

SHAMELESSLY ARGUING WITH VEGANS

An Extraordinary Insight

By Swati Prakash © Earth Healing Network 2021

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To the tune of Chandelier by Sia Furler

Animals don't get hurt
Can't feel anything, when will vegans learn?
They push it down, push it down to me
Meat is on the menu tonight
Blue cheese, red wine, its personal choice
Pigs feel the love, feel the love
One, two, three, one, two, three, think
One, two, three, one, two, three, think
One, two, three, one, two, three, think
Animals. Till I lose count
Cows gonna swing from the chandelier
From the chandelier
They had a raped life like tomorrow doesn't exist
Like their babies shouldn't exist
Birds cannot fly like a bird through the night
Is your baby meat chicken too dry
They had to dream from the chandelier
From the chandelier
They were holding on for dear life

Won't look down, they won't open their eyes
Had to bleed out hens till morning light
'Cause your third-class meal's on for tonight
It's normal tonight
They're gonna swing from the chandelier
From the chandelier
They wept a good time before they were meat
before they were meat,
They're gonna fly, off the All-die shelf
so that humans make wealth
Cows gonna swing from the chandelier
From the chandelier
They aren't people, not smart like us
They aren't human, for jobs like us
They give money that talks like us
It's my dairy, It's my meat
One, two, three, one, two, three, think
One, two, three, one, two, three, think
One, two, three, one, two, three, think
Arguments, till I lose count

INTRODUCTION

We all have heard them, in our loud daily breakfast shows, on social media group, on our dinner tables with friends, pagans, Christians, Muslims, Hindu and other acquaintances and with family members...and in our outreach events with total strangers. Arguments that are sinister and at times lead to bitter breakups in long term relationships, simply because one partner would not be able to say no to animal products. After all, dairy, eggs, and meat are less easy to give up than your beloved spouse.

Children are at once forced to align with the non-vegan parent and eat repulsive items until they get brainwashed like the giant sea of unconscious people around them.

Evil colleagues at the workplace come up with an avalanche of awful excuses for why they are not vegan the moment you upset them by suggesting a vegan lifestyle.

The battle between vegans and non-vegans on an everyday basis may be turned into profitable TV debates to suit the masses, but who is right, who is wrong? Is there any middle ground? Any hope for

reconciliation? Will we ever agree, or should we agree to disagree?

A Buddhist non-vegan friend really wanted to avoid arguments and said to me, 'beyond righteousness and wrongdoings, there is a field of open space, I will meet you there'. Would you dare to venture there, where good and evil lose their boundaries and we all merge into sin? A world where ethics are loose and undervalued? I think not. If you care about the truth, you will want to see yourself on the right side of the fence, on the side of truth.

The definition of veganism is to not contribute directly towards the unnecessary exploitation and abuse of animals as far as practically possible. It is not a religion or a cult, but a global justice and equality movement, or a revolution towards a more non-violent planet, one where all sentient species who have the capacity to suffer have freedom from abuse and exploitation.

The truth is that non-human animals are made to suffer through horrors that none of us can imagine or even bear to watch on recorded video exposes. If atrocities of this intensity and scale are happening,

then this makes it only the biggest evil of not only our times but since the history of mankind and therefore the biggest problem the world is faced with, today and since millennia. Some celebrities and pop stars such as Sia mentioned at the beginning say they are vegan. Why is it then that the biggest evil of history is not talked about enough in the media? Why are songs and TV programs focused on human life, human longings, human friendships and sick romances and human longevity or health, as if other animals are invisible (except those that we are allowed to own as pets)? If we never speak to others openly, how will it change?

If you are vegan, this book helps you in surviving the many battles you face every day and if you are not vegan (yet) it helps you even more in dealing with cognitive dissonance resulting from the consumerist matrix of animal farming industry that has us hooked since childhood.

If you have non-vegan acquaintances, friends, colleagues or relatives, this book helps you be clear on how to face every one of these constant arguments. In-fact, why not be mature and gift them this book to save your breath once and for all.

Argument 1. Plants have life too, so do not eat them and kill them.

If you eat an apple, banana, aubergine, pumpkin, or tomato, does it really kill the plant? Is it not common sense that these fruits are designed for being eaten, the skins and peels become compost for enriching soil, their flesh gets eaten, the seeds grow into earth when then are scattered by animals, the stem and leaves grow back or die out naturally once you cut them. The tree and the plant these things come from is not being killed and does not scream in pain. On the other hand, when you eat a fish or chicken or any other animal's body, after killing them, saying it was done painlessly means nothing, as life has been taken for it, their blood drained out, their body dilapidated.

If you truly do care about the life of plants and worry about how not to kill them, you may avoid consuming root vegetables. You may also optionally grow your own organic fruits and fruit-like vegetable gardens and buy organic to prevent weed killers or deforestation as much as you potentially can if you are so passionate about saving plants in the future. But are you even vegan? Do you care about the life of a sentient animal who you know for a fact loses his or

her tired life after enormous abuse, rape, and torture just for food?

Being vegan is still the VERY least you can do to save plant life as most of the crops grown by humans are grown to feed the 80 billion land animals trapped in animal farms and slaughtered every year, and a phenomenal number of trees chopped just to make space for grazing, breeding, keeping and slaughtering animals. If we directly consumed plant-based food, we would be saving all those plants and the lives of 80 billion land animals and 3 trillion fish every year, and billions of trees too. Just because you wish to avoid killing a plant does not mean you kill innocent and sentient animals and kill plants too, when there is a better option in front of your eyes.

Argument 2: When you grow a plant you kill the forests and animals and so many insects to farm the plants also, so why not breed and kill animals for food as well.

Well, yes - we humans have destroyed nature but it is largely the result of animal farming, because maximum percentage of land on earth is usurped by that. Comparatively if we develop better systems such as edible fruit trees and foraging, living with less craving for varieties of foods, being simple, living in eco-friendly tree houses, composting human waste instead of using concrete jungles to live in, not killing wildlife but trying to develop ways of natural living, these are all possible. But only we become more spiritual and resilient and less and less dependent on toxic systems our parents and ancestors seemingly got used to. This is not always practicable currently. Veganism is.

As for pests and insects we can have Veganic - vegan organic farming for now, by not using deadly pesticides or animal manure from horrible animal agriculture industry - this will be a good way to begin our improvement of earth and ways of living.

But before you skip from A to Z at least make a start now, begin somewhere, from within yourself.

At least go vegan in your diet or personal choices today. If you care so much about an insect's life, I am sure you do care equally about the life of a chicken, fish, lamb, or any other farm animal who is clearly being harmed and killed just for food or fashion, completely unnecessarily, just because you craved for the mere taste of cheese, leather boots, meaty sausage, or scrambled eggs. Vegan options are available and plant-based diets are quick in the kitchen.

You say, that just because some insects are killed in agriculture for plant crops, we should also kill animals by breeding them deliberately. How evil can we get?

All your idealism - frugivore, veganic, foraging, ascetic, breatharian, heaven on earth, eco-friendly and hypothetically perfect systems - in which no insect is ever harmed, can be attempted in progression. Let the journey begin by going Vegan.

Argument 3: It is the system. Let system change first - then we will follow the crowd if everyone else goes vegan. We are the victims of a toxic political system.

The system I want us to be firstly concerned about is the nervous system. Yes, the one that causes excruciating pain when someone hurts you, the mental trauma even before a knife touches your body, even when you stand in the slaughter line.

Complaining that you are victims of a political or economic or legal system, is like saying you will not quit smoking unless smoking is banned by the government first, or even saying that you will not kill other humans only if there are laws against this crime. Forget the government, look at yourself first.

Just because there are no laws against killing a non-human sentient being, why is it that we continue to pay for or profit from those crimes? Why can we not choose the right thing, all by ourselves, without the need for a system to tell us what to do. Why do we not try to change our own basic habit first?

Systems are possible to change if we believe in that change and if we are committed from within to new ways of life. Personal change precedes system

change. Personal change is also much simpler to initiate than system change and is most necessary because systems are designed and manifested by us, by our own consciousness. We created our systems and unless we awaken how will we change them?

Personal change can seem difficult to some people. But in this case, you are not being asked to move heaven and earth together. You can merely make one simple change - go vegan, if you believe you are a kind or a nice person or at least not very evil.

You very well can select plant milk instead of dairy, tofu instead of paneer (Indian cottage cheese), fry chickpeas flour/ *besan* (Hindi) omelet instead of eggs, choose a plant meat option in place of animal meat, eat fruit and vegetables, cook grains and legumes at home, buy a vegan meal when dining out. All these are simple changes you can make right now without waiting for the whole world to change first.

Ask yourself what you are doing right now to be the change you wish to see in the world.

Being vegan is our basic nature. If you cannot go frugivore as an evolved ape-man, then why not at least say no to chicken or fish or beef or any other

animal product, eggs, or dairy. Is it really that difficult? Will it really take a worldwide system change to change ourselves from within? Are we that dependent on our own 'toxic' system held together by governments that are led by people quite like ourselves in their lifestyle?

If it is so difficult to change yourself, ask yourself, what level of consciousness are you really operating from? We may be victims of a system, but for how long are we going to stay victims? When will we begin to take responsibility for our own awakening?

Argument 4: Spirituality is all about what you think (mental). Imagine something positive for yourself and heal your life spiritually. What you eat has nothing to do with it.

At times we do see these very reputed and highly trained spiritual healers and experts on Facebook and Instagram posting images or recipes of chicken, eggs and other food items eaten by them on their plates, vainly displayed on their pages. We have spiritual churches and psychic, spirit medium-ship nights to talk with dead people, with dinner menus of fish, chicken, and chips as if those creatures had no soul, no spirit. As a spiritual professional, I am concerned.

If we have spiritual people in this world, our purpose is to put some sense into the heads and hearts of the others who are not awakened, by at least awakening ourselves first. We talk of soul, spirit and God as universe, existence, creation, being, infinity, goddess, and all of that - but then we go eat chicken or paneer or fish fingers and boiled eggs and post a picture as if we are very enlightened and next, we post a spiritual mantra or quote. This is illogical.

Is it true that we cannot refuse to pay for rape and murder because we cannot resist the taste of dairy products? Is this how much we train our mind with self-discipline and mind-power?

No longer do we regard spirituality as a quest for truth. We regard spirituality as a quest for earning more, eating more, and enjoying material life. Regrettable.

The problem is spirituality is now another name for maya - just get more, want more, be richer, be beautiful in appearance, have sexual fulfilment, enjoy life, post pretty selfies, appeal to vanity of others, do yoga to impress others, make yourself look good and be admired. Just yell at your chakras to be OK - order them, command that your life become positive without changing yourself from within, without working on your habits, your lifestyle. Tell yourself that the world is perfect, everything is positive, spread those 'vibes' as affirmations but do not change your behaviour. Sadly, this way we are not grounding ourselves into a better reality at all, at least not better for other creatures. Spirituality is not just the element of air, it is also the fire of change, the water of emotion, the earth of physicality and spiritual

awakening of the higher self - of universal love and compassion.

New age spirituality however is misinterpreted at times as a way of showing the world that you are powerful, you can heal your life, enjoy life, manifest more and more pleasure to YOUR senses and get respect of others and thus attain success and popularity. Spirituality has become more about how to make other humans (clients) 'feel better' and to relax and soothe the mind temporarily. We are taught how to hypnotize people, make them feel like they are in some kind of 'heaven' of guided meditations, let the symptoms of illness or negativity seemingly disappear by some temporary Reiki, a bit of massage or soothing music, some sort of mental therapy, self-love and personal care, positive messages from nicely printed cards.... after all humans pay money for these things.

