

Slide 1: Soul2Soul Educare presents: Why should I be vegetarian?

This workshop is designed to help you have a healthier body and more peaceful and happier life, freeing your mind to escalate on the spiritual path. Eating a vegetarian/vegan diet is one of the ways to raise your vibration. Once you raise your vibration, then all kinds of wonderful things can happen in your life ie you can attract whatever you so desire into your life. Now Scientists are finding that everything is composed of strands of vibrating energy, and every part of us (body mind and intellect) is also made of vibrating strands of energy.

Slide 2: The higher our vibration, the greater our evolution. Spiritual evolution is a step by step process, and giving up certain low-vibration foods like meat, eggs and mushrooms is a good place to start.

Today you will learn the many reasons including health, economic, ecological, humanitarian and of course spiritual reasons why adopting a vegetarian/vegan lifestyle is favorable. Plus we will have a cooking demonstration. Lastly we will give you the day to day pointers on a healthier vegetarian lifestyle. So let's begin with an activity:

Slide 3: Activity: All of the reasons why it would help me to be vegetarian/vegan. All of the things that are currently preventing me from being vegetarian /vegan. Take 5 minutes to do this activity.

Slide 4: Health Aspects

1. **Slide 5:** The structure of our body:

A. Our intestines

The structure of the human body is not suited for eating meat. Carnivores have short intestines. Their large intestine is very straight and smooth. In contrast, vegetarian animals have very long intestines approximately 28 feet. **Slide 6:** Because of the low fiber content and high protein density of meat, the intestines of meat eating animals do not require a long time to absorb nutrients and thus meat is more well-suited for the carnivores whose intestines are shorter in length. If humans eat meat, the meat just sits there for a long period of time causing it to decay and release toxins.

a. This is why so many people suffer from colon cancer.

b. The toxins released also increase the burden on the liver which has to work extra hard to get rid of the toxins. Thus many people suffer from problems with their liver.

B. **Slide 7:** Our teeth: If you look at the teeth of carnivores, they have sharp fangs which are used in tearing up meat whereas herbivores do not have sharp teeth. Our human teeth are like those of herbivores and thus we were never intended to eat meat otherwise we'd had been made to look like a Vampire with fang like protrusions.

C. **Slide 8:** Our nails: Meat-eating animals have sharp claws to kill their prey. We do not have sharp claws to tear open the bodies of any animals and so this is yet another indication that our bodies were not made for meat-eating.

2. **Slide 9:** Kidney problems: Meat contains a lot of urokinase protein and urea which add to the burden on the kidneys and can destroy kidney function.
Click: There are 14 g of urokinase protein in every pound of steak. An experiment was done in Columbia University where living cells were put into liquid urokinase protein and the result was that their metabolic function degenerated.
3. **Slide 10:** Heart attacks: When an animal is hunted or about to be killed, the animal knows and has a lot of fear. Thus the animal's heart rate increases and its body is filled with cortisol, its body produces more adrenaline which is stored in its muscles. Even after the meat is cooked, the adrenaline build-up in the animal's muscles cannot be broken down and is very high in cholesterol. This leads to cardiovascular disorders which of course lead to Heart attacks are the number one leading cause of death in the United States.

Slide 11: Let's watch a film to see what response the body of an animal has when it is being hunted for food. Although the video that I am about to show you shows a man being hunted by a tiger, the net results of what goes through an animal's body is the same.

Slide 12: Mental agitation: On a subtle level, we also take in all the negative feelings including the fear and anger that the animal feels when it is being killed. This leads to mental agitation for us because we imbibe the qualities of fear and anger.

4. **Slide 13:** Constipation: Meat lacks cellulose and fiber. This causes constipation. Constipation can lead to more serious ailments like rectal cancer and piles.
5. **Slide 14:** Cancer: Meat-eating is a chief cause of cancer. Experiments show that the burning and roasting of flesh creates a chemical element (Methyl-cholanthrene) which is powerful cancer causing substance. Mice in labs which have been given this chemical have developed bone tumors, blood cancer, stomach cancer.

