes what we conveniently believe to be True is really a series of graphic lies; deceptions that often remain a part of our lives -- causing untold pain & suffering -- until science eventually catches up to our delusions and smacks our ignorance right upside the head.

Take this image for example ... Up until relatively recently, it indeed *was* common knowledge that hotdogs were “tasty treats”; that they were part of “the American tradition”; even that they were good for you when ingested “in moderation” ... And then along comes science and calmly informs us all that hotdogs have an ingredient list that includes not only a bevy of carcinogens, but also a long list of required preparations that are as callous & uncaring as they are immoral & abjectly cruel.

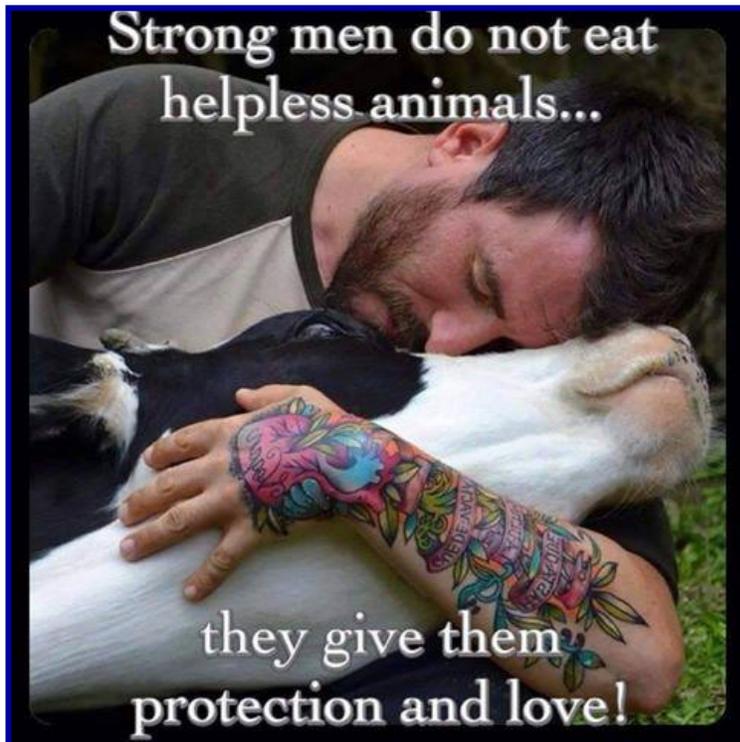
In essence, it turns out the guy on the left knew EXACTLY what the theme of this particular party was -- and that he chose a costume that fit that occasion PERFECTLY ... For to partake of the substances portrayed by costumes two through four, is to definitely encounter the great pain & awful suffering symbolized by costume number one.



“The World Health Organization has now officially concluded that bacon, ham, steak and sausage cause cancer. Well frankly, I don't really care about any of that. Rather, the statistic I DO care about is the fact that your bacon, your ham, your steak and your sausage have a 100% fatality rate for the animal that is murdered to produce them ... So don't stop eating meat for your own selfish reasons. Do it instead for the simple reason that you know just as well as I do that it is wrong to hurt those who are weaker than you ... Not one of us needs meat or dairy or fish to live, my Friends. Not a single one. So put an end to the violence in your life. Research animal agriculture & veganism -- and then act accordingly.” ~ inspired by Pete Crosbie

Life's real Superheroes
(11/01/2015)

It can be so difficult to choose which mythical Superhero to be on life's "special occasions" ...



... that we forget to become the very real Superhero we were born to be every day.

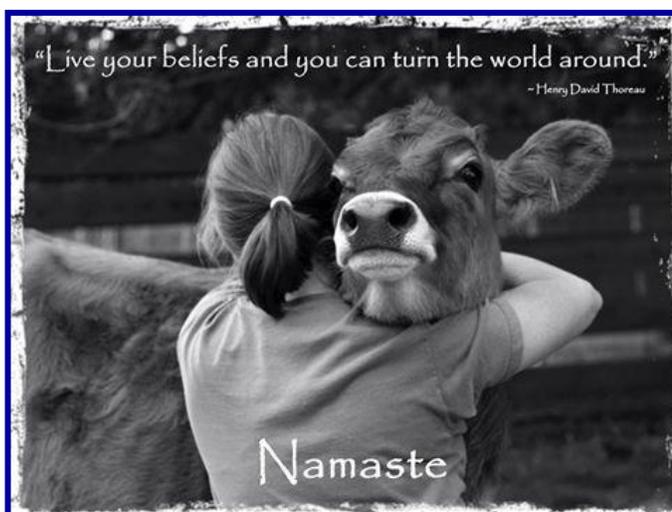
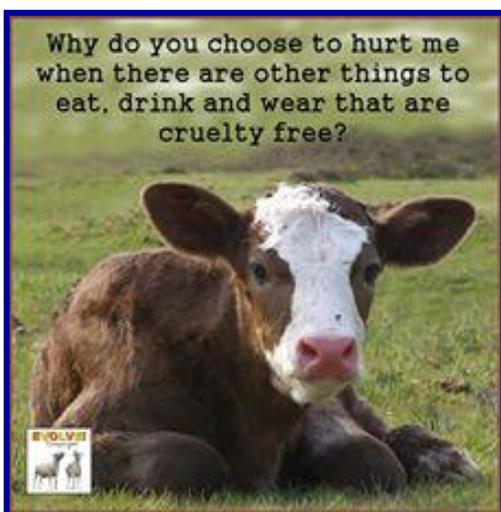
Here I go again
(11/04/2015)

I know ... Most of you are probably thinking “Here goes Scaughdt with yet another entry about animal cruelty”, and if you are thinking that, you'd be right. Of course, I wouldn't be writing so much about animal cruelty if so many of you weren't turning a blind eye (and thus a “hardened heart”) to the immense cruelty that you are funding (and therefore directly supporting) whenever you eat meat or consume dairy products ...

Now I know most of you aren't directly aware of this cruelty (otherwise, I have faith you would stop supporting it) -- I know you probably haven't been told yet about these horrific practices. Heck, I didn't know anything about them until I was 45 years old! And **that** is why I am writing about them now ... Because they are REAL -- because they are purposefully hidden from you -- because they are completely unnecessary -- because they are flagrantly immoral -- and because I have faith that once Good People like you finally understand what you are actually paying for whenever you buy meat or milk or cheese, you will simply not stand any longer for participating in such brutal manifestations of raw abuse & abject evil.

Please make the Connection to these beautiful, innocent beings -- beautiful, innocent animals that YOU are paying others to confine, traumatize, and murder ... Please make the Connection about the abuse YOU are paying others to inflict on these gentle creatures --- and then please STOP doing so!

Thank you ... S



Cognitive Dissonance 101 (11/12/2015)

Ahhhhh ... Cognitive dissonance; where would we be without it?

Living a life grounded in Justice & Compassion & Peace, that's where.



How Beauty-full (12/03/2015)

“How beautiful are ALL the Earth's inhabitants! They all have feelings, they all have emotions, they all have individual personality traits, they all cherish their little ones, and they all want to live their own lives in Peace.

Of course, their milk cannot be obtained without abusing them, and their meat cannot be obtained without killing them -- and no one has the right to cause anyone else to suffer &/or die unnecessarily -- and this is true regardless of whether our victims are human or any other sentient species.

There are a lot of myths about eating meat and consuming dairy products, and it is high time people took this global tragedy seriously and educated themselves about the terrible harm that consuming animals does to the animals, does to themselves, and does to our planet as a whole.

It is time to have the humility to **learn the Truth** -- and it is time to have the courage to give up all forms of cruelty towards animals.