But all this is meaningless if no inner change is to happen from deep within, no self-transformation, nothing at the soul level, no awakening. Useless is spirituality if it is all about merely feeling better about our own selves, filling our pockets, and staying asleep.

Argument 5: We are Kali. We are fierce dark and negative as well as positive and light. Yin and yang teach us balance of good and bad. Jesus ate fish. Krishna ate dairy products. God is not vegan.

The world maybe full of good and evil since ancient times. But why are we choosing evil right now when we can choose good?

Kali is for death and wears a garland of corpses. Shiva can destroy a person with a mere glance from his third eye and was Pasupathi or lord of animals or hunting. Indeed, he is fabled to have beheaded a boy and then an elephant and then fused them to create Ganesh. But they are from ancient belief systems.

One of the earliest deities was a horned god of the 'wild hunt' as depicted in prehistoric cave paintings from ages ago, proof that killing animals was considered a 'godly' act - after all God is all about acts of power. About superiority.

Rama and Sita used to hunt animals and eat them in the forest. Why not, they were Gods after-all.

Krishna was a cowherd and crazy about dairy products. But of course, since he is God, it is necessary to emulate him.

Jesus was a shepherd, fishmonger, and fisher. Therefore, you are not vegan, of course. After all he is perfect, the only son of God, the only way, the only truth. How typical?

Zeus, Thor, Odin...our ancestors and most gods of earth and heavens are Omnivores right, super-cool because those stories are sexy.

The Bible initially states God asked Adam and Eve to eat fruits and herbs. Suddenly after the Noah Ark story of flood it was ruled that it is alright to kill animals, and the Koran says how to kill them. Vedas had a few animal sacrifice rituals. Spreading ignorance is best attempted through religious scriptures.

Jains may falsely think dairy is nonviolent as it does not kill, although many are switching to veganism for the sake of 'ahimsa' (non-harming) which is their religious core, others simply still do not care.

Wiccans (I was one) say they believe in 'An It Harm None Do As Ye Will' - but many of them continue

being non vegan. After all we do not want to 'Jainise' Wicca (as explained by a very 'High' Priest teacher). Harming none is just for vanity's sake, it makes us sound less 'evil', even good who knows - whatever we can pass off. And after-all we need the degree and titles of initiation to start our business. Who cares what we put into actual practice? How shameful!

Most religions are full of good and evil both and are from the past. Deities are of all sorts and were invented in the past. Heroes of religious myths, history and fables are all from the past when non veganism was rampant.

These are not God, Goddess, or anything else but Maya. All over the world we humans have worshipped illusion.

We manufacture images that appeal to us, to our mind, with our own stories of creation and life, birth, and death. We create our own god and goddess in our own image and likeness rather than the other way round. We follow scriptures and personalities, not truth. Why care if these fabulous personalities and divine beings were carnivorous or killed others? Do we really need to follow someone else? Do we really want

to be 'told' by religion that rape and murder is wrong?
Why do we even need religion? Can we not think for ourselves?

Since when has spirituality been about following others? Where is the noble quest for self-realization, learning by oneself, establishing one's own inner truth, foundations of peace from within, awareness of who you are? Do we really need to be evil incarnate and self-justify all manners of evil by quoting religion, ascended masters, books, or gods, carelessly?

How do we even define God? Is God a term used for someone who has created our universe and is 'all powerful'? In that case it can even be a Devil. We could be in an AI simulation and rest assured, there is nothing especially divine about being in a computer simulation. We could be in a dream and nothing but a dreamer, not a superhuman at all, as a 'creator' if our mind is designing this universe in the 'Matrix'.

But if we define God/ Goddess as our inner compassion, love, and kindness, (I do), then of course God is vegan, and is probably not into religion at all.

Argument 6: Those animals do not feel a thing when they are killed humanely, so why not?

An abattoir owner once stated this argument to me by pointing an imaginary gun to my forehead and assuring me that if he were to kill me, I would feel nothing and just die because he is a trained veterinary doctor and knows how to kill painlessly. I told him I already felt it when he came near me and started pointing the fake gun at me cruelly. I was terrified and my heart was pounding. And I am an adult. Imagine what the actual baby feels when he does that to a baby cow or sheep with a real gun, that too after keeping the child hungry for 24-48 hours upon taking him or her away from mother at birth to be confined? Would you do this to a kitten? The worst part is that ‘humane’ slaughter is horrific, and most animals feel considerable pain.

We are robots programmed to be thinking in the following ways: “The best standard practices and welfare norms are implemented by governments and corporates all over the world. Obviously if you buy meat, eggs, and dairy it is going to be humanely farmed. After-all we must trust government and businesses and believe in humane farming. Humane

rape and murder are the real deal.” Well, the Matrix really ‘has us’, doesn’t it? Are we so foolish as to think that or authorities and corporates are worried about having high standard of welfare and humane farming? How high can it be? If we are killing, we are killing. If we rape, we rape. No farming happens without slavery and exploitation, without control over someone else's life and choices.

When we endorse humane farming, we sound like crazy fans of a violent, abusive system and yet we keep defending it like fools who never learn. In this 'la-la land', we think there is no corruption, (or probably very less) in our developed or spiritual countries. We really think that criminals go to jail and abusive farmers are prohibited by law or even that they are nice people. What a fantasy we live in?

But first ask yourself, if you were to be farmed, your children bred, taken from you, raised, sexually exploited, and then killed for organic meat, semi-skimmed milk, or any other 'humane' product, how will you feel? Will you agree that our own farming or that of our children will be humane? What if we were to someday go into the same slaughterhouse that these animals are sent to?

Argument 7: Who cares if the planet is a jail for trillions of animals? I want to keep my family happy.

A lady once said, 'I am a family person, and my family members and friends love their meat, eggs, and dairy. I want to enjoy living with them in peace and never argue or choose anything different so that they do not feel bad about themselves. I want to cook for them, go out to dinners with family and my friends and share from the same plate.' She came for spiritual 'initiation' to an ashram but left quickly as soon as she had to sign meat off her plate. (Sources say she came for spiritual 'infection' having misheard that 'sacred' poly-amorous sexuality is what some ashrams are secretly for.)

The problem is some people are in a highly co-dependent relationship, where others cannot even cook or buy their own grocery or food. They not only want non-vegan products as a rule in their kitchen, but you also become their only supplier cum servant, especially if you are 'mom' or 'wife', or 'daughter-in-law'. Or, even if you are a child or young person. In some cases even men are abused for being vegan.

Some family members and friends abjectly mock veganism. They get angry with you if you choose something different to cook, eat or wear. If the peace of your family or group of friends will be disturbed if one person went vegan, this is not family - this is domestic abuse, coercion, and control. You are in a controlling, abusive relationship with abusive people. Let us all find our true family, one who has a heart and a soul full of compassion and love for the planet. A sense of ethics and responsibility sounds like a tall order, but how about saying no to rape and murder first, a basic standard of behavior?

A family is that which evolves together and dreams together, one soul - many beings, who are full of love and encourage each other to seek truth. But before we embark upon the quest to discover our very perfect soul family, at least choose a human family who says no to rape and murder and does not condone it. Why accept family values and ancestral or parental teachings if they were so wrong or evil? Why continue to emulate them? Do your family members a favor and go vegan. Then either they will come over to your side or you will go your own way. You are responsible for choosing your own path.

Argument 8: Human life is the highest one as compared to all other beings.

Some educated and rational individuals argue that all beings live, but humans have better memory, comprehension, intelligence, power, sensory responses, capacity to feel, economic value, social value, family, sentimental value, or a higher form of 'soul' as compared to other animals.

Some proudly argue that humans were made by God as different than other creatures and human birth is the highest one next to God. Other beings are either small or insignificant in proportion or have lesser memory power and intelligence. Their lives do not matter as much.

If intelligence was the criteria for not harming someone, in case a small child had not developed intelligence, yet was abused, or had a memory disorder or amnesia - would you keep them in cage, aquarium or a farm cell to make them economically productive?

You complain of your baby being even scratched a bit when they play and fall. You feel sad when your baby cries. You complain of covid-19 lockdown. You protest

the imposition of covid masks. You are depressed if someone takes your baby away from you? And you consume dairy, eggs, fish, meat, support animal farming and justify it by arguing that those animals are 'lower life forms'? How low can you get?

There is a word for this. Human Egotism. It is also called Speciesism. We do not need a term for vegans, we should all be vegan by default and believe in equality of all sentient beings. But we do need to acknowledge speciesism as a crime or social evil at par with gender bias or sexism, racism, ableism or any other evil of society.

Argument 9: Balance of nature. Each specie consumes another, else one specie will take over the planet.

My teacher in primary school was the first one to state this argument likewise, 'Imagine if no one ate any plants and there will be no animals, just plants, earth will be overtaken by plants. That is why we have cows. But, if no one ate cows, cows would eat all the plants and there will be no plants left. That is why we have tigers. Similarly, we too are meant to eat animals as well as plants and maintain equilibrium (population control of other animals).'

Are we really maintaining balance of nature by eating animals every day? By killing 80 billion a year on land itself, purposely bred by us in farms, and by killing trillions of marine animals in water, far more than human population is projected to reach, how 'balanced' can earth really be feeling today?

Every time you order a hot chicken tub, are you calculating specie-proportions and balancing the delicate eco-system?

By cooking all types of fish except a giant blue whale (sorry, technically not a fish) for your dinner, are you

really being a conservation specialist, preserving some especially wild engendered species above others you have deemed unworthy of life?

Are you truly being a guardian and a scientific genius who saves enormous amounts of plants by breeding cows and consuming dairy today?

Of course not.

None of us are innocent animals living purely by instinct as programmed. We have manipulated the planet to suit our conveniences. We are all thinking of ourselves and not of planet or eco-system if we are buying animal products.

Our appetite and taste buds have cost us our planet with species going extinct at lightning speed all due to farming of animals. All the animals we see in our cities and towns are usually 'food', not living animals but slaughtered remains. Maybe we also spot some pigeons, some crows, some squirrels, some pets, a few others here and there, spiders, insects maybe, running for dear life, in the corner of a wall or a tree bark, or under the grass, if we are lucky. That is how balanced our planet is today. That is how much wildlife we get to see every day.

We have a human owned, human controlled world where all other beings have suffered and continue to suffer greatly for our sins. We are that one specie that has taken over the planet, and maybe it is now our turn to suffer. What we have done is not nice and it is not going to be nice for us in future either. But it doesn't have to end like this. We can and should be vegan, all of us, right now, and stop destroying nature by artificially breeding 80 billion plus land animals year after year and killing trillions of fish (2021 whitewashed figures and sadly increasing unless we do something urgently to stop this catastrophe).

Argument 10: We are carnivores, omnivores, insectivores ...anything other than frugivores and herbivores. Look at our canine teeth!

“Observe your canine teeth and how long and dreadful they are and see how we use them to bite into the juicy body of a living animal who is running away to save his or her life. See how we catch and kill them with our bare hands and claws, and how we check them out, pounce at them, chew them raw and drink the blood.” Sounds right? Of course not! Because these are all lies.

Not only our teeth and jaws but our limbs and our intestine length is a clear indicator that we are frugivore. We are not meant to consume animal products. Our entire digestive system including our teeth are designed in a way that has no semblance to carnivores or even true omnivores in the wild.

Also, we need to listen to our heart and test our own natural instincts. No one in their right mind or heart will ever feel like a carnivore. When we see an animal, our instinct is to either appreciate them, love them, and cuddle them, or protect ourselves if they are predators. When we look at a fruit, our instinct is to

bite into it. We do not by any standards feel like chasing and catching animals and biting their necks off.