Click: Most people assume that meat is clean and safe and that there are inspections done at all butcheries. There are far too many cattle, pigs, poultry killed for sale every day for each one to actually be examined. It is very difficult to check whether a piece of meat has cancer in it. Currently the meat industry just cuts off the head or leg if it is diseased and removes the bad parts and sells the rest

of the animal. When you introduce cancer cells from the animal into your body, you can also develop cancer. How can anyone know if there are eating a piece of meat that came from an animal with cancer?

Slide 15: A famous vegetarian, Dr. J H Kellogg of Kellogg's Cornflakes said "When we eat vegetarian food, we don't have to worry about what kind of disease the food died of. This makes a joyful meal!"

6. **Slide 16:** Mad Cow Disease – The following information is from the Science Creative Quarterly Issue 2 an article by Dr. *Michael Greger, M.D., has been the Chief BSE Investigator for Farm Sanctuary since 1993*

Mad Cow Disease (Bovine Spongiform Encephalopathy (BSE)), is caused by mutant proteins called prions. These prions are virtually indestructible, They can withstand conditions which kill any other type of pathogen (a pathogen is a disease causing agent). This is a biological threat never before seen on earth. They can withstand temperatures of 1,100 F. Even HIV (the aids virus) can be neutralized by boiling water, but these prions cannot be destroyed. They multiply and destroy brain tissue by filling it with spongy holes, thus the person or animal with Mad Cow disease loses its nervous system function and dies. So even after the meat is digested, the mutated prions remain in the body. They are seeing that this disease is similar to a disease called Kuru in New Guinea which means "shakes". This disease was caused by humans eating human brain and spinal tissue. The disease had an incubation period of up to 20 years. So if a human has been eating beef that has come from a cow with mad cow disease, that disease could still be lurking in their system years from now and could show up later!

Slide 17: Let's watch the Meatrix2

Slide 18: As was seen in the Meatrix, Modern slaughter houses, routinely allow banned material (spinal tissue) into the meat you eat. Less than 1% of US cows ever see a blade of grass. They are fed a mixture of liquid food containing grains, blood and by products of the beef industry included in this are the faeces of pigs and chickens. So if you're not drinking organic milk you could still be exposing yourself to Mad Cow disease.

Plus the amount of antibiotics, steroids and growth hormone fed to these animals is in excess of acceptable amounts. Keep in mind that these bacteria are mutating on a regular basis. The antibiotics have to be changed constantly to keep pace. They must make them stronger and stronger. The new swine flu virus is an example of new viruses that will spring up if this continues.

Have you noticed how big children are these days. Also more and more obesity in this country. This is to do with the massive amounts of rBGH (bovine growth hormone) that they are injecting in the cows to make their udders large so that they can produce more milk. You the consumers are absorbing all these drugs into your bodies when you drink non-organic milk and eat non-organic dairy products.

America is the largest supplier of beef and milk in the world. It is also the sickest nation on earth. Americans spend more on drugs and doctors and have the most processed and polluted food on the planet.

Slide 19: Cooking Demonstration: Veg Diced Chik Pineapple Salad

1 can “Diced Chik” drained (Worthington® brand) (or any other soy substitute for chicken eg Morningstar ® Farms)

1 can crushed pineapple, with all the syrup drained and the pineapple squeezed dry

2 stalks celery

½ cup slivered almonds

¼ cup raisins (optional)

1 cup tri-coloured rotini noodles, boiled (optional)

3 tablespoons Vegemise ®

1 teaspoon mustard

1 teaspoon sugar

salt and pepper to taste

Mix all the ingredients in a mixing bowl **Serve chilled.**

Ecology and Environment:

1. **Slide 20: Rainforest Destruction: Raising animals for meat has its consequences.** Since 1960 some 25% of Central America’s rainforests have been burned and cleared to create pasture for beef cattle. Every 4 oz of hamburger destroys 55 square feet of tropical rain forest!
2. **Slide 21:Wastage of Water :** It only takes 29 gallons of water to produce a pound of tomatoes and 464 gallons of water for the production of each pound of beef! So much water is being wasted.
3. **Slide 22:Factory farming produces a large amount of animal waste and greenhouse gases causing pollution and climactic problems.**
4. **Slide 23:End of World hunger: if everyone became vegetarian because if more land was used to produce crops to feed people instead of producing feed for livestock, then resources would be more efficiently utilized. In the US alone livestock consume 70% of all the grain produced.**
5. **Slide 24:Decrease in world population: In Vedanta it is said that when an animal is killed for human consumption, it is reborn as a human being, this may account for the population increase in the world.**
6. **Slide 25:End of wars, crime and terror – the more animals that are born as humans, the more people will be more animalistic. Since meat eating promotes animalistic tendencies, Slide 26:Animalsitic tendencies lead to animalistic behavior like killing, etc.**

Humanitarian:

Animal Suffering

1. **Slide 27:** Are you aware that more than 100,000 cows are slaughtered in the US every day?

Most animals are raised on “factory farms”. These facilities are designed to produce the maximum number of animals for slaughter at the minimum expense. Animals are crowded together, disfigured and treated like machines before they are slaughtered. Like I mentioned earlier when these animals are about to be killed, they know and they are terrified. **Slide 28:** Do you know what goes through the animals heads when it is being killed? **Slide 29: Film:** We are about to show you some an eye opening film.

2. **Slide 30:** Animals have a right to live. Anything that has life wants to stay alive. No living creature would give itself up as food for another living being. Animals, birds and fish also have this desire to live just as humans do. They too struggle, cry and feel the pain in being hurt, just like the way we would if we were captured and threatened to be killed. The only difference is that animals cannot verbally express to us the agony that they feel. As seen in the film pigs that are being slaughtered cry in a manner similar to the way humans scream. David experienced this first hand:

David tell story of pig that his grandfather owned on his farm. Everyday the grandfather would go to the pen to feed the pigs and this one pig was a favorite of his and would always come to him and greet him every morning. Then one day the grandfather decided that the pig had been fattened up enough and it was ready to be slaughtered. That particular day, the pig that had greeted his grandfather every morning did not come and instead hid in a corner of the pen. The grandfather called her and tempted her with treats but she just wouldn't come. She knew that her end was near and was terrified. He finally had to drag her out and kill her.

It is said that “one visit to a slaughterhouse will make you a vegetarian for life”.

Slide 31: Sai Baba says “Violence in any form is evil and to kill innocent animals is tantamount to blatant savagery”.

Slide 32: Spiritual reasons to be vegetarian/vegan:

Slide 33: On November 23 1994, Sai Baba, our spiritual master gave a very powerful discourse and I'd like to read you an excerpt from that discourse:

“Today, let it be anyone, whether one deems himself a devotee or not, he should give up meat eating. Why? Meat eating promotes only animal qualities and demonic tendencies.

It has been well said that the food one consumes determines one's thoughts. By eating the flesh of various animals, the qualities of these animals are imbibed. Hence those who genuinely seek to become devotees of God have to give up non-vegetarian food. Calling themselves Sai devotees or devotees of Rama and Krishna, they fatten themselves on chickens. How can they be deemed Sai devotees? Therefore, whether they are devotees in India or outside, they should give up from this instant meat eating. Those who aspire to become true devotees of God have to give up meat, liquor, smoking and gambling”.

1. **Slide 34:**Karmas: For those of you not familiar with the law of karma. This is the law where every action leads to a reaction. Just like the bible says “As ye sow, so shall ye reap”. So when one kills animals, or causes others to kill for them in order to satisfy one's desire for meat, one incurs a karmic debt which must be repaid. We have made so many karmas in our previous births and we can't go back in time to change what we have done. But now that we are walking the spiritual path, we must at least strive not to make any new bad karmas and eating a vegetarian diet is the easiest step to avoid bad karma. Some people may say “But I don't actually kill the animal, the butcher kills the animal. But it is said that if you had no desire to eat meat, then the butcher would not have the need to kill and sell the animals. So it is your desire to eat meat that is causing the slaughter.

You might say that killing a plant also creates karma but the level of karma is not as high. Let me give you an example: If you go into a man's garden and you pick a rose, the man might get upset with you for doing this, what if you take his cow, he will get even more upset, and if you take his wife – I shudder to think what he would do to you then. So thus eating plants gives you the lowest level of karma.