If we humans consider ourselves to be the most intelligent and the most powerful of all beings on earth, then we should be protecting our weaker cousins -- and certainly not killing them.” ~ inspired by Vishal Krishna Ravindra

Amen ... Let it be so.



Now you Know
(12/04/2015)

Guess what, my Friends? Not only are you not required to support animal cruelty, you are actually allowed to do something to **help stop it**.

Indeed, every time you choose dairy-free options (which are now both abundant & affordable) you are sending a clear message to the meat & milk industry (indeed, the only message it is equipped to hear -- the message spoken by your money) that animal cruelty has no place in a civilized society.

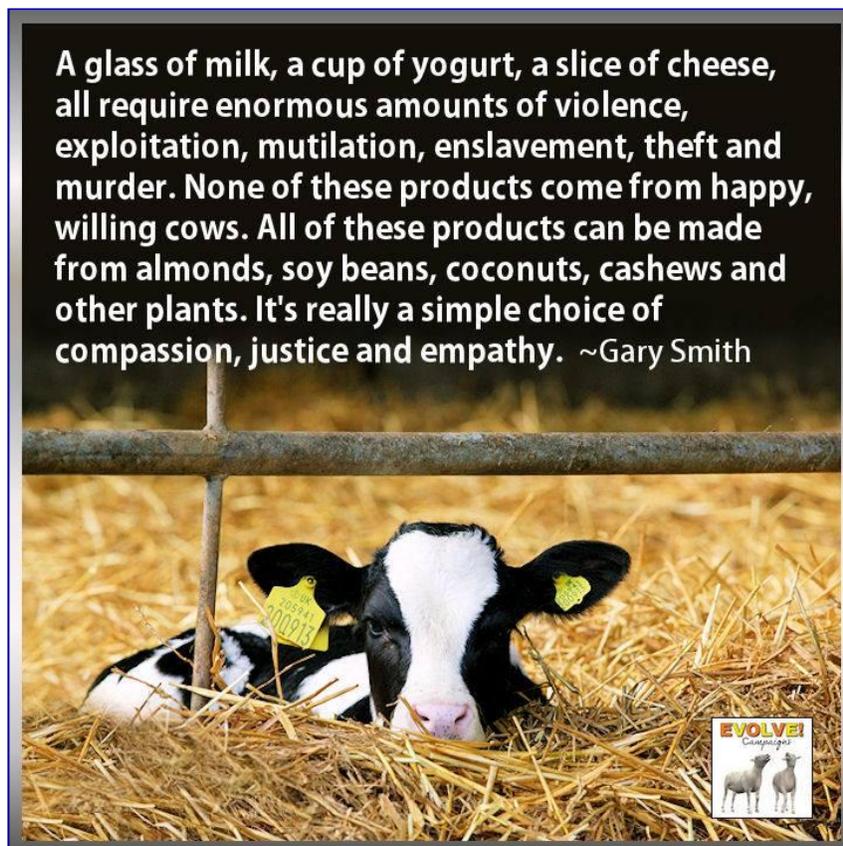
Like me for the first 45 years of my own life, many of you didn't know that dairy cows suffer horribly -- **far** more than any other farmed animal on the planet ... Many of you didn't know that it is completely unnecessary for us humans to consume the mammary secretions (a.k.a. "milk") of other animals -- indeed, that it is actually extremely unhealthy for us to do so ... And like me, many of you didn't realize that every time you drink milk (or eat ice cream, or consume cheese), you are actively supporting horrific pain and terrible abuse of hundreds of innocent animals.

Like me, many of you simply didn't know ...

And yet now you do ...

So please start acting accordingly.

Thank you ... S



Non-wasting your time
(12/10/2015)

Just a few days ago, one of my best non-vegan Friends told me that I am wasting my time. He said that he “agreed” with me that there is no rational reason to support the use & abuse of animals, and yet that him going vegan wouldn't make any real difference. His solution to the problem was that there would never be any solution -- so why change at all? Why should he alter the comfortable way he has been eating for the past 4.5 decades of his life when nothing good will ever come of it? And to this I say ...

What a stinking load of callously selfish **NONSENSE!**

And yet this is the same type of inanity that I hear from so many “welfarists” who claim that we aren't supposed to try and stop the evil that is animal enslavement, animal torture, and animal extermination; but rather claim that we are simply supposed to strive to make their enslavement a bit more comfortable, their suffering a bit less torturous, and their murders a bit more pain-free ...

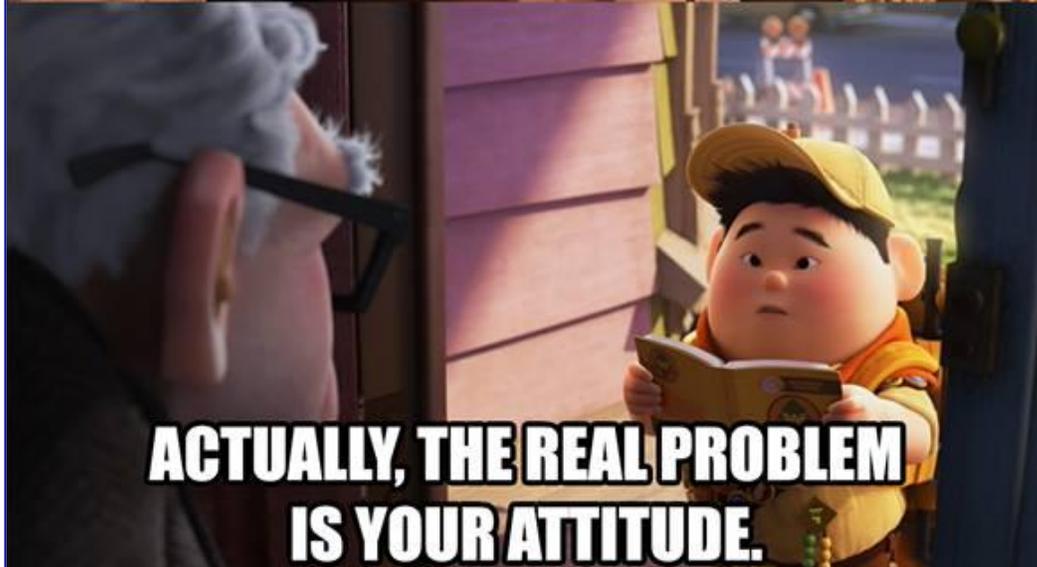
Well this too is immoral, and this too ... **IS ... INSANE!**

And, of course, this is also patently downright morally **WRONG**. For the real problem is **not** factory farming and the real problem is **not** a hopeless one ... Rather, the real problem is that we humans are using our own superficial desire for palate pleasure and the feeble comfort of upholding tradition as weak-ass justifications for inflicting other sentient beings with **ENORMOUS** amounts of fully unnecessary pain & suffering.

And both of these excuses are just that -- bullshit *excuses*, and neither of them provide even one ounce of justification for inflicting so much trauma on even a single innocent, sentient life – let alone thousands of the same ... Period!

That having been said, I implore each & every one of you this morning to **PLEASE** have the humility to **become informed**, and then to **PLEASE** have the Courage to **start living accordingly** – to become part of the very real (and proven effective) solution, instead of continuing on as part of the very real (and very immoral -- and incredibly destructive) problem.

Thank you ... S



A guide to Guidance (12/14/2015)

Every non-vegan choice we make has a consequence, and that consequence is massive harm to another individual – an individual whose only crime was being born a member of a species other than human ...