As for being omnivorous, we have programmed ourselves to cook and eat flesh or secretions of other animals. It is not natural for an ape to do so. It is a learnt or acquired (wrong and dangerously misplaced) human behaviour.

It is not natural to have breastmilk of other animals or keep having milk even after infancy. No one other than human does that.

Some snakes eat eggs of other animals.

Only vultures and other scavengers eat dead meat.

Whilst some apes may display signs of violence or insectivore instincts at times, we are supposed to have evolved from frugivore apes and should either be frugivore, or if nothing else, at least plant based. Since when did we lose our capacity to think, reason, feel emotions and evolve from our ancestors? Why did we 'evil-eve' instead of 'evolve' through time? Why did we fall from grace instead of rising higher in our level of consciousness?

Argument 11: We kill so many insects unknowingly, even accidentally. We also poison them for pest control.

Why try to save lives of animals farmed for food by not eating them when it is not possible to be completely harmless when it comes to insects? Some people feel strong empathy specifically towards insects for some reason.

Will we use the same argument when you or your best friend or family member is hurt and needs emergency medical help? Are we going to say, 'Some insects are also squashed by accident so why should we care about another human being's life or safety?'

These are the arguments that makes us wonder what we are arguing against! The massive crime of rape and murder of billions and trillions of truly sentient and wonderfully emotional beings just for food is something we can change and abolish in our lifetime at least in our personal life, if not in the entire world at once.

As for pesticides we need not always spray poisons in our homes, gardens, and farms. We might have a few non harming alternatives. Cleanliness and use of

natural plants such as mint can also do the trick to keep unwanted intruders at bay and kill no one in the process. Accidents do happen but we can say no to the deliberate stomping and crushing of worms, snails, and insects in our neighbourhood by ignorant people and children who instinctively do so. We can reduce the road-kills and accidents by driving slowly and responsibly and using less vehicles as much as possible. But those are not the main messages of veganism.

The main thing we are after is to abolish the horrors of animal agriculture and the deliberate exploitation of sentient beings at a massive scale, which clearly is avoidable. Pest control in case of a genuine infestation and a health risk to us, is not always avoidable or practicable. Veganism is about not harming as far as practically possible.

Argument 12: It is a personal choice. Respect personal choices.

Argument received at a London marine animals march in 2020 when someone initiated the shout out, 'Go Vegan for the animals.'

Rape and murder are not personal choices - and if they are, then they are sick and evil ones. Someone was sexually abused for their babies to be bred forcibly, for their eggs to be produced at phenomenal pain to them, for their udders to be milked, their babies taken away and killed with them crying for days. Horrors of animal farming are all around in the form of these products claimed to be a 'personal choice'. If someone is a victim, it is not a valid personal choice but a crime to victimize them. Joey Carbstrong who has a background in crime and went through his own amazing transformation has spoken so well in his videos explaining that if there is a victim involved it ceases to be a personal choice. So let us not say, 'anyone should be allowed to eat anything they want' and we should respect each person's personal choice to cause harm to others. Animals are not things; they are individuals deserving of their own rights.

Argument 13: What about poor farmers from third-world countries, nomadic tribes or indigenous people who depend on animals for survival and livelihood?

(An argument received by some leading XR climate change activists who say they are vegan but argue against demanding system change to a vegan world).

A lot of evil things have been going on around the world, especially in the poorest of countries and tribes. Female genital mutilation (FGM) is also practised by some communities, rape of child brides and young virgins can be 'initiatory' coming of age rituals in some tribes, animal sacrifice rituals are also practised in some indigenous communities, and there are many other horrible customs taking place worldwide, including animal farming and fishing. These things are not normal, no matter how indigenous, how popular in third-world nations, in ancient tribes or in our modern third-class 'civilized' world.

People in economically underprivileged societies need even more education and support to re-establish themselves on new earth. We cannot let them live in the same old ways when it is horrible for animals, and

for them, and for their families who live with all the horrors of animal exploitation. Even as deadly diseases and pandemics are spreading, when they are forced to engage in animal farming, just to survive in a dying planet, dying due to animal farming, it is a terrible misfortune for them and for us, because no one helped them transition to better businesses or explain these things to them. We know we need an urgent change in the world and all our systems. You, being educated with this book, can and should go vegan immediately and educate everyone you can to be vegan too.

Argument 14: We need to take our time through this process. It is very difficult to be vegan.

What is difficult about veganism? Is it really that difficult to refuse to partake in rape or murder?

It is very simple to simply purchase a vegan option by shifting your attention to a different shelf when your mind takes you to the same shelf you always pick up your daily groceries from. Think of the violence, see the innocent eyes of a frightened animal on the product you were about to pick up. Then just look for something with a vegan label or better still, prepare your own vegan meals at home using fresh whole fruits and vegetables.

Vegan cooking can be simple and quick. Vegan ready-made alternatives are also there in the shops. Similarly, you can also buy vegan when you purchase any other product such as clothing or shoes.

Do not take your time if someone is dying, bleeding to death or is raped for your food. Just switch to plant-based alternatives today itself. What is the wait for?

Why sexually abuse even more hens, kill even more baby chicks, sexually abuse, and rape more cows, kill

more innocent babies and children for even one more minute?

Even plant-based junk food is better than eggs, fish, and dairy. Every type of flavor, even fish and chips, eggs, varieties of nice cheeses have been replicated in vegan meals. If adjusting to taste be your problem, try vegan ham style, bacon, ribs, chicken style, beef, sausages, or steak alternatives. Even after all this, what could be keeping someone away from going vegan?

Argument 15: It is very expensive to buy plant based and vegan food items. I cannot afford being vegan.

So, you claim that one cannot live on rice, lentils, beans, potatoes, peas, and hundreds of other vegetables and whole foods that are much cheaper than chicken or lamb or cheese and eggs.

No one dies of not having enough money to buy beef or chicken pie or cheese or fish burgers. Vegan and plant-based alternatives are not only more hygienic and eco-friendly, they also taste good and do not cost the earth (the planet), in-fact they are cheaper than non-vegan items if you consume whole vegan foods such as grains, legumes, fruits and vegetables.

Vegan alternatives or imitation meats, eggs and dairy products are increasingly becoming cheaper too as demand rises due to economies of scale and you are part of that demand.

But non vegan food is literally costing us the earth. Each second, land the size of a football field is usurped by animal farmers by razing our rainforests. Just imagine the massive damage to our planet! The subsidies and tax incentives of government to animal farmers is all corrupt and disastrous. These animal

farming methods need to be banned immediately and replaced with veganic agriculture at the earliest.

More importantly non vegan food costs an innocent animal its life, a life of painful abuse and needless exploitation. It is not worth it. To watch somebody, haggle over the price tag on someone's dead body or abusively produced secretions, versus a vegan option is simply disgusting.

Because you continue to consume processed foods and desperately seek alternatives that resemble texture, smell, taste, and appearance of non-vegan products, you are picking up vegan alternatives to all of these. These are sometimes expensive because vegans are still fewer in number and therefore initially some readymade processed products seem expensive at a nascent stage in the market due to poor economies of scale.

As veganism is an exponentially growing movement, year on year the prices are dropping considerably even for processed goods across continents. The more the world goes vegan the more we reduce the prices of vegan goods. As a matter of fact, a number of products are also 'accidentally vegan' as revealed

on popular websites if you google up 'accidentally vegan' brands, if packaged foods are your first choice.

In case you are more health conscious, then whole foods and home cooked simple foods will work out for you, or best yet, raw fruits and vegetables that could be not just life savers, energy, and time savers but also money savers for you. By consuming fresh veganic or organic or regular vegan raw fruits and vegetables that are easy to digest, imagine all the savings on electricity, all that free time for meditation and positive work, all the amazing health, good stomach or bowel movements and good sleep!

But most of all imagine a world without rape and murder! Picture that and do not hesitate to go vegan. It is the non-vegan 'lief'-style that is literally costing us the earth as we go extinct in a short time, unless we end animal farming now.

Argument 16: I am struggling to live, and it is so expensive trying to run a household or even survive in these difficult times. How can I focus on going vegan?

We all DESERVE to know the truth about why the cost of living is so high and cost of life so low. It all started with animal farming a few thousand years ago. We have so much poverty and homelessness and lack of funds today only due to land being owned by very rich billionaires who own cattle farms and control land strongly. Over 77 percent of usable/arable land on earth is usurped by animal farming and very little or none for humans or wild animals to freely use is left behind for us to claim for our basic needs. Also, this makes food expensive as no one has free land to cultivate on or trees to eat fruits of for free. Most of our crops are fed to the animals who are abused and killed for rich people to profit from. Because housing and food are expensive - capitalism has its way and our land and food are tightly controlled businesses instead of free resources. Even our natural water is undrinkable, scarce, and controlled.

We should have prosperity and freedom for all life. It is our basic right to have land to live on and to grow

food on, without having to inherit large amounts of land or wealth from other humans (criminals). Other species also deserve freedom and space to live and eat. Yet, the only people who have vast land, property and wealth seem to generally be those humans who have inherited or built ancestral wealth and income, possibly with a few notable exceptions who are self-made without harming others. People are struggling to survive as animals are dying at rapid pace every single second. This is not right.

If the world goes vegan, we all will have enough housing, food, and peace of mind as gigantic pieces of land are freed up instantly. Going vegan is not difficult or expensive. Not going vegan is because veganism can be frugal, makes life much simpler and helps us all evolve to a fairer and more sustainable system of living, besides sparing lives of trillions of animals every year which is a rich reward, by itself. Instead of slaving ourselves to an unfair system that exploits us, exploits earth, destroys nature and kills animals after horrific rape and abuse, we need to wake up.

We all need to not only go vegan but promote veganism to the best of our capacity every day - this is our only chance before extinction.

Argument 17: Vegans are horrible and annoying, I hate them. I will never be vegan because of them.

You do not have to love vegans; veganism is not a cult. Vegans simply do not care how you feel about them.

You are vegan for the respect for lives of animals needlessly killed in farming.

It has nothing to do with how vegans are at a personal level or whether you get along with them. You can ignore some (why hate anyone) or love other vegans, as you choose.

But to hate all vegans sounds like racism (it is called 'Vegophobia') and is a hate crime just like any other anti-social behaviour. Saying that you hate all Muslims for example is a hate crime. If you are against a particular point of view, philosophy, or idea, then specify that and reason why you are against that instead of hatred towards a group of people as such.

However, if you do hate people, probably we need to understand that humans may deservedly be the most hated animals by all other species. Yet animals are full of love in their hearts and are innocent, kind and

forgiving. They trust us like children do. It breaks our heart to see them suffer and die and to be turned into bacon or sausage rolls or to see their eggs and milk used as food.

These animal products are sad reminders of the horrors we know have taken place to bring a plate of food to your lips. Maybe this comes across to some people as 'strange' behaviour when we get turned off at the sight of dairy, eggs, or meat. We do not see them as products, we see the abuse behind them.

It is of course difficult at first to openly tell others that milk, eggs, and meat are evil. It is understandable that people do not like truth and feel personally criticized if we tell them they are paying for rape and murder. But ALL we need to understand is that rape and murder are evil and there is no way we can be good people and pay for those crimes at the same time.

Every second and with every food item that is non vegan there has been rape and murder. These crimes are so wrong that we should never be stopped from speaking against them, anywhere and at any-time or in any place. In social situations speaking to friends and family members or to shopkeepers and

restaurant teams, supermarket staff, to all we meet and who do not realize the truth, even to a random person we see on-line or on the streets, we can effectively speak and educate them about what sort of literal hell non vegan products are coming from.

