

Buddhist Monks and Teachers Speak Out

The lineage of vegetarian and vegan monastics and teachers is long and distinguished. The following are noteworthy Buddhists who are either DVA members or extremely supportive of DVA and its mission:

"It has always been my preference to be vegetarian since I became a Buddhist... If one has this deep quality of compassion that one does not want others to suffer and one knows that either ordering meat or consuming meat is going [to] bring about even the cruel upbringing and the slaughter of animals, that out of compassion one would adopt vegetarianism."

- Ven. Bhikkhu Bodhi

"I am determined not to kill, not to let others kill, and not to condone any act of killing in the world, in my thinking, and in my way of life."

- Thich Nhat Hanh

"After witnessing the slaughter of an animal, I cried and made a vow to be a voice for him."

- Ven. Geshe Phelgye

"Our greatest evil currently is that every day we are involved in a feud with animals, such as killing and consuming fish, shrimp, crab, etc.... It is only when we fall ill one day or when we are grieving for our own ill or dying child do we realize the pain that animals endure."

- Master Hai Tao

"Animals are my friends, and I don't eat my friends."

- Jetsunma Tenzin Palmo quoting George Bernard Shaw

"To practice compassion, to practice loving friendliness (Metta), to appreciate and develop the joy of life... purely because of my conscience, I thought it would be much better if I become a vegetarian."

- Ven. Henepola Gunaratana

"If you take meat, it goes against the vows one takes in seeking refuge in the Buddha, Dharma and Sangha. Because when you take meat you have to take a being's life. So I gave it up."

- Chatral Rinpoche

Compassionate Recipes

Many people are surprised and delighted by the variety of foods available from non-animal sources. And you might also be surprised at just how tasty a plant-based diet is! You can find thousands of simple, delicious recipes – as well as gourmet fare – online and in the huge number of animal-friendly cookbooks. Here are some you might try.

Breakfast:

- Oatmeal with berries, apple, and cinnamon
- Cold cereal with soy milk, almond milk, or rice milk
- Toast or bagel with peanut butter or almond butter
- Fruit salad or fruit smoothie
- Green smoothie

Lunch:

- Avocado and sprout sandwich with tomato, cucumbers and mustard
- Eggless egg salad over romaine lettuce with celery and radishes
- Cold Gazpacho or warm tomato soup
- Bean and veggie burrito
- Stuffed grape leaves

Dinner:

- Mac and Cheese with nondairy cheese
- Quinoa with beans and veggies
- Stuffed cabbage or stuffed collard greens
- Pasta Primavera with Marinara Sauce
- Udon soup with soy beans and broccoli or Minestrone with beans

For more recipes, visit our resources page at:
Dharmavoicesforanimals.org



Dharma Voices for Animals

Dharma Voices for Animals (DVA) is a non-profit organization with members in over 50 countries. Our purpose is to raise the awareness of animal suffering within the worldwide Buddhist community.

Our activities include:

- **Chapters** – Located throughout the world, chapters bring together like-minded people and help promote DVA's mission. **We welcome you to join your local chapter today!**
- **Animals and the Buddha** – Go to our website to watch this extraordinary documentary.
- **Eyes and Ears** – This program assists people in making changes to their local monastery or meditation center.
- **Campaigns** – DVA is ready to become involved whenever the suffering of animals and the teachings of the Buddha meet.
- **Diet Mentors** – Mentors provide assistance in transitioning to a plant-based diet.

The power of DVA's voice depends on one thing – **you!** By adding your voice to the thousands of others, our message will be that much stronger.

Become a Member and be a Voice for Animals. Join Us. Membership is Free.

Dharmavoicesforanimals.org

All of DVA's services and materials are provided free of charge.

If you would like to support our efforts, please visit the **DONATE** page of our website.



ANIMALS AND THE BUDDHA



*All beings fear danger,
Life is dear to all.
When a person considers this,
He does not kill or cause to kill.
– The Buddha*