When we pretend that our victims don't care what happens to them, when we pretend that they lack awareness of what we do in order to treat them as mere resources and commodities, then we are lying to ourselves ... Indeed, if we really & truly believed that our victims didn't care about what we did to them, our species' apparent obsession with treating them "humanely" would not exist. The fact that the word comes into almost every dialogue about the treatment of animals as commodities, is the very beacon of Truth that most still refuse to acknowledge; providing an overt & irrefutable admission that our actions do indeed unnecessarily cause animals incredible suffering.

My Friends, the word "humane" can *never* apply to any process that brings helpless, sentient individuals into the world to be used and destroyed as mere resources. That is why our search for "humane" ways to do so is a fully futile one; an impotent salve to our conscience – a hopeless ploy that delivers absolutely nothing but hollow lives founded in capriciousness, callousness & cruelty.

So, if we really do care about being truly "humane", we must recognize that the only truly "humane" way to treat non-humans is to stop using & abusing them altogether. For in Truth, it is not *how* we treat our victims that is the problem, but rather the sad & obvious fact that our choices have victims at all.

As such, let us all vow to make new choices today; choices that are Kind; choices that are Respect-full; choices that do not require us to pause and wonder one instant whether or not they are "humane".

In essence, let us choose to **be vegan**.

Amen ... Let it be so.

(~ inspired by the blog
There's an Elephant in the Room)

A Guide to Animal Rights Conversations

START

It's natural, animals and our ancestors ate meat

A plant-based diet is deficient

We live in modern society and don't need to eat animal products.

You can get all nutrients that you need on a plant-based diet, many athletes and bodybuilders choose it for the benefits it has in fact.

Animals would overpopulate

Morality is subjective, this is my personal choice

Farmers breed animals, that's why there are so many livestock animals. The more vegans there are, the less animals will be bred for consumption.

The choice to fund animal abuse is not a personal one, since it affects animals. Even if you believe in subjective morality, you are not obliged to harm animals, you can seek to avoid harming them. To do otherwise is to needlessly support slaughter, just for your own pleasure.

Plants have feelings

Plants lack brains and are not sentient. But far more plants are fed to livestock to raise them for slaughter than if we just ate plants ourselves. So veganism minimizes plant casualties as well.

Going vegan then

mmm bacon

When the Truth whispers ("boom")
(12/22/2015)



Becoming the Change (12/30/2015)

“The decision to become vegan is one, simple light-bulb-on moment of clarity in which we realize that every area of our life up to that point has been built on using, on taking, on destroying, on harming, and on killing others. In that moment, and in the moments of shame and grief which inevitably follow it, we realize that – as if such wanton horror was not enough – the majority of those whom we’ve been oppressing are helpless, are innocent, are vulnerable, are trusting, and are self-aware -- indeed, that they are just like us in every significant way. Becoming vegan is not a complicated process, my Friends -- becoming vegan is simply us finally making the decision to stop hurting others for our own superficial pleasures & fleeting moments of self-indulgence.”

~ inspired by the blog *There's an Elephant in the Room*



**We kill billions
of animals,
destroy rainforests,
poison the environment
and sell
you products that
are killing you.
Thanks for the support!**
~ the Meat & Milk Industry

The easiest Quiz (01/10/2016)

By choosing to eat animals (“meat”) &/or consume their secretions (“dairy”) you are choosing THEIR future -- you are choosing *their* premature death; a death that will be bloody and brutal and painful and terrifying; a death that is completely unjust & completely unnecessary ...

Of course, you could also choose to live a long (actually longer) and healthy (actually healthier) life by making a different choice -- by choosing Compassion over callousness, by choosing Gentleness over greed, by choosing Life over lust ...

So, what's it going to be today?
... Which will you choose?”

(~ inspired by Annie Mags)



Our lives begin
to end
the day we
become
silent about
things
that matter.

- Martin Luther King, Jr.

Injustice for NONE
(01/18/2016)

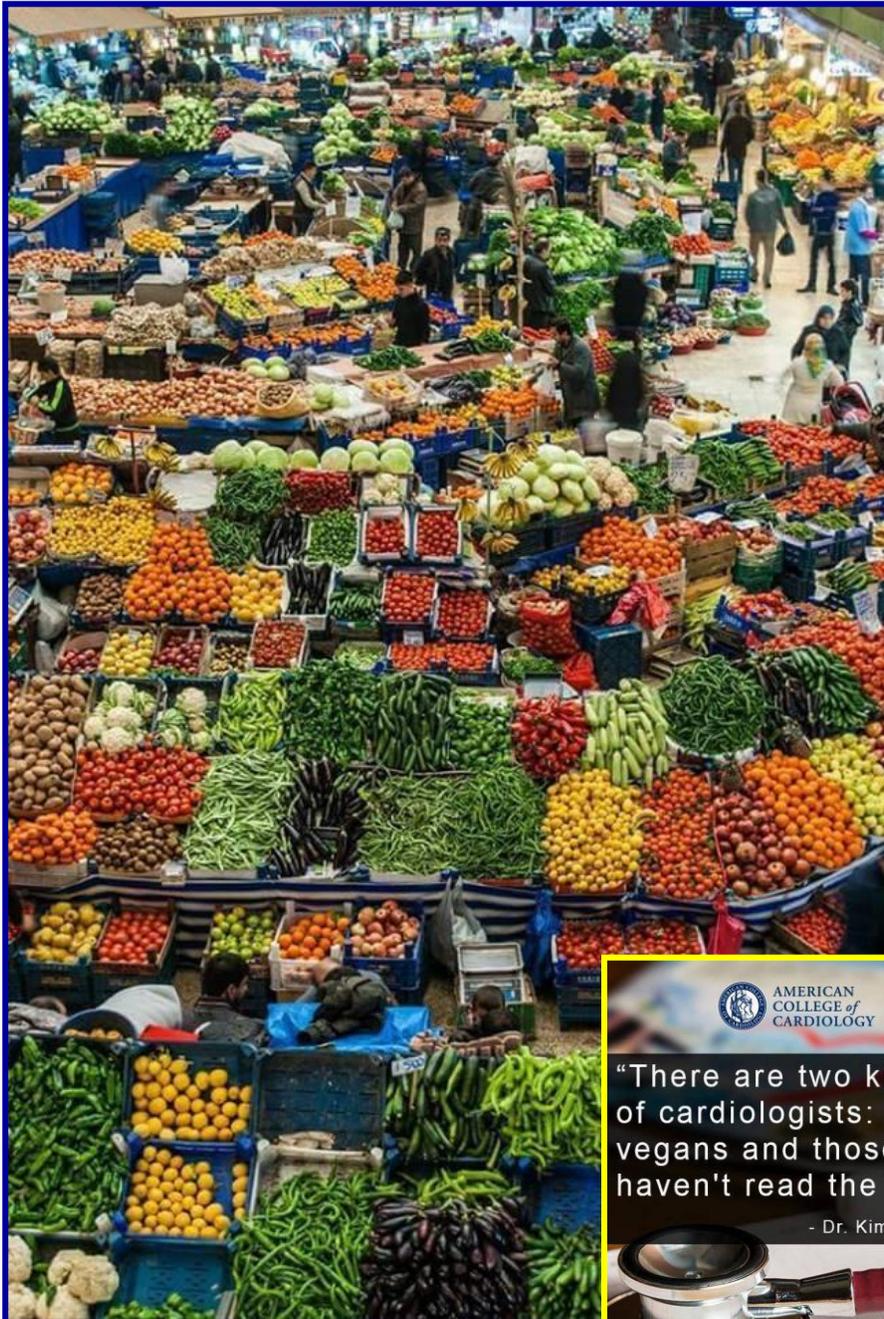
Injustice against any is injustice against us all.

“One day the absurdity of the almost universal human belief in the slavery of other animals will be palpable. We shall then have discovered our souls and become worthier of sharing this planet with them.” ~ Martin Luther King, Jr.



