

Interfaith Vegan Coalition

PAGAN KIT



Demonstrating the Pagan Ideals of Harmlessness and Universal Lovingkindness

Blessed be! Here you will find a number of resources, information, and background about veganism as it relates to Pagan, Wiccan, Nature worshipping, Polytheistic, Shamanistic, Druid, or folkloric paths. The author wishes to acknowledge everyone's own spiritual authority, and that this guide is intended to be added to, amended, and crafted as more resources become known or are made available. As people who choose to continually be amazed, inspired, intrigued, educated, and guided by Nature in all Her many forms, it is not surprising that many Pagan and Wiccan practitioners have adopted a plant based diet and embraced veganism.

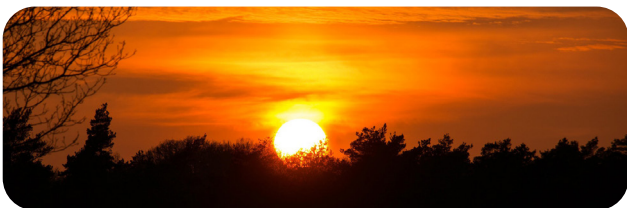
"The word Wicca comes from the word and concept Witan- or wisdom, wise folk. To me that means folks who value information, people who value being informed and seeking to gain insight about the world around them."

- Maple, A Pagan Priestess

SIX IDEAS TO HELP BRING YOUR COVEN OR GROUP INTO ALIGNMENT

With the Idea of Veganism as it relates to the Wiccan Rede :
"If it Harms None... Do what you will..."

1. Encourage discussion about the Wiccan rede "and it harm none do what you will" and how it applies to living a plant-based life.
2. Sit down with other organizers, priestesses, coven mates, and ask if they would support gathering being plant based at your gatherings.
3. If people are just not ready or have concerns not yet addressed, remember it takes time! More and more people are realizing that these days being plant based is easier than it was just a decade ago. One can always form a coven of one's own that is vegan in addition to existing groups.
4. Include non-human animal spirits when invoking allies.
5. Encourage social outings to things like farm sanctuaries, vegan restaurants, or volunteering/leafletting.
6. Have a "Blessing of the Animals" or "Animal Allies" ritual to remember the special connection we share with our non human familiars.



RITUALS

Animal Rights Rituals: In December 2017 I co-created an animal rights public ritual for Winter Solstice in Malibu, California. This was the first one I had ever Priestessed publicly, and since then have been fortunate enough to have helped create a couple more. I would love to share a bit about what we did in order to provide ideas, or a structure, realizing that this by no means will be everyone's need or preference. We based the rituals a lot on what we felt was needed as a whole in that moment, but here are some things I took away from these rituals that you might feel called to use in your practice:

- * If there is to be food shared, remind participants well in advance to not bring any animal products to the event.
- * On the altar(s)- For one ritual we chose tokens of animal exploitation like ear tags, as reminders of the oppression they face, and we also chosen things that reminded us of animals in general, images, statues, our dog's collar or bowl, etc.
- * Intention- A powerful intention with non-human animals, our planet's health and the health and well-being in mind, sets the magic in motion!
- * Forgiveness ceremony- We thought it was important at one ritual to first do some magic around forgiving ourselves for all the years we consumed animal products, and or participated in exploitation of animals unwittingly.
- * Removing obstacles- magic work around removing obstacles to animal liberation: this might look like tying knots in a cord charged with energy and cutting it, infusing rocks with energy and tossing them in water as you imagine obstacles or burdens being removed, burning images or symbols of oppression- there are many tools, and there are many ways to work with the tools depending on what you feel is needed most.
- * Visualization and Trance work: We did something I found particularly powerful which was to trancejourney to a world that we wanted to see. A world where factory farms no longer exist, for instance, but are replaced with better industries that offer abundance to people formerly employed in animal agriculture, and produce healthful affordable foods.



WHERE WE CAME FROM AND WHERE ARE WE GOING?

In the book "Living With Honour: A Pagan Ethics," Emma Restall Orr writes a great deal about vegan ideals, although they aren't always labeled vegan. Her book contains a chapter on animals entitled, "The Value of Nonhuman Animals." In one chapter she discusses our relationship with other animals, and the ethical imperative that we must shoulder in order to think deeply about this issue.

"Literacy and information technology leave few corners of our culture untouched by news of human violence, selfishness and brutality: the notion of human superiority has nowhere to fit within the thinking soul's patterns of logic. Committing to his religious journey, the "Pagan learns how to deepen his relationships, exploring the connectedness of consciousness within the web of nature; the option to be complicit in the abuse of nonhuman animals disappears."

Plant based diets were/are argued for in some branches of paganism, and Wicca, the history of plant-based diets can be traced back to Ancient Times! Let's look at a few as originally written and posted in: "Room for Vegan Paganism within existing traditions Posted by Leslie J Linder on Wednesday, 31 May 2017 in Culture Blogs

Classical Ancient Greek: Pythagoras - besides this Greek philosopher, who we believe was a practitioner of ancient Greek religion, there are numerous examples of ancient Greeks who abstained in some way from animal products for ethical and religious reasons. Many of them were motivated by belief in reincarnation across species. Plutarch, Plato, and Ovid are a few examples.

