

Food For Thought

- 56 billion land animals are raised and slaughtered worldwide for human consumption every year.
 - Each year, over 115 million animals are used and killed in laboratory experimentation.
 - The FAO estimates that 70% of the world's fish species are either fully exploited or depleted.
 - Wool Shearers are paid by volume, and therefore often inflict painful cuts and abrasions to the sheep as they take their wool.
- All sheep that are raised for wool are eventually slaughtered for their flesh.
- The beef and dairy industry subject cows to painful mutilations (without anesthesia) such as tail docking, dehorning, branding, tagging, and castration.
 - All dairy cows are eventually slaughtered for beef production.
 - The calf is separated from their mother between 4 and 24 hours after birth (for veal slaughter), causing the mother cow to cry and bellow for days.
 - 95% of the 300 million egg laying hens used in the U.S.A are confined for a lifetime in "battery cages", three to ten per cage, in an area that only measures approximately half the size of this sheet of paper.
 - Four species of animals become extinct every hour.
 - India is the largest exporter of leather (cow skin).
 - Every major circus that uses animals has been cited for violating the minimal standards of care set forth in the United States Animal Welfare Act.
 - The American Dietetic Association considers well-planned vegan diets "appropriate for all stages of the life cycle", including pregnancy and lactation.

"Be fearless and pure; never waver in your determination or your dedication to the spiritual life. Give freely. Be self-controlled, sincere, truthful, loving, and full of the desire to serve. Learn to be detached and to take joy in renunciation. Do not get angry or harm any living creature, but be compassionate and gentle; show good will to all. Cultivate vigor, patience, will, purity; avoid malice and pride. Then, you will achieve your destiny." – Lord Krishna, Bhagavad Gita

Lord Krishna's message is a delicate and intricate one that scholars and swami's have debated at length. His message was neither one of love or war, but rather of TRUTH. Our cultures continued abuse and exploitation of living beings for even the most fleeting and trivial desires is one set in a LIE. The industries that profit from their bodies spend millions of dollars to spread misinformation of how they are treated and convince us of myths that do not exist. Every time we see something derived from an animal – whether it be a glass of milk, a silk sari, or a fan made of a peacock's feathers we are furthering the idea that the animals only value is what we can get from them, and we are putting our money into the hands of those who inflict suffering upon them. These abusive actions that we pay others to perform on our behalf become our actions. This is the karmic law. By removing ourselves from this system of violence, we are taking one step closer to Krishna and elevating our consciousness with that divine spirit which is all beings and in everything. Our dominion over this Earth, charges us with the duty to defend, not destroy, the most vulnerable among us. The number of resources, organizations, and individuals ready to help you make the easy transition to a vegan lifestyle are countless. Please seek out support and let today be the day you embrace a new level of consciousness, awareness, and connection to all living beings upon this Earth.

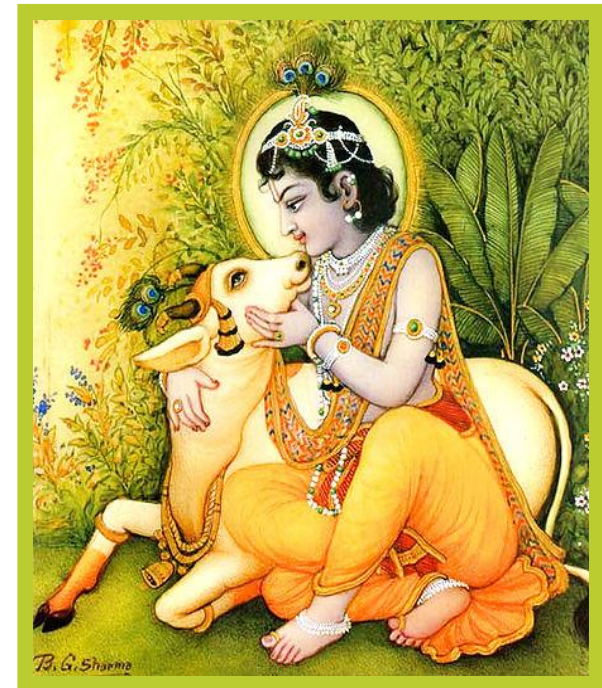


LEAD THE WAY. FOLLOW YOUR HEART. LIVE VEGAN.

EVOLVE FOR ANIMALS is a 501(c)3 nonprofit organization that advocates for the unfettered rights of non-human animals and a vegan lifestyle. To learn more, get involved, or help support this cause, please visit us at

www.evolveforanimals.org
www.facebook.com/evolveforanimals

More information can also be found @ www.vegandevotee.com.



VEGANISM & KRISHNA CONSCIOUSNESS



**Taking one step closer to the Supreme
Personality of Godhead**

AN EVOLUTION IN OUR ETHICS



If we take the virtues of truth, justice, compassion, and non-violence seriously, we must renounce all animal-derived products and abolish all systems of animal exploitation. Veganism is the only means to this end.