Ending the Illness (01/20/2016)

The number of empty hospital beds in the world will rise in direct proportion to the number of grocery stores that start to look like this ...



 AMERICAN COLLEGE of CARDIOLOGY

“There are two kinds of cardiologists: vegans and those who haven't read the data.”

- Dr. Kim Williams



Setting your Spiritual Alarm (01/21/2016)

Part 01) Alarm Setting: LOUD

Why say “NO” to eggs? ... Well, here are a few good reasons. Well, they *were* a few good reasons -- before they got shredded alive ... For this is what the egg industry does to male chicks when they are but one day old, all because they can't lay eggs. And yes, in case you were wondering, this practice is also standard at hatcheries where “humane farms” buy their chicks.

Please help stop this madness, my Friends ...

Please **go vegan**.



Part 2) Alarm Setting: Not So Loud

If you would never dream of putting newly hatched male chicks into a grinder, then never buy eggs. If you would never dream of enslaving a mother, depriving her of all her infants and slaughtering her newborn males, then never buy dairy. If you would never cut the throat of a beautiful being, chop up her young body and rip the skin off her back, then never eat meat. Stop paying others to do the very things you would never do yourself.

Why won't you, can't you, don't you see the horror of eating, wearing and using non humans?

~Lachelle Julie



Part 03) Alarm Setting: ... *Just loud enough*

GooooooooooooOOD MORNING!!!!



"We can all do better. Each of us can do our part in uplifting the collective consciousness of humankind. What role could be more important for us to play in this feature film called Life? We can be forerunners, pioneers of a new world; a non-violent one.. it's what 'everybody' has been wishing for ~ Peace on Earth.. Goodwill to All.. But to actually bring about

Peace on Earth, we necessarily have to live the ideals of veganism. We can't just say 'we love animals' while we eat, wear and use products containing remnants of their tortured and mutilated bodies. We have to expand our respect for others to include anyone; any being with feelings and consciousness."

 ~Butterflies Katz 



As soon as I realized I didn't have to harm others to live I stopped harming others.

♥ LIVE VEGAN ♥

Saving Maggie (01/23/2016)

Pigs (like sweet “Maggie” in the image below) are one of the more intelligent -- and therefore one of the more self-aware -- animals on the planet; objectively far more so than our beloved dogs & cats. And yet every year in the United States over 107 MILLION pigs are brutally slaughtered -- almost all of them in their innocent adolescence ... That's over 2 million pigs killed every week ... That's over 292 thousand murdered every day ... That's over 12 thousand terminated every hour ... That's over 200 bled-out every minute -- over 3 beautiful, sentient, terrified beings hung upside down with their throats cut open (often while still partially or fully conscious) EVERY SINGLE SECOND of every single day!

And the chances are quite good that YOU are responsible, for YOU are supporting this barbaric practice every time you eat bacon or ham or pork chops ... YOU are paying the meat & milk industry to perpetrate this absolutely horrific suffering on these animals -- a suffering that is as needless as it is nasty.

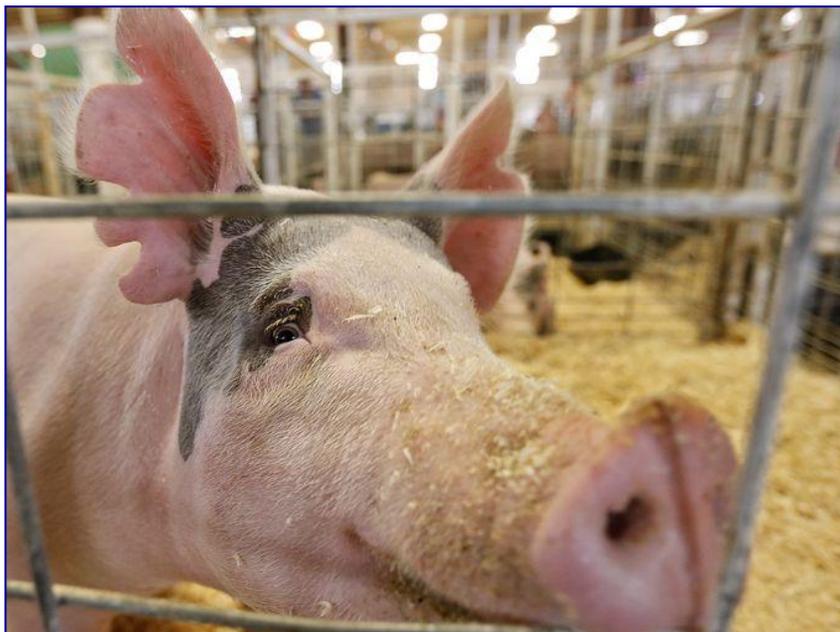
So, my dear Friends -- how many animals were murdered for you today? Which parts of their dead and butchered bodies did you consume?

Do you ever wonder how much they suffered? Do you ever wonder how it felt to them as they were brutally murdered? Do you ever think it's time for you to stop being part of the violence?

... Because it is.

Please stop supporting the madness ... Please **go vegan**.

Thank you ... S



Not to be wasted
(02/06/2016)

And to balance out previous writings which were centered upon the lies & deceit inherent in American politics, I now offer their exact opposite -- namely, this writing centered upon the perfect Truth inherent in caring for the downtrodden & defending those who are being persecuted; and this, regardless of the race or gender of those downtrodden -- and this, regardless of the religion or species of those being persecuted as well.

May we *all* awaken to the FACT that we are *all* members of one Family -- and may we *all* then have the courage to go forth and act accordingly.

Amen ... Let it be so.

Life is not here to be wasted in harming others we have no need to harm. And love is not here to be wasted, it is here to be given.

- Ashley Capps



The only real Revolution (02/08/2016)

My dear Friends, unless we have the collective humility to recognize the simple truth that other sentient beings are not commodities to be used & abused for our personal pleasure, and unless we also have the courage to set this freshly rediscovered morality in motion, we are truly doomed -- both individually, and as a species.

Veganism is the only Revolution that ultimately matters.

Please join today ... **Thank you.**

“Every time a human being deliberately takes the life of an animal (or pays for someone else to do the same) a little slice of that offender's lifetime is whittled off and thrown away, and a little more of the collective soul of our species is extinguished ... Our Earth's biosphere is already running on empty and, unless we radically change course very soon, Mother Nature will finish the debate concerning our survival -- and She will finish it brutally & without remorse ... We have NOT earned the right to destroy this planet and we certainly have NOT been given the right to treat our sentient cousins with our current levels of callousness and cruelty. Our transgressions are great and many, and unless people choose to raise the blinds of their chosen ignorance and depart from their bubbled domes of delusion -- our species will indeed soon be decimated and soon thereafter will sink into its next Dark Ages.” ~ inspired by Rosemary Wright



“Veganism is not just a diet. It is not just a ‘lifestyle.’ It is a nonviolent act of defiance. It is a refusal to participate in the oppression of the innocent and the vulnerable. It is a rejection of the insidious idea that harming other sentient beings should be considered a ‘normal’ part of life. It represents a paradigm shift toward a new default position that violence for pleasure, amusement, or convenience can *never* be justified.

Join the revolution of the heart. Go vegan.”