Just like some people are new to veganism, so vegans have also been in the past. Many of us have argued the same way against veganism and are still learning. We are not a separate group of people. We were also once, almost exactly like you today. We just wish that someone had awakened us earlier, that we were not lied to, the way you have been lied to and that someone had told us to go vegan right at the outset instead of being polite and too afraid to hurt our feelings.

You will be thankful to vegans for educating and discussing these important matters with us, and expressing their truth passionately and compassionately, because you will be amazed at your transformation when you go vegan. It is a tremendously positive experience and totally worth it.

Argument 18: I will lose so many friends if I go vegan or preach veganism at parties or events or at mealtime.

If you are going to lose friends by going vegan, better to wear a t-shirt saying Vegan and wear it 24x7. Better still write on it – ‘I am against rape and murder, that is why I am vegan’, so you do not have to explain that veganism is not a health fad diet.

We do not need fake friends anyway, people who get puffy and sore to hear the 'V-word', who are put off only because someone is vegan or teaches veganism. We do not need friends and partners who break up with us just because we turned vegan.

Think of a vegan as someone who is against rape and murder instead of thinking - ‘oh look a vegan who is preachy, a militant, a terrorist!’ No one is a militant if they are against violence. Militants are those who are violent. If you are Vegan, think of yourself as someone who is against rape and murder, not just a preachy vegan. Do not be an apologist. It is a crime to rape and murder, and we owe no apologies to anyone to be against it and to demand that crimes such as these come to an end.

Argument 19: Survival of the fittest. We are either predator or prey, hunted or hunter. If we do not consume someone, someone will consume us. We cannot survive in a vegan world.

A tiger will not spare your life just because you kill domesticated herbivores. Besides we are not in a survival situation being threatened by other animals.

As far as survival goes, we are not very bright if we cannot understand that by becoming the largest consumers of everything that moves on earth, we are eating up our planet and destroying our home. Even our own existence is now being threatened because of our lofty ego and sheer ignorance in the name of animal farming that is the main cause of our planet's doom.

We have already created an artificial reality for ourselves, ways of living that are unsustainable and we are now a threat to ourselves.

You are not going to be hunted by a tiger if you do not kill a tiger today. So, what keeps you from not paying for killing of pigs, goats, turkeys, or any other animal for meat, or for exploitation of hens or cows for eggs and dairy?

Argument 20: We are not really killing or raping someone right now by our own hands. We are shopping.

We can of course pretend that we are mere customers going and shopping from shelf to shelf and have no idea what goes on in a slaughterhouse or egg factory or dairy farm. We are then customers of hell indeed. Customers of rape and murder.

When we pay for killing or rape, we are not doing it ourselves, it but our crime is still being conducted in retrospect - just for our greed. Imagine DIRECTLY causing the death and rape of an innocent person for no reason other than food - food which you do not even need.

Imagine being the cause of the entire life's suffering of that little baby or child on your plate. He or she had a story, his or her own wishes and desires, his or her own family members that are also dead, his or her own dream to live or exist.

Maybe the person on your plate was so much in pain that he or she was gasping for breath and dying for your fish and chips.

Someone died for your burger and cheese, for your coffee and for countless other products that you could have declined to buy. Someone killed for you.

The government is not going to wake up and criminalize these offenses magically on their own. We are going to wake up and recognize these as crimes first. This begins by us not participating in the needless abuse and murder of a sentient person by refusing to buy animal products today and every day of our life from now onwards.

If we are consuming animal products, we are causing rape and murder. The blood is solely on our hands.

Argument 21: If you were on a desert island and had to feed your child, will you not kill an animal then?

Taking a knife and slashing someone's throat, is unthinkable even if we are dying of hunger. We do not kill another individual for food. That to me sounds like a realistic expectation from myself or from anyone who has a heart.

These hypothetical scenarios of killing for survival are rather similar, to asking that if you and another human being were trapped in a room without food and water will you start eating each other. The answer is of course a no. (If you are a kind person).

Yet, some people will argue that they will even eat their own baby if they were hungry and in a survival situation. They feel no shame to make such arguments.

As a factoid, many farm animals start cannibalism, by chewing each other's body parts confined in a dark cell without enough food or water, as they simply do not have the capacity to think or understand like we do. They do not have the mental capacity to make moral judgements, unlike we who do.

These poor animals are mad with pain and suffering, literally mentally ill because of the horrible environments they are trapped in. This is the shameful reality of animal farming and another reason not to condone it. While suffering and dying from hunger and being driven to killing each other, is a 'hypothetical scenario' for us - it is a reality for the victims who are animals farmed and exploited for food every single day.

Truth is we are all in a city, town or village that is replete with plant-based food options. Many people travel around the world and post pictures of chicken biryani or caviar and cheese and complain that they are doing so because of the desert island survival situation hypothesis. These are not valid arguments. Hearing them is not fun.

Argument 22: Vegans and animal right activists think animals are more important than humans.

Rape and Murder is not something that is okay in society and animal farming is entirely built on these two crimes. These crimes are equally evil if perpetrated against a human adult, and equally evil if perpetrated against a child or an animal.

If anything, the more defenceless, the more vulnerable a victim is - the more heinous the crime.

Animals are (mentally) just like children even if they are all grown up. However, most of the animals in farms are (physically) merely children, who from newborn to 4 or 6 months of age sent to slaughterhouse or tamed, raised, and forced to reproduce via rape and then killed themselves after their offspring are murdered and abused. This should never happen to anyone, not to human and not to any other animal. We simply must quit rape and quit murder and resolve not pay anyone for it.

And when you do quit, dairy, eggs, meat, leather, wool, silk, and other inhuman products, think of it as something 'at par' with saving a human life, something equivalent to stopping rape and murder of

a human. There is no major difference between humans and animals of other species when it comes to our capacity to feel pain and suffer.

When it comes to humans, we do not think even once if someone says let us ban rape, ban murder, ban human sacrifice, ban female genital mutilation...we say yes, we should ban it, and we have already done so in most of our countries. Similarly, if we are not an evil species, we must campaign solidly to make rape, abuse, genital mutilation, and murder of farmed animals a crime. Unfortunately, this has yet not taken place and a major need gap in society and law is clearly visible in front of our eyes - a need gap that needs to be addressed and focused upon in a major way with maximum effort and dedication.

Sadly, humans even consider marital rape of human females legal and female genital mutilation as well as capital punishment of human beings legal in some countries. I have read about the British army wanting to make torture by the British army legal in recent times. Just think of the numerous evils in our society - the extent to which we have fallen, each of these evils is morally unacceptable.

We can campaign as much as we like for justice towards humankind, and largely we have succeeded and continue to succeed in protecting human safety and welfare. But at the same time, we fail very irresponsibly when it comes to the rights of animals. Please do not ignore the voiceless dead bodies of those innocent animals who suffered a miserable life and were killed for being turned into products and food that no one needed.

The problem is not that vegans think of animals as 'above' humans, the actual problem is that some humans see other animals as somewhat 'below humans'. Speciesism is the problem and equality is the only solution.

Argument 23: No one likes an agenda or negative images. Be 'positive'. Stop talking about or showing the truth about animal farming and horrors of slaughter.

What is the meaning of positive?

Speaking against evil is the most positive thing you can ever do but we discourage people from exactly that. Is being positive about whitewashing the truth and ignoring real issues that should be focused upon? In that case it is the same as covering up the smell of blood and slaughter with antiseptics and perfumed chemicals. Will we be positive merely by applying make-up without even taking a bath for days? Of course not. Cleansing is the first step in our quest of being positive. Veganism is a small inner self cleanse. Without it we can forget about being positive.

A lot of spiritual or 'new age' people also believe that we should never share any 'negative' images or information as they are looking for healing and positive messages only. I used to be one of them. Some vegans also believe we should influence people gradually by winning over their hearts and stomachs by being positive and sharing cute images, positive

spiritual quotations and recipes or food instead of talking about the horrors of animal farming. However, truth is that without showing negative images we cannot change the world. To heal something, we must face it first. Enlightenment means, light on darkness - to see it is to heal it. We can of course use affirmations and positive visions for transforming that negativity from that point on. But without seeing the negative how are we going to change it?

We are told we have an agenda if we criticize animal farming or slaughter. We are told to be neutral and not show facts as they are. We are told to be 'positive'.

As humans what is our agenda? Are we here by mistake in this world? Are we here to be selfish and enjoy food and have fun at other's expense? Are we here to discuss about God and spirits and angels imagining we are in touch with them and blessed by them at personal level while munching on dead bodies and consuming eggs and dairy? Are we really that selfish?

If we are not interested in improving ourselves, our reality, in raising our consciousness and awareness, in

embracing a truly higher existence, then what are we here for? What sort of spirituality is hedonistic and what sort of positive thinking is only about 'feel good therapy' for yourself when innocent animals are dying every second and that also specifically for us?

It is selfish healing, selfish human centred lifestyle that only wants us to be 'happy' and feel nothing for others. These selfish human sayings and superficially positive quotes appeal to lower consciousness of humans who are interested in remaining at the SAME level, blending into the status-quo of human centered reality, and never rising up, never realizing the oneness of all there is, never feeling the sorrow of another soul - one of another specie. That is our problem in spirituality and positive groups.

If we are truly spiritual and positive, then we should have NO TIME for wasting if trillions of animals are suffering all over the world and nothing changes for them. We should feel so strongly for these beings that we should be motivated to manifest a better planet for them too and not just for humans.

Argument 24: Don't be extreme. Be flexible and kind to yourself. You must allow yourself to consume something with a bit of dairy or egg occasionally, right?

Being flexible about what - rape and murder. It is an emphatic NO from me!

That dairy and eggs are normal can only be stated by someone who has not opened their eyes or hearts to the harsh truth about dairy and eggs. Someone who sadly thinks that cows are walking about, mating casually with bulls, having a happy pregnancy and childbirth in the beautiful natural and serene environments, their babies drink oodles of mother's milk and then a kind farmer drops in once in a while to check on them, give them a blanket and to take away the 'excess milk' in the udders of the mother when the baby is blissfully sleeping next to her to 'relieve her' of pain in case the udders are overfull. And as for eggs, hens are prancing about and laying eggs naturally, and a lovely farmer's wife just passes by to check on their health and takes the non-fertilized 'by mistake' eggs away. Are we really that stupid or has Old McDonald's clever nursery rhyme succeeded in brainwashing us since childhood?

These cows, hens and all other farm animals are sexually, physically, economically, emotionally, and mentally abused to a very high degree, much more than the worst human cases of abuse or domestic violence. Then they are either murdered for meat or dumped in the garbage can and so are their offsprings, even newborns, male chicks macerated or dumped in garbage bags, females tortured to produce hundreds of more eggs than their natural capacity and cows and calves separated and grieving. This is the image we receive each time you see a dairy or egg product, even a cake, ice-cream, and medicine.

We can make all these products veganically, yet we see shelves in markets and supermarkets stacked with dairy, eggs, and meat products on a daily basis. Sure, we feel like a cookie or cake but not so much to compromise on ethics and give a single penny to someone who has raped or tortured someone or taken another life. Is our taste or craving that important to us? Have we no power within ourselves to resist the urge to eat or consume everything we feel like? Is that our consciousness level?

Argument 25: I will 'one day' hopefully go vegan.

What an argument. What a shame. One day you will have the courage to stand up against rape and murder and not fulfil them. One day...Until then you will pay someone to rape and murder others for your selfish enjoyment? Do it now, what is the big deal about it? Is dairy, egg or meat something like cocaine addiction that needs major therapy and counselling interventions to successfully overcome?