Slide 35:This comes to the point of eating a vegan diet – again the level of karma is lower than eating animal products.

2. **Slide 36:**Meat-eating affects our minds:

On the spiritual path, one is always told to eat a satvic diet – which means a simple and wholesome diet free of spice and taste so that you are eating just to live and not living to eat and satisfy your taste buds. Besides a satvic or more wholesome pure diet leads to a clearer mind which aids in spiritual practices such as meditation. Here we have to stress again why being vegan is better for a spiritual aspirant wanting to progress on the spiritual path. Meat eating gives man animalistic qualities and tendencies.

Slide 37:Food conditions the nature of the mind. The mind guides the thinking. Thinking results in action. Actions lead to corresponding results and effects. This chain of action between the food we eat and the results of our actions highlights the fact that meat eating leads to animalistic actions and ill effects.

Slide 38:Let's look at how different undesirable qualities are fueled by eating meat and dairy products:

Click: Meat eating and dairy products cause increased Attachment

Click: Lust and dirty thoughts are fueled by eating fish, seafood, dairy products and important to mention here tobacco,

Click: Pride and arrogance is fueled by Meat especially pork, wine and tobacco,

Click: Lack of confidence, follower mentality – fueled by eating sheep mutton.

Click: Anger is fueled by all meat because the anger that the animal feels when being slaughtered goes into the meat

Click: Fear is fueled by all meat because again the fear that the animal feels when being slaughtered goes into the meat.

Slide 39: Why Eggs are not Vegetarian

1. **Click:** Low vibration food – involves half-killing – Sometimes eggs are picked up by farmers and they are in the process of becoming a chicken because farmers can't tell one egg from another. Have you found sometimes, you crack an egg and it comes out looking red or brown (that's a dead chick)! Also eggs have a tendency to attract negative power. Hence they are often used in black magic and voodoo. They use eggs to draw negative entities from possessed people.
2. **Click:** It is quite dirty. Do you realize that eggs are the period of a chicken. Every month when a woman menstruates she passes out an ovum (an egg). Hens pass out eggs every day. So eating eggs is actually quite repulsive.
3. **Click:** You might say well okay then I won't eat an omelet or scrambled eggs but it's okay if I don't see the egg and I'll just eat it in cakes, breads, cookies. Unfortunately the vibration of the egg is still very low and it brings you down even if you can't see it. If you are truly seeking to raise your spiritual vibration, then you must give up eggs.

Slide 40: Why are Mushrooms not good for spiritual aspirants

1. **Click:** Low-vibration food – because they are a fungus – grown in dung. Grown in the dark – hence have no heat.

According to <http://www.rainbowbody.net/Hathayoga/Hathints.htm>

2. **Click:** Tamasic food – not good for spiritual aspirants: **This is why yogis are advised to not eat meat, eggs, poultry, fish, garlic, onions, black pepper, asafoetida (hing), mushrooms, and other irritating, over stimulating, or polluting foods. For example meat, mushrooms, poultry, and so forth are considered tamasic zapping the metabolic fire.** Garlic, hing, and onions are irritants thus they have the potential to disturb the yogi. Other foods may be tamasic (deficient in fire). **Hence if some one eats mushrooms which are tamasic and deficient in fire) then they will crave more fire (garlic or peppers)** and so a cycle is created in one's search for balance. A yogi however will eat sattvic (balanced and pure) food only.

For example, **mushrooms have no heat (grown in the dark) and are heavy (tamasic). They require much heat to digest**, so if one's third chakra heat is low, mushrooms could

zap it. People who do eat mushrooms might desire to spice them up with some peppers and cook them thoroughly. Especially when our systems become more sensitive and cleaned out, we become more conscious of the negative effects of poisons and irritants to our nervous system.