Intelligent Idiots
(02/12/2016)

“Humans are very clever animals,
who more often than not
behave like complete imbeciles.”
~ inspired by Albert Schweitzer

**I wonder who was the first
person to go up to a cow and
say “Hey, lets squeeze those
tits and drink whatever
comes out of them.”**



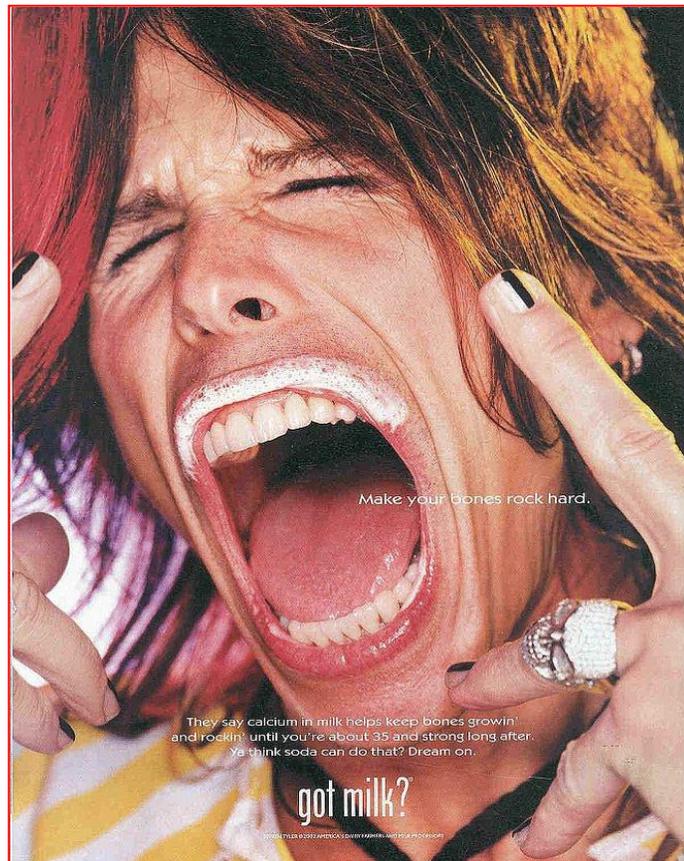
So got **cancer**?



So Got **osteoporosis**?

So Got **CRUELTY***?

*(i.e. confinement in filth, mutilation without anesthesia, repeated rape, repeated child abduction & a brutally bloody murder for a “retirement package”)



What's
in your...

MILK?

LEGALLY
THERE
ARE
ALLOWED

135
MILLION
PUS
CELLS
IN ONE
GLASS
OF MILK!

...and we
wonder
why we get
SICK?

Educate yourself.
NOTMILK.COM

The main protein
in Milk is called
'Casein' and is
TOXIC for
humans. It is
therefore directly
responsible for...

- * Eczema
- * Acne
- * Kidney disease
- * Arthritis
- * Tooth decay
- * Asthma
- * Irritable bowels
- * Sinus problems
- * Colitis
- * Chrons
- * MS

And especially
**BREAST &
PROSTATE
CANCER.**

A Critical Question

(02/13/2016)

Hello again, my dear Friends! ... I just wanted to say that I know some of you get angry with me for sharing information about our society's still rampant abuse of animals, and that I know even more of you find such posts to be annoying -- that you therefore ignore them and simply scroll onward, waiting for me to share something not nearly so disturbing or “offensive” ... And to this I say: Fair enough ... My intention is never to upset anyone; merely to inform, and so I would like to take this moment to apologize if I have offended any of you.

AND I would also like to ask, in the future -- before you scroll on after getting frustrated with (or pissed at) me for posting about my suffering animal Friends – that you pause and ask yourself this one all-important question:

Are you ignoring the information I'm sharing because you think abusing animals is totally fine (and our cruelty towards them should continue unimpeded), **or** do you know that unnecessarily causing others to suffer & die is wrong -- and feel guilty or ashamed about your role in its continuation?

In other words, do you get defensive about my championing veganism because you enjoy harming animals for your own personal pleasure, **or** do feel annoyed & unsettled because you know you should not be harming others but don't want to make the effort to change?

If your answer is the latter, please go online &/or contact me directly for help ... If your answer is the former, please seek psychological &/or spiritual assistance.

Thank you ... Peace to ALL.
(inspired by Animal Activism Victoria)



“So, you want to be tough ... You want to be rebellious ... You want to be a badass ... Then show your Heart to everyone – EVERYONE!”

~ anonymous

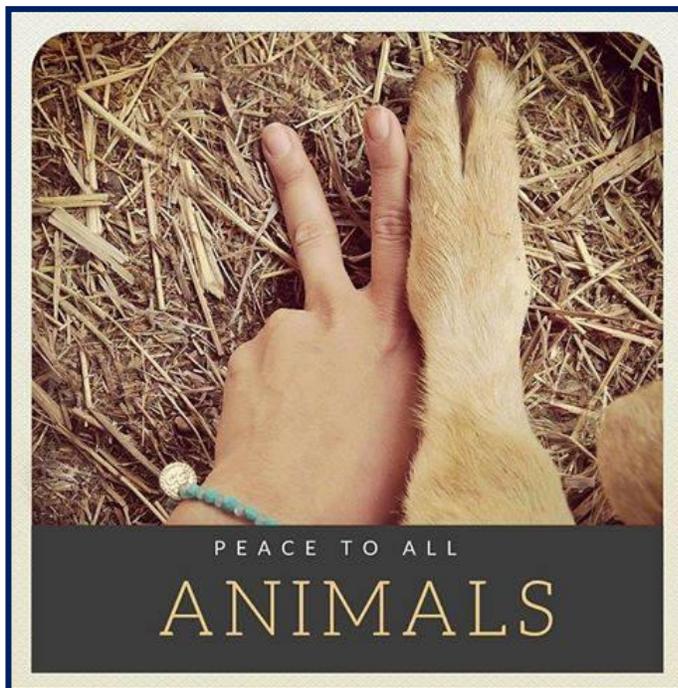
Lost & Found (03/05/2016)

Sometimes we feel lost. Sometimes each & every one of us comes to a point in our lives when we don't know what to do or where to turn -- or worse, when we feel certain on the surface that we are right, but somehow **Know Deep Down** that our “rightness” is somehow wrong ...

And it is in such moments that we truly *are* lost; maybe lost in the confusions of fear & desire; maybe lost in the bewilderments of dogma & diatribe; or maybe lost in the chaotic combination of hope & despair. We know that there is a solution -- we know that there is a Way to lasting Peace & profound Joy. We simply don't know how to find the path that leads there. We can sense that the “Road to Paradise” is nearby, and yet the fog has surrounded us thickly, and the sun has yet to rise.

And yet how fortunate we are that it is in these very moments of our greatest futility that the greatest beacons of Light always shine forth -- Great men & Noble Women who have walked the Way before us; gentle Soul-Giants who have returned to lead us back thereto ... Albert Schweitzer was one of those Great Men; Albert Schweitzer was one of those gentle Lights shining the warm Truth upon our Way back Home.

Feel free to heed his gentle call, my Friends.
... Feel free to **know Peace** again.



