

Interfaith Vegan Coalition

BUDDHISM KIT



Demonstrating the Buddhist Ideals of Harmlessness and Universal Lovingkindness



DHARMA VOICES FOR ANIMALS RESOURCES

Below are specific resources from Dharma Voices for Animals (DVA), an organization of those committed both to practicing the teachings of the Buddha (the Dharma) and to speaking out when animal suffering is supported by the actions of those in Dharma communities and by the policies of Dharma centers.

- Website: www.dharmavoicesforanimals.org
- Their film, [Animals & the Buddha](#).
- DVA [page](#) on right eating.
- [Quotes](#) from the DVA 8-page brochure (see the section entitled, “Buddhist Monks & Teachers Speak Out”).
- DVA [Resources](#)
- Detailed [discussion](#) on vegetarianism in the Mahayana sutras
- Link to the book, “[The Great Compassion: Buddhism & Animal Rights](#)” by Norm Phelps.
- [On the Bodhisattva Path I Stopped Off for a Burger](#)

QUOTE

Thich Nhat Hanh's Call for Compassionate Eating
In his famous 2007 Blue Cliff letter, Thich Nhat Hanh wrote:

"Lay communities should be courageous and give rise to the commitment to be vegetarian, at least 15 days each month. If we can do that, we will feel a sense of well-being. We will have peace, joy, and happiness right from the moment we make this vow and commitment."

We only need to be vegetarian, and we can already save the earth. Being vegetarian here also means that we do not consume dairy and egg products, because they are products of the meat industry. If we stop consuming, they will stop producing. Only collective awakening can create enough determination for action.

As a spiritual family and a human family, we can all help avert climate change with the practice of mindful eating. Going vegetarian may be the most effective way to stop climate change."

BOOKS

Bussineau, John. ***The Buddha, the Vegan, and You: From Carnism to Compassion***. Calm Water Publishing, 2015.

Chapple, Christopher Key. [*Nonviolence to Earth, Animals, and Self in Asian Traditions*](#). SUNY, 1993.

Chatral Rinpoche. ***Compassionate Action***. Snow Lion Publishing, 2007.

Dalal, Neal and Chloé Taylor, Eds. [*Asian Perspectives on Animal Ethics: Rethinking the Nonhuman*](#). Routledge, 2014. Sources on Buddhism, Jainism, Hinduism and Confucianism.

Kapleau Roshi, Philip. *To Cherish All Life: A Buddhist View of Animal Slaughter and Meat Eating*. Harper & Row, 1981. Free [PDF](#) Version.

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Page, Tony. ***Buddhism and Animals: A Buddhist Vision of Humanity's Rightful Relationship with the Animal Kingdom***. London: UVAKIS Publications, 1999.

Ricard, Mathieu. [*A Plea for Animals: The Moral, Philosophical, and Evolutionary Imperative to Treat All Beings with Compassion*](#). Shambhala, 2016.

Sakya Trizin. ***A Buddhist View on Befriending and Defending Animals***. Portland, Ore.: Orgyan Chogyé Chonzo Ling, 1989.

Shabkar. ***Food of Bodhisattvas: Buddhist Teachings on Abstaining from Meat***. Shambhala, 2004.

Tashi, Phurbu (Foreword Dalai Lama). ***The Lamp of Scriptures and Reasoning: The Tibetan Buddhist Perspective on the Faults of eating Meat***. Gampopa Press, 2004. [Online Version](#).

Walters, Kerry S. and Lisa Portmess, eds. ***Religious Vegetarianism: From Hesiod to the Dalai Lama***. State University of New York Press, 2001.



VIDEOS

[VeggieDharma](#)- Buddhist Video channel with a variety of resources.

[Thich Nhat Han's Engaged Buddhism and Plum Village Vietnamese Vegetable Salad](#) - Mindful Vegan Cooking Retreat – 2016.

[Monastic teaching on Veganism at retreat](#) (Blue Cliff Monastery New York Spring 2017).

[Thich Nhat Hanh on Veganism](#) (6 min.)

“**Cowspiracy**” and “**What the Health**” can be seen on Netflix.

“**Earthlings**” is a very intense video that shows the unbelievable cruelty endured by animals at human hands. If you plan to show it, you need to give people fair warning. While it has caused many people to go vegan on the spot, it can be traumatic to watch, and viewers need to be given great compassion and care while watching it.

“**A Life Connected**” is a short, 11 minute, but powerful and feel-good video [online](#).

“**The Metaphysics of Food**,” by Will Tuttle.

“**Peaceable Kingdom**” and “**The Witness**” can be watched free [online](#).

“**A Prayer for Compassion**,” by Thomas Jackson.

OTHER BUDDHIST WEBSITES FOR ANIMAL RIGHTS AND VEGANISM

Diverse resources from all [Buddhist Traditions](#), published by Tibetan Buddhists.

[Vegan Activism in the Zen Tradition of Thich Nhat Hanh](#).

[Tibetan Tradition](#)

ARTICLES

Introductions to the topic

<http://dharmavoicesforanimals.org/wordpress/wp-content/uploads/2014/07/DVA-Tashi-Mahayna-final.pdf>

List of Classical Sources including [pdfs](#).

Anderson, Bill. “The Use of Animals in Science: A Buddhist Perspective.” *Zen Bow Newsletter* 6, no. 2–3 (summer-fall 1984): 8–9.

Balsys, Bodo. *Ahimsa: Buddhism and the Vegetarian Ideal*. New Delhi: Munshiram Manoharlal Publications, 2004.

Chapple, Christopher Key. *Inner Peace, World Peace: Essays on Buddhism and Nonviolence*, ed. Kenneth Kraft. State University of New York Press, 1992) 49–62.

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Kaza, Stephanie. “[Eastern and Western Buddhist Motivations for Vegetarianism](#).” *Worldviews: Environment, Culture, Religion* 9, no. 3 (2005): 385–411.
Kaza, Stephanie. “Keeping Peace with Nature.”



In *Buddhist Peacework: Creating Cultures of Peace*, ed. David W. Chappell, 81–91. Boston: Wisdom Publications, 1999.

Lawrence, Kate. "[Nourishing Ourselves, Nourishing Others: How Mindful Food Choices Reduce Suffering](#)." in *Mindfulness in the Marketplace: Consuming with Compassion*, edited by Allan Hunt Badiner. (Berkeley: Parallax Press, 2002).

Lesco, Phillip A. "To Do No Harm: A Buddhist View on Animal Use in Research." *Journal of Religion and Health* 27, no. 4 (winter 1988): 307–12.

McDermott, James P. "Animals and Humans in Early Buddhism." *Indo-Iranian Journal* 32, no. 2 (1989): 269–80.

Nagabodhi. "Buddhism and Vegetarianism." *Golden Drum: A Magazine for Western Buddhists* (August–October 1989): 3.

BUDDHIST FOOD BLOGS AND TRADITIONAL RECIPES

[Zen Tradition](#)– A very active online vegan community

Zen Monastic food:

http://www.shabkar.org/download/pdf/Shojin_Ryori_Culinary_Fundamentals_in_Zen.pdf

<http://thekyotoproject.org/english/zen-diet/>

Japanese Temple Cuisine

<https://triplelights.com/blog/eatingzen-way-shojin-ryor-57>

<http://www.berkeleymonastery.org/vegan-recipes>

<https://www.enthusiasticbuddhist.com/easy-vegetarian-meals-aspiring-vegetarian-buddhists/>



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Western Buddhist food [blog](#).

[Taiwan](#)

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ADVICE, ETC., PLEASE EMAIL:

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