For those on the spiritual path:

According to the Srimad Bhagavatam – 11.18.2 –

**kanda-mūla-phalair vanyair
medhyair vrittim prakalpayet
vasīta valkalam vāsas
trina-parṇājināni vā**

A renounced sage in the forest does not kill animals, but rather acquires skins from animals who have suffered natural death. **According to a passage from Manu-samhitā**, the word [medhyaih](#), or "pure," indicates that while residing in the forest **a sage may not accept honey-based liquors, animal flesh, fungus, mushrooms, horseradish or any hallucinogenic or intoxicating herbs, even those taken as so-called medicine**

Examples of Great Spiritual masters and Great Thinkers who are/were vegetarian:

1. **Slide 41:**Jesus

People argue that Jesus ate meat but there is growing evidence that Jesus and His immediate followers were vegetarian. The new testament was written many years after the crucifixion of Christ and a lot of the information in the bible today is incorrect as it has been translated from original Aramaic and rewritten many times. A few years ago there was a discovery of the dead sea scrolls, in which many original manuscripts were found.

Slide 42:One such manuscript called the Gospel according to the Ebionites: It clearly states that both Jesus and John the Baptist were vegetarians. “They are jews, they use gospels, eating meat is abominable to them” (Panarion 19:28-30)

Slide 43:In another manuscript called “The Essene Gospel of Peace”, it relates an incident when one day the disciples asked Jesus. This is a direct quote “What are the sins we must shun, that we may never more see disease?” And Jesus answered “It was said to them of old time “Thou shalt not kill”, for life is given to all by God, and that which God has given, let not man take away. For I tell you truly, he who kills, kills his brother. And from him will the Earthly Mother turn away and Satan will have his dwelling in his body. And the flesh of slain beasts in his body will become his own tomb. He who kills, kills himself and who eats the flesh of slain beasts, eats the body of death”.

Many people argue that in the old testament, people ate meat and even offered sacrifices to the Lord: In the Essene Gospel of Peace, one of Jesus’ disciples

asked Him “Moses, told our forefathers to eat the flesh of clean beasts and forbade the flesh of unclean beasts. Why therefore do you forbid us the flesh of all beasts? Which law comes from God? That of Moses or your law? And Jesus answered “God commanded your forefathers: “Thou shalt not kill”, but their heart was hardened and they killed. Then Moses desired that at least they should not kill men, and he suffered them to kill beasts. And then the heart of your forefathers was hardened yet more and they killed men and beasts likewise. But I say to you: kill neither men nor beasts... so eat always from the table of God, the fruits of trees, the grain and grasses of the field, the milk of beasts and the honey of bees. For everything beyond these is Satan, and leads by the way of sins and of diseases unto death....”

Slide 44:In the book of Genesis 1:29 in the Bible we read: **Click:** “And God said, Behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat”.

Slide 45:Another verse Genesis 9:4 it says **Click:** “You must not eat meat with blood in it, because the life is in the blood”

Click: God said “Who told you to kill the bullock and the she goat to make an offering to me? Wash yourselves from this innocent blood, so I may hear your prayer; otherwise I will turn my head away because your hands are full of blood. Repent yourselves so I may forgive you”.

In the book of Romans 14:21 Saint Paul says **Click:** “It is good neither to eat flesh nor to drink wine”.

These quotes from the bible clearly show that according to the bible, Christians should all be vegetarian!

2. **Slide 46:**Pythagoras: The great Pythagoras also preached vegetarianism “Beware O mortals, of defiling your bodies with sinful food! There are cereals, fruits, sweet vegetables and herbs which the flame can render palatable and mellow. Nor are you denied milk, nor honey. The bountiful earth offers you an abundance of pure food and meals obtainable without slaughter and bloodshed.”
3. **Slide 47:**Buddha : Gautama Buddha advocated vegetarianism and till today many Buddhists are vegetarians, he said to Ananda one of His close disciples “You must teach people to put an end to killing and brutal cruelty. If one is trying to practice meditation and is still eating meat, he would be like a man closing his ears and shouting loudly and then asserting that he heard nothing.
4. **Slide 48:**George Bernard Shaw, the great author was a vegetarian and one day got very sick and visited the doctor. The doctor told him that he had to start eating meat in order to survive. George Bernard Shaw said “My situation is a solemn one. Life is offered to me on condition of eating beef steaks! But death is better

than cannibalism! He put in his will that his funeral would not be followed by mourning coaches but a procession of animals and a travelling aquarium of live fish all wearing white scarves. Anyway he ended up living till the ripe old age of 98 and he did have the procession of animals when he died.