“The only thing of importance, when we depart, will be the traces of love we have left behind ... We must fight against the spirit of unconscious cruelty with which we treat the animals. Animals suffer as much as we do. True humanity does not allow us to impose such sufferings on them. It is our duty to make the whole world recognize it. Until we extend our circle of compassion to all living things, humanity will not find peace.”
~ Albert Schweitzer

The Inconsolable TRUTHs (02/26/2016)

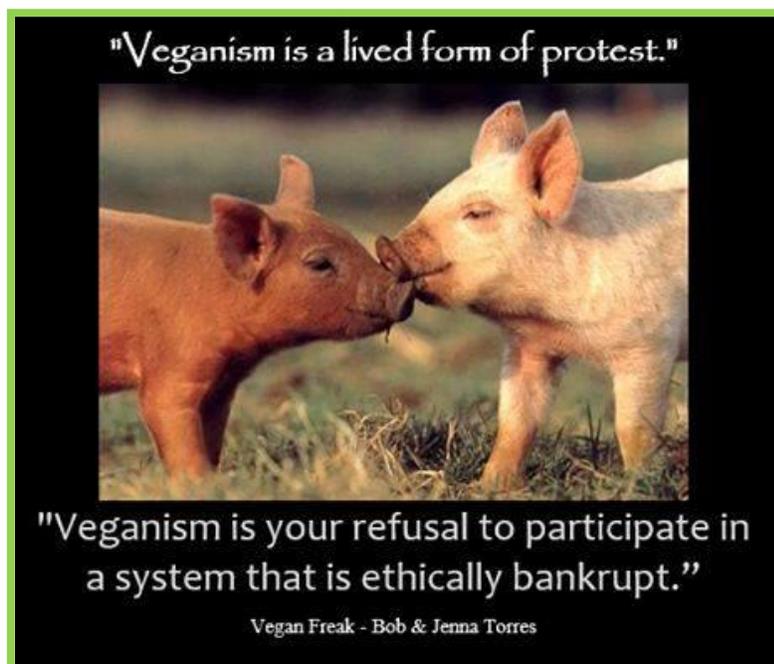
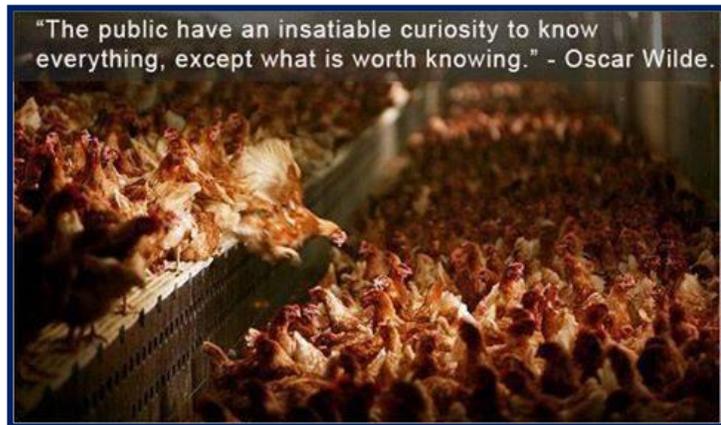
TRUTH #01) ... Animals suffer **immensely** as a direct result of you buying their flesh (“meat”) &/or mammary secretions (“milk”).

TRUTH #02) ... Humans do **not** need to consume **any** animal products to live a long (actually longer) and healthy (actually, healthier) life.

TRUTH #03) ... It is an immutable ethical principle that causing others to suffer purely for our personal enjoyment is immoral -- in this case, an immorality that is killing innocent animals, killing you & your loved ones, and killing your planet.

TRUTH #04) ... It is time for you to stop such madness and **Go Vegan.**

Please **feel free** to contact me at any time for whatever information or assistance you might need in doing so ... **Thank you.**





Whoever said one person can't
make a difference never met a
vegan.

Everyday, a vegan saves:

- ✓ 1,100 gallons of water;
- ✓ 45 pounds of grain;
- ✓ 30 sq.ft. of forested land;
- ✓ 20 lbs CO2 equivalent; and
- ✓ ONE ANIMAL'S LIFE.

What did you do today?

BE STRONGER
THAN YOUR EXCUSES

Totally relatable
(03/09/2016)

“I was just told by a 'loved one' today that I have no real friends; that I am all alone because of caring about animals so much. I was told that it would be better if I could just live my vegan life quietly and let everyone else do as they please -- that it is none of my business how others live -- that should something tragic happen to me that no one would come to my aide because I am really alone because of being who I am and feeling so strongly like I do. And frankly, I know there is some truth to this. I'm am indeed aware that I have indeed already lost family and friends because of this cause. I'm sure that it limits my ability to function fluently in the world because of my desire to fight injustice wherever I find it ... And yet still I wake up each day ready to risk the same being true.

The pig in the gestation crate, the cow desperately trying to exit the slaughter line, and the baby chick sliding into the blades of the grinder -- these animals may never call me their friend, nor may they never know or care what I was willing to do in their defense. And yet I call them my friends and I am the truest of friends to them. I will not abandon them should it cost me human friends, I will not abandon them though it cause me stress and heartache. I will not give up on defending them until my final breath. For this is who I am; this is who I have chosen to become. And now that I have started this Great Journey, I cannot be anything but that.

I am not perfect in my methods. I may not always know the best approach to helping animals, and I may be guilty of “caring too much” – too loudly or too aggressively or too passionately. And yet I know that I will look back on a life spent trying to reduce the amount of suffering in the world and feel that I have done something worth doing.

Whether or not I will ever truly make a difference or not, I will try to do all that I can. I will fight through my fear, I will ignore all my doubts in my abilities, and I will keep moving forward. Because for me, the only true failure would be the failure to do anything while so many suffer. As soldiers of compassion, it is a risk we are all willing to take and the cost we are all more than willing to pay.”

~ inspired by Ryan Phillips



To know they are True
(03/26/2016)

“You asked me if I thought your beliefs were accurate & you wondered if I thought your visions were true. And I said that they were, but only if they make you become more humane – only if they inspire you to be Respectful & Kind to every sentient being you encounter.” ~ Hafiz



To Love like Jesus (03/27/2016)

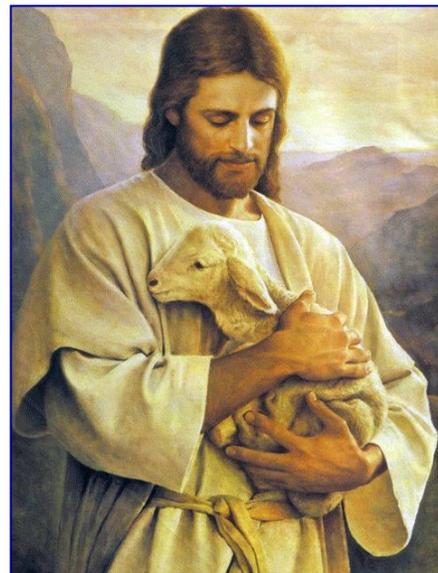
You know, even though I am not a Christian, I **do** adore the teachings of Jesus Christ in the Gospels. And the reason why I adore them is *not* because they are somehow my personal ticket to an eternal life of eating grapes and strumming lyres with the angels after I die (I prefer mangos and folk &/or house music these days anyway) ... No, the reason why I love the teachings of Jesus -- the reason why I adore his Way & his Truth & his Life -- is because I have radically lived them for the past 11+ years of my life, and they have brought me a far greater Joy & a far deeper sense of Peace than I ever thought possible beforehand ...

Now I will admit that I have screwed his teachings up from time to time (Heck, I've actually screwed them up a lot), and yet every single time I have had the humility to set aside my own desires and the courage to reach out and actively Care for another being (especially when there was nothing at all in it for me), it was I who was the greatest benefactor thereof ... It is was I in those moments who felt real Bliss ... It was I who was (inadvertently) granted entrance into what Jesus called "The Kingdom of Heaven."

Now I am going to leave that information pretty much just sitting there for you ... I am not going to give you any specific hints as to how you can experience this brilliant State of Being yourself (primarily because I have absolutely no idea about anyone's path thereto but my own) ... AND YET that having been said, I **will** offer this one jump-starter tip to living a life in harmony with Jesus' most beautiful Way -- a tiny tip that will indeed provide a clear Way for every single person out there (regardless of your personal religious beliefs, or even your possible lack thereof) ...