Argument 26: I like my meat, eggs, or dairy.

It is not your meat, your eggs, or your milk.

It is someone else's murdered remains, someone else's periods (yes eggs are periods), someone else's breastmilk. Someone who was hurt, abused, and enslaved for it, raped, and tortured barbarically. You like that?

Argument 27: My distant cousin has a unique and rare medical condition due to which she needs to have animal products in her diet else she is going to die. Therefore, I am not vegan.

(Repetitive argument received in several written notes during a protest at parliament square by an Extinction Rebellion member).

Your distant cousin cannot have any such condition because all nutrients can be effectively sourced from vegan sources. This is a fact. In case she is dying of something and needs medical treatments that are non-vegan such as life-saving drugs or medication tested on animals, organ transplants or something, did you know that all of that can be created veganically also using purely plant based or cell culture technology that does not harm a single animal? We all need to wake up and ask for the system to change by going vegan and making change take place.

And why would that stop you from even trying to quit eggs, dairy or meat or from agreeing that these abusive animal farming industries need to be banned? When every alternative is available how does your distant cousin justify these heinous crimes through

whatever her medical professional has diagnosed or misinformed your family about? Medical professionals and science are not perfect and often far outdated or corrupt. Where do these lies take us all as humanity? In nothing but a bigger hell, one that our current world is turning into gradually, if we do not act now and change something.

Argument 28: I do not want to annoy people and post something vegan upon my Facebook page or talk to my friends or family and spoil their mood. I want to be a closet vegan.

Charming friends we have, don't we? People get annoyed when someone says we should be against rape and murder. If I were to post that someone slapped me today...there will be hundreds of messages from sincere friends who worry if I am safe or who it was who did that. But the same people are against listening about animal abuse - they never like, comment on or share one of my initiated petitions or post - and this includes majority of those on my friends list (which is why I left social media for a long time in the past, besides for safety reasons) and prefer direct communication and writing books instead, over my own website. The victims are faceless, nameless, voiceless, and unheard and no-one cares except the same few vegans on social media. If you are not posting anything about the ones who suffer, or against the evils to be changed in society, if you are not condoning evil and sharing the posts against abuse, rape and murder that is rampant in society, then why are we posting anything. The only

use of Facebook and social media is to create social change. It is the place we have power, to create awareness.

By not widely sharing the MOST pressing problem in our world today, that of rape and murder of billions and trillions in animal farming every single year, we are being of disservice to our higher self and making social media a place of gossip, slander, meaningless entertainment, celebrity worship, narcissism, and a useless waste of time.

Argument 29. Vegans are hypocrites, especially yourself. You buy tofu from shops instead of growing own food and thereby cause deforestation and animals die.

First, what is Veganism? Veganism is a philosophy that believes animals are not commodities. They are not to be exploited for human gain to procure food or clothing or any other product - as far as practically possible. Instead, we try to promote alternatives. (Please refer to the Vegan Society page for entire definition).

A hypocrite is one who does not practice what they claim to practice. Vegans are against commodity status of animals - for example in animal farming, zoos, circuses, leather, wool, silk, honey, pet trade, animal testing and so on. One who does not believe in these and instead chooses and promotes alternatives is vegan and not a hypocrite. Animal activist Arvind has explained this point quite well in one video.

Just because trees were cut and animals were killed by humans who cleared out land once upon a time, and started planting food grains, rice, wheat, soya, other beans, vegetables, fruits - it does not mean

vegans have to be singled out for causing deforestation. Humanity as a whole is responsible for that. The same applies to plastic or use of any chemicals, GMO or any other product that harms the environment. When it comes to soya vegans use only 1 percent of soya, so to blame them for deforestation because they ate some organic tofu is just ridiculous when 99 percent of soya and manure goes to animal farms for generating food for enslaved animals.

At least vegans are against the intentional breeding, sexual abuse, exploitation and killing of an innocent animal in dairy, eggs, meat, leather, and other animal product industries. At least they are educating others and changing their diet and lifestyle as far as practically possible.

Just because pesticides were used by humans worldwide to soak the soil in harmful chemicals, does not mean vegans are being hypocrites just because some plants are still farmed through pesticides and chemicals, and they purchased some vegan food or clothing or vegan shoes from a shop. It may not be practically possible for all vegans to grow their own food or source organic produce of every single item of vegan clothing or other items locally.

In an ideal world, vegans are trying to promote a new form of agriculture called VEGANIC - vegan + organic (please refer to Ian Tolhurst and Vegan Organic Network). Not only does Veganic agriculture eliminate pesticides and chemicals, also it more importantly eliminates use of animal manure and their blood and bones used to fertilize soil in normal crop farming. Vegans as I said before are interested in ending animal exploitation.

But trust me, I have enquired everywhere in my area to source a Veganic farm who will supply my household with veganic produce, but to no avail. There simply are not many veganic farms in every part of the world. Organic farmers still exploit animals. This is a systemic problem, and we must campaign for a system change. But we can be at least Vegan, immediately, if not Veganic.

Even if you were growing plant food in your garden, if you are purchasing animal manure and blood or bones, and enriching the soil through it, it is part of the system of animal exploitation as that manure or plant feed may be sourced through animal farming and fishing industry.

Just because you started growing some plants in your own garden does not mean you go around telling the whole world that vegans are responsible for deforestation by buying food from a shop, because even your own garden was one day prepared by cutting down some trees, even for your allotment, there was some deforestation at one point of time.

Moreover, there may be many vegans who simply are not wealthy landlords, who do not have time or place to grow own food, or need to do a job to pay their rent for the small flats they live in. People are homeless for goodness's sake, I was too escaping violence against my veganism, and still stayed vegan living in refuges with my 6–7-year-old Vegan child, trying to survive.

These days we see some very narcissistic vegans complaining about all other vegans - claiming they are better than other vegans because they grow their own food or got some land from somewhere or stopped eating soya or sugar. Some of these are not even vegan, they use animal leather and hide products daily and promote animal farming at times.

Veganism is not a competition of who grows more food, or who does more for the environment, who has better health. It is about the animals who are unnecessarily exploited because they are not seen as individuals but as commodities to be used by humans. The harm caused by humanity, by deforestation and chemicals or pesticides, or unintentional killing of insects is not something you can single out and blame vegans for as it is within the definition or purview of veganism and is rather something requiring a human worldwide system change.

For now, what vegans are trying to really draw attention to is the massive evil of exploiting a poor animal, deliberate rape and sexual assaults in breeding them, their deliberate murder which are abhorrent crimes if perpetrated against humans yet justified by humans for the VERY unnecessary products of dairy, eggs and animal meat, leather, and other animal products, animal testing and other animal intensive industries, when we can do without them.

Argument 30: Vegans too consume agricultural products, use cars and mobiles, live in houses built on land stolen from other animals. All these products have caused suffering to other species. Therefore, I will not be vegan.

It is true that we all use mobile phones, live in non-eco-friendly house, use cars, shopping, banks, and the like, and while we are dependent on our systems and unable to break free from the matrix, entirely - the least we can do at a personal level is to be vegan ourselves.

Can't we at least stop paying for the rape and murder of animals whose murdered remains and private parts, and period (eggs) or breast secretions (milk) you consume and are directly responsible for? Is it so hard? Is it comparable to giving up all your technology, housing and going to the woods like a Buddha or an ascetic monk? No, it is a very simple and easy thing to do.

Being vegan is the simplest step we can take before we take even bigger ones together as we gain more consciousness - and we will. But one step of going vegan can impact the world to such a great degree (of

reversing climate change) and through just YOU end up sparing (if not saving) lives of hundreds of farm animals each year. Not just that you also spare lives of millions of other wild animals that are killed because huge forests are cleared to make space for animal farming (almost the size of a football field of rainforests is cleared every second for cattle). Our land (77 to 86 percent of arable land on earth) is largely usurped by animal farms, and our children go hungry and thirsty because most of our crops are sent to animal farms as feeds. Not just a little but almost all of earth is oppressed by animal farming.

Let us practice what we practically can and easily can afford to first before racking our heads on how to live without mobile or how to live on trees or something. Our one step can make a very big difference and if the world goes vegan, then we have a chance to reverse global warming, free up massive land for re-wilding, save species from extinction and save ourselves too from deadly diseases and coronaviruses besides the lives of 80 billion land and trillions of marine animals. Therefore, going vegan and preaching veganism is the single biggest step you can take to help our planet today.

Argument 31: I will take baby steps on my way, maybe I will go vegetarian first, or eat chicken instead of other meats, then fish (pescatarian) then vegetarian...or something like that, I cannot go vegan.

Why should you continue to pay for rape and sexual abuse of a female by purchasing animal products such as dairy or eggs. Why pay for horrific murder by continuing to purchase fish?

By being vegetarian or pescatarian you are continuing to cause suffering to others because dairy eggs and fish industries are the biggest evils on this planet, and just as much vile as animal meat industry can be.

Why is it so difficult to eat a vegan or plant-based alternative, there are vegan meats, vegan eggs, vegan chicken style pieces, goujons, pastries, pizzas, burgers, sausages, ice-creams, cheese in most countries?

You can get thousands of recipes over internet. Plant based meals are a favorite of the masses in other countries, from a variety of dal-sabzi, (lentil, vegetable dishes) to all kinds of vegan breads, pastas, rice, noodles, and savories.

Please watch Dominion documentary, Land of Hope and Glory or Earthlings and then if you do not go vegan instantly, it will be very unusual indeed. Only someone very evil will not go vegan if they watch those scenes of crime.

The amount of suffering is so grotesque in animal farming that you will have nothing to do with it except condemn it and want it banned. That is the only baby step you will need to take. One little, tiny step, going vegan. It is not a giant one, just a tiny and remarkably easy step with many positive and delectable consequences.

**Argument 32: Do not hate me for not being vegan.
Show compassion and let me eat what I prefer to.**

No-one hates anyone. What we do hate is rape and murder of innocents. It is the action that is wrong. The person is not whom we are after, just the action can be changed through right education and awareness. If someone explains veganism to you, they are being kind and loving to you. It is your family, your higher self and you beloved ancestors who are helping in learning and growing or evolving - our guardian angels are helping us, and they then teach us how to help others. But because you are loved, you are guided to change your ways. You can surely eat what you like, but not whom you like. You are not the victim - compassion is always for the victims first. We need to always focus on reducing the sufferings of those who suffer the most. You cannot compare your suffering of not getting your daily glass of cow's milk, egg curry or beef burger or any other animal product to the rape and murder crime that the animal was a victim of - directly because of you. That karma is upon you, their blood, screams, cries, and pain is your responsibility and only you can decide to turn over a new leaf right now.

Argument 33: Some type of nutrients such as Omegas and B12 or D are difficult to source from plant-based diet, so I will not go vegan.

There are a lot of myths that the matrix has drilled into our heads. Overemphasis on B12, Omegas and the calorific and nutritional values of all our foods are disturbing our natural flow of intuition. Look at all the herbivore animals in nature peacefully obtaining their nutrition in nature with just a plain diet all their life. No one is counting calories and vitamins or omega all the time. We are frugivore apes and do not need to be eating eggs, dairy or meat, no ape consumes that. Therefore, it is unnatural for us to consume any animal product even for Omegas, B12, D, iron, calcium, and so forth. Plant based and vegan options are there for every possible nutrient and in case you still suffer from deficiencies that are remarkable and causing your health problems then vegan supplements and fortified foods are all over earth. There is just no excuse to rape or murder anyone. Plant oils, nuts, seeds, and seaweeds contain plenty of Omegas in any case.