5. **Slide 49:** Anastasia a great Siberian Yogi still around today has on many occasion advised on being vegetarian on pg 68 of the book Anastasia by Vladimir Megre she says "But what good can there possibly be in drinking and smoking in the senseless and harmful digestion of such a huge quantity of animal meat, when there are so many splendid plants created especially for Man's nourishment.

The list is endless of all the great spiritual masters and other famous men who have advocated vegetarianism. If I started to quote each and every one of them, we'd be here all night.

But let me quickly list down a few great names in history of those who were vegetarian:

Slide 50: Philosophers & Sages: Socrates, Horace, Plato, Ovid, Confucius, Lao Tzu, St. Francis of Assisi, Zoroaster Muhammad Al-Ghazali (Iranian Islamic scholar and Sufi Saint), Mahatma Gandhi

Slide 51: Artists & Writers: Leonardo Da Vinci, Ralph Waldo Emerson, Mark Twain, Leo Tolstoy, Voltaire, Shakespeare

Slide 52: Great thinkers & inventors: Albert Schweitzer, Albert Einstein, Thomas Edison, Sir Isaac Newton, Nikola Tesla, Henry Ford, Benjamin Franklin

Slide 53: Nowadays vegetarianism has almost become a fashionable way of life. Many Hollywood actors and pop stars are vegetarian realizing that it promotes a healthier lifestyle:

John Lennon, George Harrison & Paul McCartney of the Beatles, Bob Dylan, Michael Jackson, Olivia Newton John, Prince, Justin Timberlake, Tina Turner, Shania Twain, Madonna to name just a few

Slide 54: Actors: Leonardo Di Caprio, Jerry Seinfeld, Paul Newman, Dustin Hoffman, Amitabh Bachan, Julia Roberts, and many many more...

Slide 55: Sports Personalities

Billie Jean King (US Tennis champion), Bill Walton (US Basketball player), Carl Lewis (US 9-time Olympic Gold-Medalist in Track & Field), Edwin C. Moses (US 2-time Gold-Medalist in Track & Field), Elena Walendzik (German Boxing champion), Alexander Dargatz (German Athlete, Body-building champion, physician), Etc.

So many vegetarians: show link to Internet page.

Now the part of the workshop where we give you some day to day pointers:

Slide 56: So how do I get my protein:

A lot of people argue that animal protein is superior to plant protein because it is considered more complete. Vegetarian food combined can create complete proteins. **Slide 57:** The World Health Organization recommends that 4.5% of daily calories be derived from protein.

Click: Wheat has 17% of its calories as protein, **Click:** broccoli has 45%, **Click:** and brown rice has 8%. **Click:** Soy beans, tofu and beans and lentils have 100%. **Click:** 1 tablespoon serving of Acai juice has 13g of protein more than that provided by a whole egg which only comes in at 12 g. It is very easy to have a protein rich diet without eating meat. **Slide 58:** How much protein does a person need to take in every day any way? In fact if a person takes in more protein than is necessary, it may lead to degenerative diseases like osteoporosis and obesity. The way to calculate how much protein is to multiply your weight by 0.36. So if you weigh 110 lbs your daily protein requirement is 39.6 g.

Slide 59: Earl Mindell writes in the Vitamin Bible “A good rice and beans dish can be just as nourishing, less expensive and lower in fat than a steak”.

Slide 60: It is falsely believed that meat eaters are stronger than vegetarians, an experiment was conducted by Professor Irving Fisher of Yale University on 32 vegetarians and 15 meat-eaters in which he had everyone hold out their arms for as long as possible. Among the 15 meat eaters only 2 people could hold their arms for 15-30 minutes whereas amongst the vegetarians, 15 persons held their arms out for 15 to 30 minutes, 9 people for over 1 hour and 4 people for over two hours and one vegetarian held his arms out for over 3 hours! Many long distance track athletes keep a vegetarian diet for the time before their competition.