And that tip is this: To be like Jesus and know his Bliss -- **GO VEGAN!**

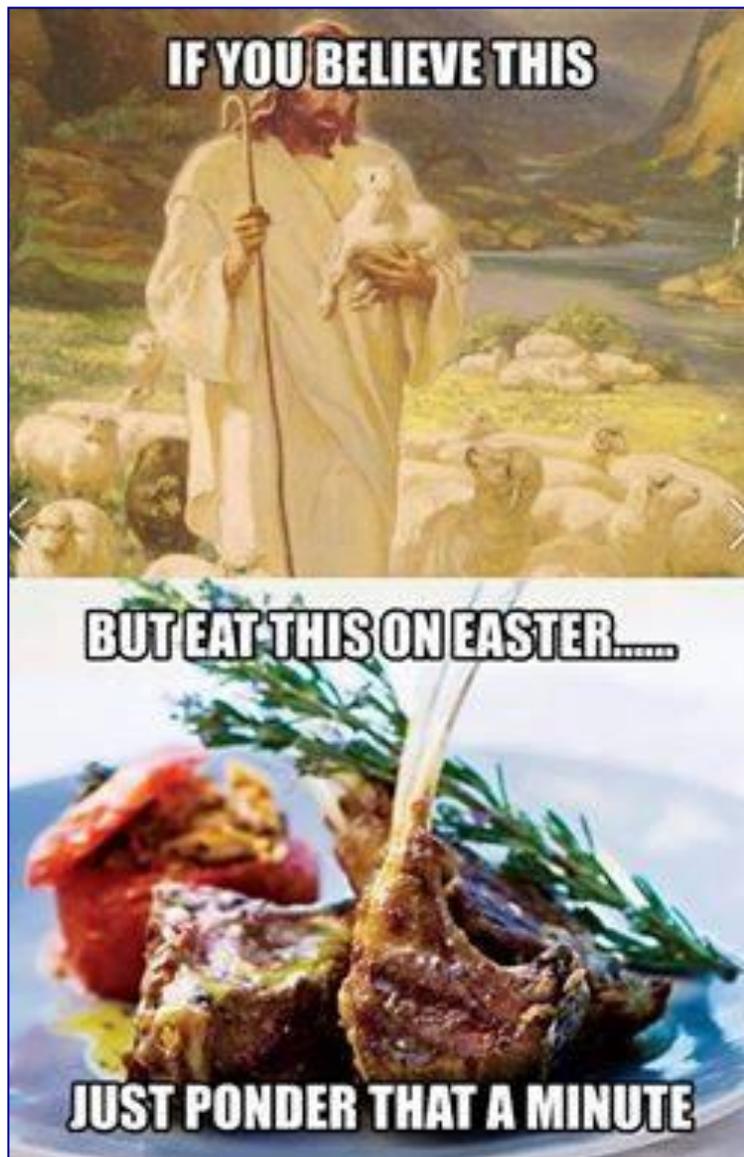
That's right -- You heard me -- Jesus was (in all likelihood) a vegan ... Of course no one has any rock-solid proof about this one way or the other, **and yet** the Bible *does* indeed fully support the theory (see the various biblical proofs thereof at the end of this post), **and** the theory does indeed illuminate Jesus in **by far** the most compassionate and **by far** the most loving light ... After all, what kind of a Savior preaches peace and humility and then goes out and violently (& unnecessarily) destroys the lives of innocent sentient beings?!?! Certainly not the kind of Savior I want anything to do with, that's for sure!



Peace today ... and Peace to **ALL!**

Proof #01 – Luke 22:7-8 ... This passage does indeed have Jesus telling his disciples to prepare the Passover meal, and yet interestingly enough it never once has him telling them to obtain, cook or serve a Passover lamb therewith.

Indeed, if we read the telling of the tale of the Last Supper, the lamb is completely missing from the story! In fact, there are no Scripture passages in the entire Bible where Jesus himself actually ate lamb, which he would most assuredly have eaten at Passover – **had he not been vegan**. In fact, in the Bible we see Jesus eating on the Passover exactly twice, and curiously enough neither time is lamb involved at all; with Jesus and the disciples instead partaking only of unleavened bread at those celebrations.



Proof #02 – Luke 24:41-43 ... This particular passage does indeed show the disciples giving Jesus “a broiled fish and some honeycomb”, and yet then it also notes that “he took *it* and ate *it* in their presence” – not “them”, mind you, but “*it*”. Now, we can draw the conclusion that Jesus made the relatively compassionless choice to eat the fish and abandon the honeycomb, and yet according to a literal reading of the Scriptures he most certainly did not eat both of them. Of course, we are also allowed to draw the opposite inference; namely, that he abandoned the fish and ate the comb. And it is this interpretation that is actually much more in alignment with the Messianic “prophecy” of **Isaiah 7:15**, which states quite clearly that, “**By the time he knows enough to refuse evil and choose good, he [the Messiah] will eat only butter and honey.**”*

*Granted, neither butter nor honey is vegan sustenance, and yet seeing as how Jesus ministry had as its primary purpose the complete overhaul & radical reformation of the Old Testament, even this verse can be seen to indirectly support his probable veganism.



It might also be of interest to earnest students of the Scriptures that this story is only told in the Gospel of Luke – and this, despite the fact that the authors of the other Gospels are present in that telling! It is also interesting that Luke tells the same story again in the **10th chapter** of the book of **Acts**, and yet he tells it quite differently when he does so (***not mentioning fish at all*** in the second telling) -- and that when John describes the same event in **John 20**, Jesus is seen actually eating nothing whatsoever!



Proofs #03 & #04 – [Matthew 14:13-21](#) & [Matthew 15:32-39](#) (see also parallel passages in [Mark 6:30-44](#) & [Mark 8:1-10](#)) ... These two popular texts both have Jesus telling his disciples to feed two large groups of followers (first “the 5000” and later “the 4000”) and both times fish are mentioned as one of the foods provided (“**two fish**” in [Matthew 14:17](#) & “**a few fish**” in [Matthew 15:34](#)). On its face, this would indeed seem to support the contention that Jesus approved the eating of meat (at least the eating of fish), **and yet** there is much more to these verses than first meets the eye ...

Initially, it is interesting to note that some scholars (Rosen and Knicely among them) contend that “fish” are not actually present in these texts at all – that in actuality the Greek word for “fishweed” (a form of dried seaweed) has been mistranslated as “fish” in these verses. While it is true that the ancient Greek words for seaweed (φῦκος / fukos + μνίον / mnion) are not specifically found in the Bible’s ancient manuscripts, it is just as true that such a mistranslation *could* very easily have occurred – and it is most certainly true that dried fishweed *would* be far more likely to be served in a basket of bread than actual fresh fish. Indeed, a type of “fishweed” even remains a popular food to this day among coastal Palestinian peasants – people quite similar to the ones to whom Jesus was speaking in these stories.

It is interesting to note as well that both Biblical feedings took place on the shoreline & that at least a few of Jesus’ disciples were fishermen by trade, meaning that if people had **truly** wanted to eat fish, they simply would have had to go and catch some for themselves. Indeed, a careful reading of [Matthew 14](#) shows that Jesus only divided the loaves *of bread* and only gave *bread* to the people gathered there – and that afterwards, the baskets were only filled with remnants *of bread* – **not** fish.



Additionally, more than a few scholars have noted that there is quite a bit of evidence to suggest that the original story **never included fish at all**. Indeed, the earliest pre-Gospel accounts of the feed-the-masses stories do not include fish, and Jesus himself never mentions fish when later referring to those same events (see [Matthew 16:5-12](#), [Mark 8:19-20](#) & [John 6:26](#)) ...