In its practical terms, vegans abstain from the consumption of meat, milk, eggs, honey, and all other animal byproducts. Vegans do not wear leather, fur, wool, or silk. We also do not participate in or patronize zoos, circuses, horse races, rodeos, or any other event that involves non-consenting participants. However, more than what veganism excludes, is what it includes. When one considers the innovative advancements in gastronomy, technology, and research, it is easy to realize and conclude that living vegan is not a sacrifice at all, but it is in fact incredibly easy, infinitely rewarding, and a lifestyle that is entirely rich in abundance. There is nothing in what we take from non-human animals that we cannot easily find alternatives to, by means that are more environmentally friendly, and with a result that is healthier for us. The torment we impose on non-human animals, if for no other reason than this, is completely unjustifiable.

Veganism is not a protest. It is a statement that proclaims animals to be worthy of more than the status of chattel property. It is a gesture of personal responsibility and the rejection of apathy. It is a commitment to a new evolution in our dilating circle of compassion. Veganism is to champion the cause for those without a voice, and to be vegan is to realize that our dominion upon this Earth charges us with the duty to defend, not destroy, the most defenseless among us.

In our consumer-driven society, every dollar is a vote. Every time we shop, we are either supporting the status quo of exploitation or we are pushing for a change of equality. There is no such thing as a passive purchase, and every vote is counted.

The Truest Form of Cow Protection

Let us consider, for a moment, the most revered animal in our religious practice – cows. At around 3000 BC, when Lord Krishna was born, cows were worshipped as mothers, adorned in gold and gems as royalty, and tended to with love and care as our own children. Cows are depicted with reverence in every piece of Hindu mythology and always referred to as being even beloved by God than we are. From these depictions our culture came to grow a fondness for milk, paneer, and ghee. Furthermore, not only did we consume from them but because of the cow's innate holiness, we began to use milk products in religious ceremonies as well.

Today, in the Kali Yuga, there is another reality that haunts the depictions of the past. Cows are dehorned, branded, and tail docked routinely. Calves are separated from their mothers within 24 hours of being born only to be restrained by the neck for 4 months before being slaughtered for veal. Meanwhile, their mothers are kept in dark factories where they are milked by electric pumps affixed to their utters, leading to painful soars and bleeding wounds.

Because their living conditions are so filthy, they are pumped up with antibiotics to keep them alive long enough to maximize profits. To further the “production” of milk, they are also given growth hormones. This makes even walking difficult for them. Where cows were once where once worshipped, they are now made to be crippled and mutilated. Furthermore, because cows are part of the industrialized food supply, every part of them is exploited for commerce. Even dairy cows are slaughtered for beef, and both mother and child are skinned for leathers to make belts, shoes, jackets, wallets, and many other products. In fact, many are horrified to learn that even their stomach lining is used to make cheese. In a world where even cheese requires the death of a living being, what does it even really mean to be a “vegetarian”?

If Lord Krishna were here on this Earth today, what would he say? What would he do?

Do as he would, and remove yourself from this system of violence. Go vegan.

As loving devotees of Lord Krishna, we have already been instilled with ideals of truth, justice, and compassion. Non-violence is a cornerstone of our consciousness and the very breathe of our lifestyle. It is because of this belief system that ISKCON temples around the world make efforts to feed the hungry, give shelter to the homeless, freely distribute the Baghavad Gita to passersby, and create beautiful sanctuaries to serve as areas for cow protection. This pursuit of virtue is also why we, as devotees, praise Krishna's name in kirtan and have adopted a vegetarian diet. We are descendants of a tradition rich in values set forth by the ancient Holy Scriptures such as the Vedas, Upanishads, Puranas, the Bhagavad Gita – all of which have been championed by his divine grace A.C. Bhaktivedanta Swami Prabhupada.

However, the world in which we now live now is quite different from when this movement of Krishna Consciousness began, and certainly this present day does not even remotely resemble the time when Lord Krishna himself walked this Earth. Indeed, more work must be done and we have not gone far enough. It is now more important than ever, to elevate our consciousness, transcend the well-meaning traditions, and strengthen our bhakthi with decisive action. As Krishna devotees, we must all take the next step toward the Supreme Personality of Godhead and go VEGAN. This is our dharma.

We all agree that it is wrong for the strong to bully the weak, that the knowing should not exploit the innocent, and that all life is sacred. Yet we defy these very ideals, we hold so innately true, every day with our every meal. From our shoes to our shampoo, we ignore the suffering we inflict on non-human animals. We slaughter them for their flesh and secretions to satisfy our appetites. We tear them of their skins and furs for the luxury of fashion. We whip and confine them for the pleasure of having them entertain us. We mutilate their bodies to test household products. Not one of these indulgences is a matter of necessity, and yet we continue to commodify billions upon billions of non-human animals every year worldwide.

All creatures value their lives in the same way you hold value to your own life. Each seeks pleasure and avoids pain. All wish to fulfill the needs of their own instincts and design. Because other species can experience the vast bounty of life's experiences, we must rightfully begin to perceive them not as property, but as persons. This is our duty as individuals in a civilized society.