Wicca: Wicca is probably the Pagan tradition that we most often equate with the ethic of harmlessness. Other Pagans sometimes choose to embrace the Rede, as well. By the way, “Rede” just means “advice” and can therefore refer to other writings or creeds. But in the context of Wicca, it is almost always referring to “harm none.”

Wicca also includes the concept of Oneness, and interconnection in the wheel of the year, where all life relies upon the web of life. And most Wiccan practitioners include magic (as activism and as personal fulfillment) within their paths.

Dianic: This is feminist Wicca/Witchcraft that worships only the goddess and has only female sacred spaces/membership. As a feminist tradition, Dianic has interacted with issues of social justice, environmentalism and activism. Sometimes this has included some consideration of animal rights and plant-based eating.

In “The Holy Book of Women’s Mysteries,” Dianic leader Zsuzsanna Budapest included a sub-chapter entitled “Women and Meat.” In it she talked about animal foods and processed foods as belonging to the patriarchy because of the cruelty of factory farming for both animals and the human workers.

In this chapter she says, “Meat is so strongly identified with the worst animal attributes of men, it’s always a wonder to me that feminists still eat meat. There is very little support from society for becoming a vegetarian. But in learning about our bodies and our health, we realize that meat is not essential to our well-being; rather it can be very detrimental to health....”

Kemetic (Egyptian Neo-paganism): Kemet refers to the “black land” of the Nile, and evokes the image of bounty and fertility. One of the prime concepts of Kemeticism is Maat, meaning Justice. Maat is both a Goddess and an ethical principle. The scales of justice reflect the goal of balance in lifestyle. I think that this would be the ethical foundation for Kemetic veganism; using Maat to measure our justice toward all life.

There is already a vegetarian aspect to Kemeticism. Clean and optimal diet for personal health and spiritual development are recognized. Plants are

meant to be a daily staple, and any animal products are recommended to be a rare addition. One book detailing this type of diet is: *Kemetic Diet: Ancient African Wisdom for Health of Mind, Body, & Spirit* by Muata Ashby (Cruzian Mystic Books, 2000). As with other traditions that include Isis and Osiris, Kemeticism can include reference to the stories that Isis and Osiris brought the vegetable crops to humankind and taught us how to eat them. They also apparently taught (or convinced) humans to stop practicing cannibalism. This information is available in the ancient documents called the Isis aretalogies.

Celtic Druidism: Druidry is an earth-centric belief system which definitely holds both the ecological and theological concept of Oneness. In this tradition, the divine energy that creates and inspires all life is called Awen. And this commitment to Oneness has already created a Neo-Druid strain of thought and practice that is vegan.

Fellowship of Isis (not self-identified as Pagan, but as multi-faith): Olivia and Lawrence Robertson, the siblings who basically started the FOI, were very veg-friendly. Lawrence is documented to have been a vegetarian. I am not sure whether Olivia was, but the whole group seems to have served largely vegetarian food at all times when Olivia and Lawrence were writing about daily life. They were friends with the mystic and author who went by New Aeon or Ae. Also known as George William Russel, he was a vegetarian activist and theosophist in Dublin. The FOI has a webpage for non-human animals on their site, and allows human members to register their companion animals as members, with them. The “Animal Family of Isis” page includes a blessing for animals.



CHANTS

“We are the Rising Sun” Lyrics Pictured Above- Chant by Ravyn

“Hoof and Horn” (Sometimes credited to Ian Corrigan sp.?) We all come from the horned one, and to him we shall return like a drop of rain, going to the ocean Hoof and horn (x2) All that dies shall be reborn Corn and grain (x2) All that falls shall rise again

All beings of the Earth (Unknown Origins) All beings of the Earth... Sing the healing song, rising; All beings of the Earth... Will the healing fire, changing; All beings of the Earth... Swim the healing deep, feeling; All beings of the Earth... Walk the healing earth, being.

Let it begin with each step we take (by Starhawk) And let it begin with each change we make And let it begin with each chain we break
And let it begin every time we awake...”

Animal Spirits Unknown Animal spirits, lend your wisdom
Animal spirits, teach us. Animal spirits, send your medicine
Animal spirits, heal us.

Creatures of the Air, may we fly with you Creatures of the Earth, run beside you Creatures of the Fire, set our hearts aglow Creatures of the Water, teach us how to flow.

DOCUMENTARIES AND VIDEOS

“Cowspiracy” and “What the Health” are 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.

PAGAN VEGAN SOCIAL MEDIA, WEBSITES

Facebook - Numerous groups, events, and discussions exist on Facebook, and more are being added every day. Simply search for “Vegan Pagan” and you’ll find a number of groups, local to international, small to large.

Instagram, Twitter, etc. - one can find many posters to follow with the hashtags #veganpagan, or something similar.

www.witchvox.com Large database of Wiccan, pagan, and new-age groups, personals, and events. It can be used to advertise your next ritual, get involved, or find further resources.



Websites and Hotlines:
Ahimsa Grove –
[Resources and articles](#)
related to paganism and
veganism.

[Vegan Spirituality](#)
monthly conference calls.
Anyone can join the calls.



Pagan Vegan Activist
Blogs/Channels:
[Willow Wolf](#)

[The Pagan Vegan](#)

[Vella Mour](#)

[Adrian Moran](#)



Follow Up Support for You

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

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