Finally, it is worth remembering that Jesus called his first disciples by asking them to *cease fishing* and follow him instead (see [Matthew 3](#), [Mark 1](#) & [Luke 5](#)); clearly resembling his later calls to tax collectors, prostitutes and others engaged in activities not in harmony with his ministry's message of Love & Compassion to "*sin no more*".

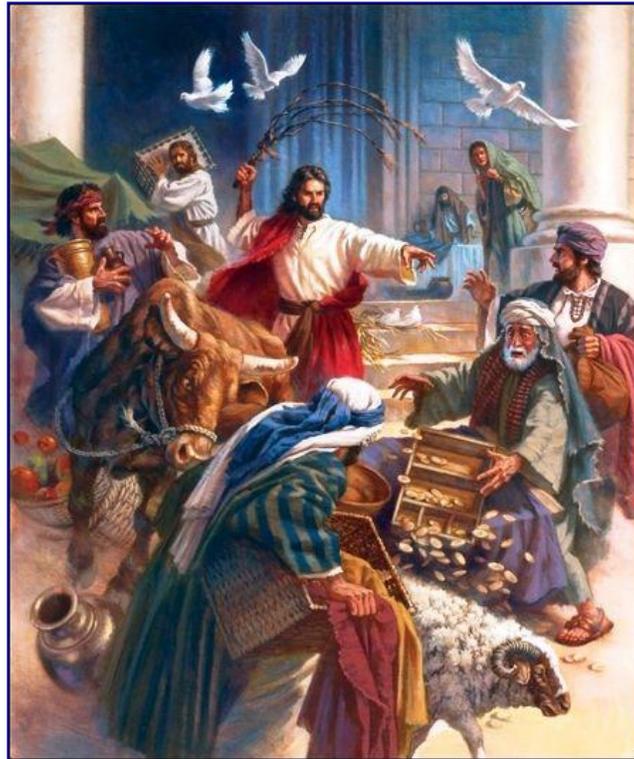


As such, it seems much more likely than not that neither “fish” nor “fishweed” were present in the original telling of these tales, but rather that – just like the last 12 verses of the Gospel of Mark and the last chapter of the Gospel of John – scribes added words to the original texts for their own religious purposes (in this case, inserting the Greek word “fish” [ixous] – whose letters formed a then-popular acronym for “Jesus Christ God’s Son Savior”).

Proofs #05 & #06 – John 2:13-16 & Matthew 21:12-13 (see also Matthew parallels at [Mark 11:15-17](#) & [Luke 19:45-46](#)) ... While some critics claim that these passages represent a biblical contradiction (with John’s “Temple cleansing” occurring near the beginning of Jesus’ ministry, and the nearly identical “cleansing” found in the Synoptic Gospels occurring some three years later near his ministry’s end), many scholars are of the opposing opinion that these passages show Jesus actually removing the soon-to-be-sacrificed animals & their human “masters” from the Temple on **two separate occasions**.

More importantly, when we look more closely at these passages, a few interesting yet oft-overlooked facts are revealed ...

First of all, it is intriguing to see that it was innocent animals that Jesus freed from the Temple (in effect a slaughterhouse in Jesus’ day) in the 2nd chapter of John – chasing them out with a self-made whip – echoing the powerful wisdom of [Hosea 6:6-10](#) as he did so: “**I desire mercy; not sacrifice**” ...



Secondly, it is just as interesting to realize that the word “**thieves**” Jesus uses to repudiate those in the Temple who are changing currencies &/or selling animals for sacrifice is actually the Greek word “*lestes*”^{*} in the ancient manuscripts (Strong’s #3027) – a word that did not indicate a mere “thief”, but rather described a brutally violent “**marauder**; one who exploits the vulnerable with violence”; a term that quite aptly describes every single slaughterhouse worker to this day.!

[*More support for this definition comes from two other instances in the Bible where the same Greek word is found – first, Jesus’ not-so-subtle criticism of the violent group of heavily armed “**thieves**” who came to haul him off to his crucifixion (see [Luke 22:52](#) & [Matthew 26:55](#)) and second, to describe the two “**thieves**” who were later crucified with him on Golgotha (see [Mark 15:27](#) & [Matthew 27:44](#) – remembering that crucifixion was a particularly painful form of execution that the Romans reserved for political insurgents &/or violent criminals)]

Proof #07 – John 21:5-14 ... Admittedly, this particular passage – more so than the previous six -- does indeed seem to have Jesus openly supporting the eating of fish, and yet proponents of this opinion should also consider the following:

First, please note that most scholars are in agreement that the entire 21st chapter of John was added to that Gospel many years after it was originally penned, and is thus not to be considered as valid or as authoritative as the previous 20 chapters of that Gospel ...

Secondly, note as well that nowhere in this passage does it say that Jesus himself ate the fish he apparently offered to his disciples.

Finally, it is especially intriguing that the disciples caught **exactly 153 fish** here, considering the fact that numbers in most if not all Biblical texts were placed purposefully therein by their authors, and yet the significance of catching exactly this many fish is a topic of much depth best reserved for another day.



A thankless Gratitude
(03/28/2016)

The animal exploitation industries that supply you & your loved ones with your “meat” and your “milk” depend on you remaining ignorant of the incredible harm they are doing -- not only to the animals they torture & kill, but also to your planet and to your own health and well-being as well.

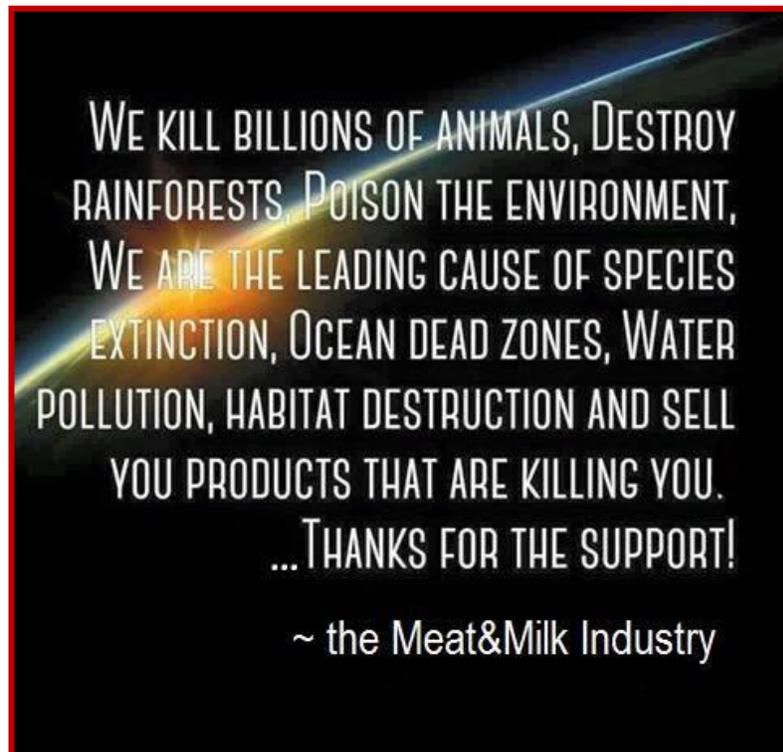
My Friends, I realize that it is so much easier to simply turn a blind eye and maintain a hardened Heart in the face of such massive cruelty, and yet if you can pause for just one moment of clarity today, please ask yourself the following all-important question:

Do you *really* want to keep financially supporting the people who make their blood money by murdering innocent animals, by harming the health of your loved ones, and by destroying the Earth you call home?

My dear Friends, please be the change we so desperately need to see ...

Please **GO VEGAN**.

Thank you.



When it comes to other animals,
“justice” and “respect” are only words...
...until you live vegan.

Actions, not words.



*“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)*