Slide 61: Dr Barbara Moore, a Russian born vegan, an expert in health and nutrition completed a 110 mile race in 27 hours and 30 minutes. A woman of 56 years of age, broke all records held by young men. She later became a breatharian and died at the age of 74.

Slide 62: Look at the elephant which is one of the biggest and strongest animals in the world and yet the elephant is a pure vegetarian. Here we also show Andres Cahling, also a vegetarian – who was once deemed the strongest man in the world.

Slide 63: As for other nutrients: fruits and vegetables have more vitamins and minerals than meat, so you're really not missing out on much.

Slide 64: Meat is hidden in many forms so beware: If you truly want to embark on a spiritual path, you don't want to lower your vibration by inadvertently eating meat products.

Slide 65: Gelatin: Did you know that gelatin is made out of the bone and hide of animals. Of late I have been finding this ingredient on a lot of foods out there, foods that you wouldn't ordinarily even think gelatin was in, e.g. peanuts, chip dips, marshmallows, salad dressings, most yogurts, ready to eat pastas and pasta sauces, altoids (those breath mints that everyone so likes), skittles and a lot of other candy. So before you buy anything, it is advisable to check the ingredients.

Slide 66: Pepsin: Pepsin is an enzyme that is derived from the stomach of pigs or calves. Pepsin is found in many pasta sauces.

Rennet: Rennet is derived from the stomach linings of calves. Rennet is used to make cheese. True VEGETARIAN cheeses do not have rennet in them, Vegetarian cheeses are made with vegetable enzymes. A lot of prefab sauces or raviolis, tortellinis, soups contain rennet.

Slide 67: **Cochineal** – a red colouring made from crushed beetles eggs, found in many red foods and drinks. Including Tropicana orange and strawberry drink, and many drinks that are colored red.

Slide 68: Lard is animal shortening which is found in many pie crusts, pastries.

Slide 69: Silver foil or varakh on Indian sweets: They are made by hammering thin sheets of silver in between a male ox's intestines. The foil manufacturer removes blood and stools from the intestines, is cut open into a piece measuring 540" x 10". From this, strips of 9" x 10" are cut to give approximately 60 pieces of ox-gut, which are then piled on top of each other and bound to form a book of 171 leaves. Next, small thin strips of silver are placed between the sheets and the book slipped into a leather pouch. These bundles are hammered continuously for a day to produce extremely thin foils of silver of 3" x 5". Why they use the intestines of the ox is because the intestines of the ox are very elastic and tough and don't get ripped even after a severe pounding.

Thus, an average middle class Indian family of four consuming approximately 100 kg of sweets per year for forty years consumes silver foil produced with the gut of 3 oxen and one-tenth of a cowhide!

This article was recently featured in the magazine "Beauty without cruelty" and the TV show of Maneka Gandhi, "Heads and Tails". In India, on an average an estimate indicates that 275,000 kilos of "VARAKH or silver foil" is consumed. Can you estimate how many oxen are sacrificed for just a bit of decoration on a sweet?!

Slide 70: Paan - the Chuna (white powder) that they apply on pan, also is not vegetarian! That is made from the shells of living insects. These insects are taken from the ocean, killed, and removed from the shell. Then the shells are softened in water, dried, and ground into white powder. When you put this Chuna in your mouth, you are participating in killing of many insects.

Slide 71:For all you new vegetarians out there, eating vegetarian doesn't have to be boring. There are a lot of soy products out there that can make vegetarian cooking a delight. If you need ideas, come to our vegan cooking classes. We're having our very first one tomorrow. Vegetarian food is no longer just peas, beans and carrots.

Slide 72:Vegetarianism is not an end in itself. It is only a means to the end. The end, the goal is the Vision of the One-in-all. "It is the responsibility of man, having reached the pinnacle to lead himself and all living creatures towards this goal of liberation and evolve towards higher consciousness". When we begin to recognize this Unity in all living things, sacred thoughts will begin to permeate our attitudes and actions. It would then become meaningless to take the life of an animal, no matter for what reason, least of all for food.

Wish you all the best on your spiritual journey!