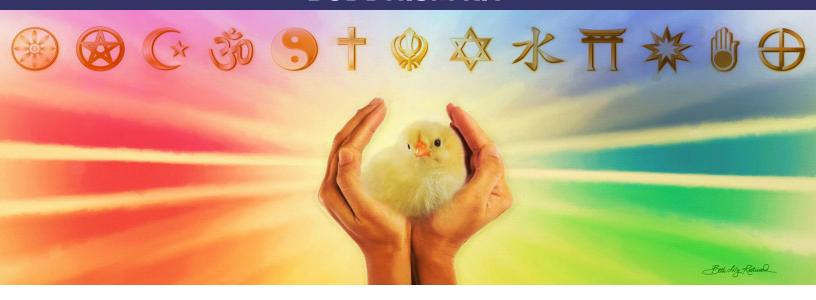
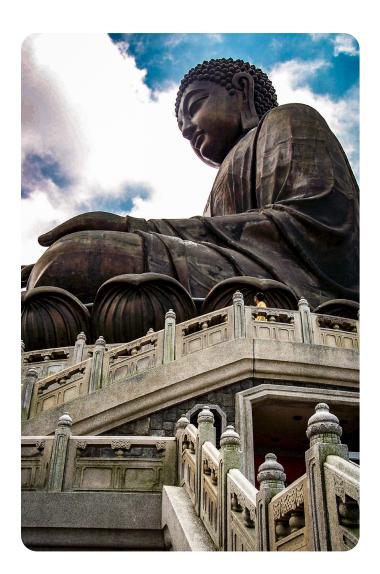
Interfaith Vegan Coalition

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 <u>discussion</u> on vegetarianism in the Mahayana sutras
- Link to the book, "<u>The Great Compassion: Buddhism</u>
 <u>& Animal Rights</u>" by Norm Phelps.
- On the Boddhisattva 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."

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<u>Perspectives on Animal Ethics: Rethinking the</u>

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Jainism, Hinduism and Confucianism.

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Ricard, Mathieu. A Plea for Animals: The Moral, Philosophical, and Evolutionary Imperative to Treat All Beings with Compassion. Shambhala, 2016.

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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

<u>VeggieDharma</u>- 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 <u>Buddhist Traditions</u>, 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.

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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).

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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/



Chinese

Vietnamese

Indian

Korean



Western Buddhist food blog.

Taiwan

Japan



Follow Up Support for You

SHOULD YOU NEED IDEAS, SUPPORT, ADVICE, ETC., PLEASE EMAIL:

veganspirituality@gmail.com or activistsupport@idausa.org