Argument 34: Why are you shoving your political opinions down my throat? We are humans in an animal world, and we need to look out for ourselves and not for other animals and eating meat or farming animals is necessary for our survival.

That 80 billion land animals and three trillion marine animals (2021 figures) along with countless trees are killed every year just for food is not an opinion it is a fact, and the number will rise if the hideous crimes continue year on year. It is a scientific fact of nature and the reason for the largest ever species extinction including human extinction will be this. No, we are not a human in an animal world, we are animals.

We are a human animal (basic biology), and we are supposed to have evolved from frugivore ape-men. We are destroying our planet and killing other animals unnecessarily and heinously using rape and gruesome abuse methods that are tremendously evil and have usurped all our land just to raise farm animals and grow crops for feeding them even though this creates a massive food, land and water shortage and greenhouse gases resulting in extinction. This is not an opinion it is a scientific fact. Watch Dominion, Cowspiracy, Earthlings, Dairy is Scary and then ask

more questions if you have any. I would not expect anyone to ask such questions if they have properly seen the above documentaries and these documentaries are on YouTube, Netflix or other online platforms.

Argument 35: Animals are kept very well in developed countries such as UK unlike Asia where pandemic originated. We have no risk of any kind of virus or germs from animal farming as our methods are highly developed and risk free.

One only needs to view the award-winning documentary Land of Hope and Glory narrated by Earthling Ed (Ed Winters) to learn about the harsh truth of UK animal farming.

There is also a video of Dr. Alice Brough outside DEFRA at the Animal Rebellion action in Oct 2020 as a veterinarian who has worked on pig farms for several years. In that video she shares the scary truth about how many dying maggot infested bodies are disposed in large bins at farms as she fears that a virus could kill her as she examines them, and how a tiny 55 cm square total space is allocated to a large 110 kg pig to eat, drink, sleep, socialize, urinate, and defecate as per UK legal and Red Tractor approved standards. She describes how animals who are herbivores are not fed grass but ground up dead animal bodies. They are genetically modified into nothing like their natural selves, and that too over 76 billion of them on land itself, to produce unnatural quantity of eggs, meat,

and milk - it is an abomination. Over 10 million humans are expected to die shortly, only due to antibiotic resistance due to animal farming, and many more due to other deadly diseases such as cancers, heart disease, diabetes, covid-19, new pandemics, and other risk factors linked to animal farming. It is a human right as well as animal rights and an ecological issue.

The above statements are made for public good but what is shocking is that very few people seem to really listen, care, or act upon this emergency. This is because our education system, government and media has been irresponsible and public apathetic and dull leading to such arguments even in 2020 when we by now should have gotten completely rid of the abusive and murderous systems of animal farming that are outdated because all plant based and cell culture technologies that are available to us for a long time but not implemented solely because of the need to please animal farmers and their economic model that the government protects for selfish reasons against the welfare of public. We the people need to wake up.

Argument 36: Some creatures feel no pain, for example oysters, therefore why try going vegan or talking about animals at all.

To start with, it may be a complete myth that some animals feel no pain, why else would they display symptoms of pain and suffering. The truth about oysters is that they have a heart, they move about, and escape danger and they secrete what becomes a pearl due to feeling discomfort if there is something irritating their body. Obviously, they are highly sensitive. Basing your lack of respect for life and free will of others just because of a myth about oysters and clams is remarkably evil if humans continue to use every little excuse that they can think of to justify their lust for rape and murder at a phenomenal level including meat, dairy, eggs, honey, leather, fur, animal drums, wool, silk, animal testing and pearls to name just a few of our greatest evils as humans.

Argument 37: Why don't vegans care about plastic pollution as much as they do for animals. Even plastic kills animals in sea.

Plastic can kill a lot of creatures and is toxic to us too. However, the fact you are against plastic should not reduce your angst against rape and murder which are deliberate heinous crimes. Go for as much environmentalism and anti-pollution cleanup drives as you like and ban plastic for good, but also admonish the activity of animal farming which is solely the rape and murder of the innocents. Moreover, while we are shown the videos of marine animals dying due to plastic, we are not told that half of the plastic in our seas is due to fishing alone. Imagine being against fishes killed because of plastic and then consuming a fish in your next meal. It makes no sense at all.

Argument 38: Should we not focus on mind power and meditation for spiritual ascension. Why all this focus on veganism?

The matrix is a system, a computer system, based on greed, apathy, and mental input and output. All angels, demons and spirits being mere programs keeping the show going. There is no way out of this Maya if we remain intellectually driven to rational understanding, chakra work, making magic and spells, working on mental projections, and thought forms or in becoming gurus or geniuses but not going vegan. I have done all of that abundantly and realized there is no way out of the matrix through our head. The only truth we have is in our heart, through the light language of love and compassion that is not from our head. Being simple, natural, humble and being human includes reducing our EGO and learning to fall from our high thrones of vanity, being a wise fool (of tarot) instead of flying high in our imaginary dream worlds of multiple dimensions. If we cannot even learn to be against rape, murder and remain entrenched in speciesism, then what ascension are we hoping to achieve? We need to feel, so deeply that knowledge is immaterial.

Argument 39: Plants feel pain and I do not want to kill them; hence I am not a vegan.

In case you eat to live, chances are you have eaten cucumbers, tomatoes, apples, pumpkins, squash, brinjals, courgetti, bell peppers, olives, avocados, various gourds, ladyfingers, watermelon, pears, grapes, berry, beans, or bananas at some point. These are all fruits. No one was killed for them. No one needs to be killed, because fruits are designed to ripen and fall naturally so they are eaten and the seeds and remaining flesh or peel is composted into earth to grow more life. There is no death there because they are not an entire plant with roots and shoots being killed unnecessarily. There are hundreds and hundreds of fruits and vegetables to choose from that are fruits if you really think you are a plant rights activist and at the peak of non-violence.

Even if you do eat a carrot, broccoli, or celery stick or spinach leaves or kale that are not fruits you can clearly see that gardening, cutting leaves or any plant parts is not causing tremendous pain and suffering. I went vegan soon after gardening in Britain and growing plants in 2014 by observing how plants do not suffer as compared to animals. In contrast, you

can visibly notice that when an animal is murdered most unnaturally in a slaughterhouse after the rape and breeding cycle, he or she is put through hell, against her or his will.

You also should know that feeding animals bred for human consumption causes even more plants to be grown just for food. A lot more crops are grown for farm animals, than humans need because of the decadently high figures of animals bred for farming. Farming of animals also leads to vast tree felling and deforestation at a scale we cannot sustain, besides soil erosion and environmental (irreversible) damage.

Be as much of a frugivore or breatharian later (if you are that concerned) and at least go vegan and plant based to start with. You really will not die if you say no to beef, pork, ham, bacon, chicken, mutton, eggs, cheese, or milk of a mammal - as all these disgusting items can be replaced with health on your menu. But even if you want the taste of unhealthy items there is no need to cause rape and murder for that greed, as all plant-based technology exists to reproduce the flavor of such items without rape and murder of a single creature.

Argument 40: Even some plants eat insects and flies, they are also carnivores. Life lives on life. So why bother being vegan? I am Omnivore.

It is true that all kinds of organisms live in nature, some are plant eaters some are animal eaters. While plants too either survive on light, water, and minerals, or in a few cases are insectivorous, animals usually must consume either plant foods or other animals. Venus fly traps are plants that can kill animals.

You are not a Venus fly trap though. Think about it, if we are highly developed, evolved, conscious beings, then we should have become better than apes who are frugivore after evolving from their lineage, rather than behaving worse. We have been doing drugs, alcohol, having breastmilk of other mammals, consuming eggs like snakes do, having dead meat like vultures do - everything except what nature designed us to consume - fruits.

How is it that we have been so culturally and scientifically brainwashed by rigorous training to consume, consume, consume - everything under the sun, as 'OM-nivores', eating up and gobbling down the world like there is no tomorrow, and there will not

be if we do not mend our ways and return to our natural equilibrium. After all this so-called intelligent specie - human is the only one who is destroying the planet with our endless greed. From flashy cars, high speed trains, jumbo jets to meaningless movies and entertainment, consumeristic science and technology, high rise housing, high fashion, capitalistic business to stereotypical religion and human centric politics, most of our activities are negative and selfish. The least we can do is not have brutality in the form of rape and violence.

Argument 41: Having fruits and vegetables is worse than eating animals, because you are mutilating the plant if you eat a part of it such as a leaf or fruit, and they might feel pain?

Thanks to the research and books called 'Secret life of Plants' by a few genius scientists on plant sentience, we start thinking of how plants might feel a lot more pain and sorrow than animals, simply because they react to sunlight and other stimuli.

No conclusive study proves that plants feel more pain and sorrow than animals. Any child can clearly see and understand as well as empathize with the trauma and pain of a small animal in a slaughterhouse and can see that in comparison a plant does not seem to bother if you trim the hedge or grass. Do we need to be scientific geniuses to be wondering about this?

Frankly without nerve cells and pain receptors, you might as well argue that a photon sensitive light bulb that reacts to stimuli feels a lot of pain and sorrow, or any biometric device that reacts to touch. The next time you use a heat sensor or fingerprint device at airport please make sure not to press your fingers too hard on the machine as it will be in emotional trauma.

Plants not having brain or hearts and not having nerve endings are very less likely to suffer the way animals do when they are harvested. They do respond to chemical and mechanical stimulation for their survival as per the program of the matrix eco-system.

If you still worry plant pain, you can aim to be a frugivore or forage for berries and fruits or mushrooms you find on your way or develop a new system instead of eating products from animals that are raped and murdered. But eating animal products will be far worse a crime if you are a plant right activist. This is because even if plants do feel any kind of pain or stress in a way that animals do, you will still be saving a lot more plants being vegan than you will be in consuming animal products, due to the very large number of crops used to prepare animal food for over 80 billion land animals in farms (2020 figures and rising), so much so that animal farming is the leading cause of world hunger and global warming among humans to this day.

Argument 42: I grew up on a farm. If we did not farm animals, they will go extinct. Only factory farming must be stopped.

No animal is going extinct because we stopped their rape and murder. If you feel that you or your relatives who are farmers look after farmed animals beautifully and give them a good life before they die without any disease or trauma or pain, which is very unlikely, think of yourself in their position. If your position is that it is humane and kind and a pleasure to be living that kind of life as a farm animal, then maybe you would not mind switching places with them animals one day.

Always think from someone else's point of view through the gift of empathy from your heart and imagine yourself living their life. Then judge your values.

If you are happy to be killed humanely after being raised in your uncle's farm for food, then maybe you need to be a little more honest with yourself.

As for extinction and what to do with farmed or domesticated animals, there will be a way to manage that issue separately, either through rescue farms, animal shelters and by way of re-wilding and

rehabilitation of animals to their natural state. There is an urgent need for stopping animal breeding and propagation as unnatural Frankenstein species designed for human 'food' production or as pets as most domesticated animals.

Argument 43: It is impossible to harm none. Someone is always going to be harmed if we must live on earth. That is the way of life. So why bother with veganism.

Veganism is not a religious belief in not harming someone. It is a belief that we can prevent the harming of animals to the best possible extent as we practically can. For example, by boycotting dairy, eggs, meat, leather bags, fur coats, mink eyelashes, silk sarees, woollen blankets, zoos or animal circuses, rodeos, animal tested goods, cruel animal torture or sacrifice in festivals.

In some cases when there is a medical emergency people might struggle because law demands a vaccine that is non vegan to be imposed on you, or a baby dies without surgery and we are trying to change that medical system which uses animal products unnecessarily, because all possible technology exists to make medical products and lifesaving drugs, ethically without harming animals.

Rape and murder are not required. Plant based and lab cell technology can be propagated. It is a world-wide problem that animal products are pushed or

forced down our throats very literally even as we don't even know we are using animal products. The electricity in our homes, glue in our guitars, tar in our roads or paint on our walls could be an example.

We can attempt to call for a system change now, but the main problem is not the system alone. It is the wide and large-scale gross apathy of public to not even go plant based and even change simple food habits, leave alone give up on leather, fur or mink eyelashes, silk, wool or zoos and other animal cruelty that is the real roadblock to system change. Unless people demand a change or even agree that it is necessary to stop rape and murder, how will we ever attain a change, no matter how urgent.

That is why the first focus is on educating the public to at least change their food habits and basic lifestyle and say no to purchasing animal products when they can check ingredients very easily and it is practically possible for them to choose popular vegan alternatives instead or at least go plant based in food habits if not vegan. But going vegan is neither difficult nor challenging in the 21st century and nothing should hold us back.

Argument 44: Look at popular figures, the Pope, Political leaders such as Presidents, Prime Ministers, and see how media personalities such as pop stars and film stars either refuse to go vegan or are anti-vegan. If they do go vegan, they seem to drop out of veganism after a couple of years and tell everyone how it made them deficient in nutrition. That is why I am not vegan.

You just gave the exact reasons why you should go vegan. Following these jokers is the reason we have a horrible, shallow, and immensely cruel world where there are drugs, crime, stupidity at every level. Do we really need religion, tinsel town celebrities, or politicians to tell us something as basic as do not rape or murder?

People are stuck in the matrix that is spreading all kinds of negativity through media and popular literature, public figures and famous personalities, religions, politics and consumer and industrial bodies that have propagated various myths strategically.

The whole idea is to keep us silent, keep us fooled as consumers and money makers, keep us obedient, tame through our education, prayers, and meditation,

and to continue to use as SLAVES to keep the matrix going through our systems of economy, law, art, culture, absurd kinds of spirituality and governance as tools to CONTROL us.

If we were to wake up, we will not follow anyone at all but our own heart and soul.

Argument 45: Humans have always hunted, scavenged, and consumed animals since the dawn of humanity as per our history books. Cavemen believed in hunting and gathering for food and made implements to kill animals as found in archaeological discoveries. Therefore, I am not vegan.

It is very unlikely that you and I are going to need implements to save ourselves from a tiger who is attacking us which is probably the reason why cavemen started developing tools and implements for self-defense. The pleasant documentary *The Game Changers* sheds light about ancient cavemen and Neanderthals, and opinionated that the reason we do not find plant-based products in archaeology is simply that they get decomposed instead of animal remains of bones and implements made of stones. It is quite likely that our ancestors consumed plant-based foods. Our popularized notions of history may be quite deceptive.

If you still want to be a caveman and live off nature without shopping, mobile, laptop or any housing, job, or business, and enjoy hunting and gathering you are free to practice what you preach. However, we do know of saints and yogis who survive in caves without

killing animals through meditation and some turn breatharian as even medically proven in the case of Jain ascetic Prahalad Jani who has medically proven he can survive without food and water for a number of days as monitored by CCTV and medical personnel. Why focus on the western civilized systems that are more rudimentary and barbaric in comparison, as lacking spiritual development and integrity instead of on spiritual truth and ascension from these eastern practitioners who have been cavemen but highly ethical and ascetic?

In any case throughout history a lot of wrong things were condoned and practised widely and history is no excuse for continuity of evil. if you do venerate and worship ancestors, then our ancestors if in spirit will always want us to change and evolve into better people today.

Argument 46: I do not want to try too hard or struggle to live a vegan and ethical life. I need to look after so many children and live in a society as 'normally' as possible and solve so many problems of my own. It is too stressful.

It may be stressful of course to live in the matrix, most of us are struggling with multiple problems, emotionally drained, anxious, worried, fearful, afraid to let go, fearful of the future of our children. This is no excuse to condone rape and murder of innocents. Especially because most of the people who have no time to think about the plight of animals farmed very cruelly, and unnecessarily for their wine, cheese and cakes are billionaires, millionaires, those who have a relaxed life, those who are stress-free and blissfully ignorant, and choose to be so, simply because 'why should they care'. This attitude of selfishness is the most common disease of humanity.

In contrast most of the time people who are vegans are the ones who are surviving and struggling the most in life whether in financial, relationship or career life or in fighting the cruel systems. A lot of vegans choose to be vegan because they have faced hell themselves and have actually been through the

trauma and suffering in their own life, and aware of how it feels to another. Empathy is learnt through life and if we are sensitive to our pain and sorrow, we should be even more sensitive to that of others. After all what animals go through in farms and slaughterhouses is not just rape and murder, it is the worst kind of hell imaginable.

There is no comparing the suffering and the magnitude of trauma of billions and trillions of animals who have no rights as citizens of any country on earth, to the treatment and freedoms a human is ordinarily subject to or offered, if in trouble being a duly respected citizen of some nation.

Argument 47: I do not believe in karma and do not care about ethics. I choose to be evil.

These are choices that you are making only because law allows you to do anything you want to a farm animal. There are horrible laws throughout the world and animal farming laws are some of the vilest ones. This choice to rape and murder someone because you can GET AWAY with it is a common one of criminals. The worst criminals in history have been such, for example serial killers such as Jeffrey Dahmer ate the humans they raped and murdered after seducing them, secluding them, and almost treating them well and were not traceable for years and years of these crimes.

Criminals such as these if you listen to their interviews on YouTube, can be charming, highly intelligent, handsome (or beautiful), well spoken, soft spoken, well behaved, socially likeable, excellent in gaining sympathy, sensible in arguing, good at speaking politely, having nice manners and pleasant to look at or talk to. They can convince the world that they are innocent. These are the reasons there is a very low chance of convictions even with a lot of evidence in most cases of horrible crimes such as rape or murder.

In case of rape and murder or abuse of farm animals, we have so much evidence, documentaries, videos, from every part of the world, significant mountains of evidence of the crimes. Yet there has been little or no action over the years. Not only has government done nothing, but most people also seem to not care when it comes to masses, although veganism is a growing movement at a nascent stage. When there are laws against abuse and rape or murder of farm animals by outlawing the unnecessary practices of animal farming and slaughter, we will see a new world where people cannot get away in day-to-day public life or social media by saying they will be al-right with rape and murder of animals because it is legal to do so. As for those who are do not even care of laws, and still rape and murder others, nothing can be done except for improving reporting, investigation, and prosecution systems.

But the main problem we have is that rape and murder, when it comes to an animal - is legal which is why there are people who get away by stating they are okay with these evils. Abuse and crimes must never be left alone as a personal choice. A vegan world bans animal farming and exploitation.

Argument 48: Why cannot vegans be humble and kind instead of criticizing others.

If someone is raped or murdered, we do not say, it is ego, criticism, or superiority complex if we speak against it. Will we be called argumentative, egoists, proud, accused of having superiority complex, of being narcissists, self-righteous and all of that just because we said that our children should not be raped or murdered? Why is it then that if someone speaks against rape and murder of other species, that they are labelled as unkind, egoistic, critical, negative, and so on and so forth? Why is it that people know that they are paying for rape and murder of innocent children by buying animal products and want us to fan their ego instead of saying - do not pay for rape and murder, as plainly as possible?

Why will someone continue to deliberately buy meat, cheese, eggs, fish, and caviar after knowing that they are paying for rape and murder, and then ask for us to be kind and humble and not to criticize the practice which is shameful and deliberate? Sounds like a guilty conscience trying to protect itself.

Argument 49: If we banned animal farming, there will be a huge shortage of eggs, dairy and meats, and the economy will crash overnight. We need to keep the economy going and thus I am not vegan.

While it is not commendable that you care more about the trillions of dollars of rape and murder industry - namely animal farming, rather than your own or your family's health, ethics and emotional or mental well-being or about the planet's health and survival, truth is that if we ban animal farming, our planet has some chance of survival.

If you care more about money and economy as our government has been doing, instead of telling the truth, acting now, and ending animal farming permanently, then it is a shame indeed because it is not good for you, your family, your future, or the animals and certainly disastrous for the planet if animal farming is still here in this world.

If you have a vested business or consumer interest in animal farming, then you can also transition to more sustainable veganic and vegan businesses or consumer habits and you need to start now before it

is too late, because it is already too late, and we are trying to save a sinking ship from capsizing.

The future, whether you like it or not is going to be vegan, else we have no future whatsoever. There is no middle ground.

Argument 50: I am a vegetarian. I am better than a meat eater. Stop criticizing me and asking me to go vegan. I am 'almost vegan'.

What could be keeping someone from simply taking up an alternative to dairy or eggs - it completely defies logic. Are we so addicted to the taste created by our senses, in this matrix of hell that dairy industry has created? Is the plight of a raped young mother cow, repeatedly impregnated and milked several times a day even as her baby is murdered, not enough for you to go vegan? If this is so then what sort of a world we are living in if we justify rape and murder saying, we are vegetarian and that is enough.

Why would a vegetarian not go vegan and feel criticized instead of ashamed of their apathy if they believe they are not eating meat for the animals if dairy and egg industry is as evil or even more so?

Argument 51: God is unconditional love, and he forgives me for not being vegan and accepts me with open arms into heaven through my belief and love for him. That is why I am not vegan.

All beliefs and systems of religion are shamefully ignorant and a tool to spread and continue evil among the masses. Not one of them will help in liberation or ascension. Where are we going to any heaven or towards forgiveness and unconditional love of any God or Goddess. The love and forgiveness you seek and crave for is Maya or illusion. It is not helpful in any way. No matter how comforting and soothing be the words you have been brainwashed with, they are not likely to be truth. If rape and murder continues, what is the value of forgiveness and unconditional love towards the criminals, us humans, if it excludes the victims, who are animals of other species? These blessings of endless love and forgiveness are rightfully deserved by the ones who are suffering, the animals, as they need it the most and we humans are just one of the millions of species of animals.

Any other belief in human vanity and superiority to imagine we humans are the only beloved children of God, is fraud and complete nonsense that defies logic.

Argument 52: I want to fill my mind with positive thoughts and bless the food I eat, and it will magically be blessed, so what if it is not vegan. I will gain success through gratitude and focus on my work and income instead of ethics and veganism.

You can focus on work, success, ethics, bless vegan food and be magical too. You can show gratitude towards veganism also. Why do you choose to be selective and have gratitude and bless only dead chicken, turkeys, ham, cheese, goat's murdered remains, chicken poop and periods, non-human breastmilk and pus all made through rape and murder for you, instead of blessing those animals while alive and letting them be free? Don't these heinous crimes of rape and murder on your so-called plate of blessing feel revolting to you?

Filling the mind with positive thoughts is great, but we also need to fill our life with positive things, or if not, at least remove what is gross.

Imagine having garbage all around you in your family's rooms and never cleaning it or disposing it off because you want to think positively about it and use ONLY positive thoughts and imaginary light to bless it

and make it holy or say God's name over the same. Will you and your family attract love, happiness, health, and success through that magical pretension?

This is exactly why we need to go vegan and start cleaning up our society on a most urgent basis. Positive thoughts without positive actions are a waste of time.

Argument 53: Animals were meant for us to be our property, to be our food, to supply us our ingredients for products, and to be used commercially. That is the way some animals have been designed by nature, for example chicken unable to fly away from us and cows or sheep being docile. The whole idea is that other animals such as humans and carnivores or omnivores should consume them.

This is a typical example of the popular false belief in 'might is right'. Nature has surely made some animal fierce, aggressive, and loathsome while other animals are designed to be meek, gentle, and submissive. Humans however have evolved to being conscious beings, or at least we should have.

Maybe chickens and fish are so innocent and gentle so that we learn to be kind - not because we are supposed to hurt them.

It is indeed a shame that we still count ourselves among other animals who have limited capacity to be sensitive to the plight of others. In-fact even other wild animals such as tigers have been known to display kindness to other baby animals at times whereas humans have been so evil that millions of

baby chicks are macerated alive in their blood while fully conscious just to get rid of them because they are male and of no economic value to egg industry, and we prepare nuggets and pet food with their murdered bodies.

If humans believe that 'might is right' and their powers can be used or misused to cause stress, pain and suffering to other beings and to control them or rape them for breeding in farms and then kill them, totally unnecessarily, then we are violent abusers instead of conscious beings and should be ashamed for our lack of evolution.

We can get everything from plant-based food and still want to abuse animals for no reason which is illogical, unjust and foolish as it also drains all our planetary resources of land, water and crops into animal farming, which is a useless, unsustainable and economically unviable industry besides being pure evil and cause of climate change.

Argument 54: Animals are not so intelligent, but humans are more intelligent. Look at our mobile phones, our aircrafts, our space technology...Why should we not be proud and why should we not consider humans as superior?

Other animals have other kinds of intelligence, for example they do not need mobile phones to know if a tsunami is on the way, they do not need satellite navigation systems to find their way overseas during migration from one continent to another, they can communicate telepathically and through emotions with each other, their newborns awaken early and develop faster, they can cure many of their own diseases naturally and eat herbs that they find instinctively.

Other animals are not polluting earth cruelly and wasting time in space technology to find new planets to abuse and destroy unlike humans who are destroying their only planet even before they have found another. In what respect do we call humans more intelligent?

We totally lack mind-power, telepathy, and intuition, and even our basic instincts such as survival, healing

ourselves and fleeing violence have been taken away by our idiotic and mind-dumbing society and education system that controls us and makes us robots instead of bright and conscious beings.

We do not even know what the purpose is of existence and have no spiritual awareness and follow religious texts and spiritual systems blindly even if totally devoid of logic. We have idiotic and rigid practices such as marital rape, FGM, breast-ironing, dowry against our own females and children in the form of 'domestic violence'. We abuse females and children of other species similarly in animal farming which is an extension of the same.

We live a purely selfish and hedonistic life aimed at maximizing sensory pleasure at the expense of others and at the expense of own health and indulge in smoking drugs, drinking and animal products that destroy well-being as if we have no control over our senses - totally senseless.

Our medical technology fails repeatedly to even curtail flu and germs which are caused by animal farming, instead causing even more senseless abuse

by using animals for drugs and vaccines thereby creating more germs and illnesses.

What a foolish civilization we are!

If lack of 'human intelligence' (if there is any such thing) was the justification to kill babies (as babies do not use mobile or fly planes or spacecrafts), then why don't we strangle our own babies? But we are doing even worse things to other animals cruelly, using varieties of horrid ways to kill little children in a standard practice, gassing baby pigs, anal electrocution, bullet in the forehead, violent stunguns, piercing hearts of fetuses in pregnant slaughtered cows, slamming newborns to concrete slabs to kill them whole and sell them as suckling pigs, churning newborn chicks into sharp blades while fully conscious....In what ways can any of this be justified and how can we ever think of humans as a superior or intelligent species if we do not even know that rape and murder are wrong?

Argument 55: I do not believe in heaven, hell, or reincarnation. I believe that we live only once. So why should I care about anyone else, I am here to look out for myself and not interested in ethics.

In case you want to only care about yourself and no one else (which makes you a psychopath), even then consuming any kind of animal product can give you more than 65 pathogens or germs and cause a variety of diseases not limited to Cold and Flu, Diabetes, Heart Disease, Parkinson's, Arthritis, Varicose veins, Thyroid, Cough, Bronchitis and other respiratory ailments, Cancer, Skin Disease, Seizures, Epilepsy even Schizophrenia.....not to mention Psychopathy.

You do not have to believe in hell, extinction or climate change and deadly diseases, we already are in one hell.

Most of these diseases are never discussed openly as being linked with animal products. A small example never normally discussed is that dairy can cause varicose veins, something that occurs only in human species and never found in other animals - as humans are the only animal that consumes breastmilk of other species.

There are so many diseases we have not really made people aware of that are linked directly to dairy and other animal products.

Another fact not normally discussed is that animal farming and rearing or animal husbandry has led to propagation of germs and flu over 11,000 years ago. We have become so used to all these diseases and viruses that we look for medicines and vaccines robotically and these medicines are unable to treat even the symptoms, leave alone the cause.

It is unfortunate that highly educated doctors and scientists (robots) have not clearly understood the problem of animal products causing all these illnesses with all their heavy qualifications and most of them are not even vegan themselves, leave alone able to guide others.

The fact that we use animal gelatin sanitizers in the covid-19 epidemic and further abuse and exploit animals such as monkeys and sharks to develop vaccines instead of banning animal farming. We can use plant-based technology for every capsule, every tonic, every vaccine, yet we are using animals and slaughterhouse waste products in medicines and

vaccines and surgical sutures - this is the highest example of how foolishly we are behaving and how much harm we are causing to ourselves. The public is being tremendously stupid in not understanding that the entire system is only designed to fool us for economic profit and to promote the industries that are causing our death and illnesses.

We really need to be very stupid to not even understand one simple fact - that all the blood, urine and faecal matter of animals, their dead bodies and slaughtered remains as well as live trade and export or farming and breeding of animals - over 80 billion on land killed each year for food alone and trillions of fish is the biggest problem we have upon earth. And we are being fooled by our education systems and media to think we have a human population problem causing land shortage, food shortage, water shortage and diseases.

Argument 56: I am an animal lover and nature lover. I love to pet animals in zoos, and to walk them around in leashes. I also like pictures of cute, fluffy animals and stories about kindness to animals. I also think hunting animals for conservation is normal.

This is a typical non-vegan 'animal lover, environmentalist' stereotype and a typical symptom of a kind of schizophrenia, a complete cognition split where boundaries of rationality and irrationality disappear entirely.

We everyday come across old people who speak kindly and love dogs but get angry and show their (loose) 'canine teeth' if you mention anything about veganism.

A lot of children and adults alike enjoy controlling dogs, making them obedient, breeding and crossbreeding of exotic species as if it is really good to rape females repeatedly and separate their babies from them just for human entertainment.

Some also justify use of artificially bred puppies for 'work' or service to humans which is another form of exploitation and speciesism and is child abuse. If we

will not do all this to a human child, how can we justify this treatment to another specie?

We also see commonly environmentalists who are vocal about nature and healing of planet, but unable to oppose the main reason for environmental damage - animal farming.

Some animal lovers visit to zoos where animals lead sad, miserable lives with vacant eyes. They feel they are educating children and teaching them to love animals by supporting their abuse, imprisonment, and torture, a bit like whites had once abused black 'slaves' in history.

Some say they support 'conservation' (a crude practice where animal are selectively raped, bred and confined in zoos or controlled) depending on whether they are rare species to be saved from extinction, while other animals are cruelly and often brutally murdered. Animals classified as 'too many' and not of value to human society are 'curtailed' using insecticides - they are poisoned at a massive scale or hunted and trapped.

Instead of killing animals for conservation, domesticating of artificially bred species for human

ego, work, and enjoyment, and trapping them in zoos, we can simply focus on ending animal farming in the first place that has led to the entire problem of imbalance of nature, when 80 billion land animals are killed per annum for food alone leading to extinction of other species.

We think love is to coo someone and pet them - this is not love but using someone. If you love somebody, you set them free and treat them with equality and respect.

Argument 57: I am unable to reproduce the exact taste of my favorite food items, that is why I am not vegan. Because 'bacon though', 'cheese', 'sunny side up eggs' and 'Indian milk cutting chai'. (Pic of meat.)

Taste is a learned or acquired behavioural trait. We all get used to things we have consumed in the past, that society and culture have accustomed us to. We enjoy the taste of dairy solely because we have gotten used to the typical nasty odor and pungent taste of stale breastmilk of other animals, laced with fecal and urinary as well as vaginal secretions that I am sure add to the multi-sensory experience. We even have people voyeur at varieties of stinky cheeses in supermarkets that someone who is not from a cheese loving culture would not dare to consume with their repulsive look and smell.

The bacteria infested carcasses and breastmilk and salmonella rich eggs may appear scrumptious solely because we have been PROGRAMMED to enjoy their flavor and the aftermaths of stomach pain, diarrhoea, constipation, perennial cough, cold and flu.

Just like any other bad habit, our addiction to cocaine, alcohol, and dairy cheese, dairy milk, chocolate,

bacon, eggs, and other nasty food items will also fade away if we try to think of what has gone into the creation of those items. Tremendous suffering, rape, torture, and murder.

In case it helps in transitioning, vegan alternatives have been developed and are being invented at a gigantic scale as vegan products industry grows all around the world. To be healthier you can also try inventing your own transitioning vegan friendly alternatives at home, such as sunny side up eggs with chickpeas and wheat flour that tastes very similar and even looks like the real deal, or a variety of stunning cheeses, varieties of plant milks and even vegan bacon style and other impressive imitations. It may not be as healthy as raw veganism or frugivore diet, but at least there will be no rape and murder involved.

Argument 58: I am Indian, and we worship cows in India, we only take milk because we have adopted her as our mother. We will never kill her.

In a country that is the rape capital and where marital rape is legal, even polygamy in the guise of religion, and culture, women should never agree to be part of a sick institution called marriage and family where mothers are raped and abused for economic profit and personal lust. Akin to marital rape and domestic abuse is the practice of calling cows your mother, calving her through rape and milking for personal gain and taste. It is disgusting.

Such hideous and senseless practices can only be part of irrational cultures where we worship female idols amidst much fanfare for personal gain and wishes to be fulfilled and use women for dowry, sex reproduction in the form of marriage, marital rape, and domestic abuse as well as servitude.

All use of animals in farming and breeding is rape and domestic abuse. Not just of cows. In every form of animal farming or breeding - husbandry and rape exists as the greatest evil of society.

India because of its unnatural lust for breastmilk of cows as promoted by Krishna's images and other religious imagery, is also guilty of rape of cow. Not only that, because killing cows is banned in some states, cows are exported or carried long miles and abused severely, tortured, and then hacked mercilessly after being sold once they are 'spent' and diseased due to farming and milk production. Therefore, India is also among the largest beef and leather exporters in the world. Pamela Anderson has explained this very well in a PETA documentary.

Even if you call cow your mother, she is not your mother and not there for your breastfeeding needs and you should not be breastfeeding if you are not an infant. In case you want your infants to have alternate to their mother's milk then plant based fortified alternatives are possible instead of rape and torture of other females and forced ejaculation of male bulls for insemination of cows. These all are such disturbing and vile practices that no-one should justify them.

Consuming cow's milk is directly linked to not only cancer such as breast cancer, but also risk of diabetes in children and adults both, besides other deadly diseases and ailments. Even most of your stomach

problems, heart attacks, Parkinson's, Alzheimer's, autism, multiple sclerosis and skin diseases including acne and eczema are related to dairy. By consuming dairy and giving this unnatural product to your children who are humans and not designed to digest this animal product you are ruining health of your children too. Simply put, the milk in the udders of cows is superb nutrition for her baby and poison for us and our planet, besides being far from 'shakahari' (plant based), which is the real meaning of vegetarian (vegetation based). A cow is not a vegetable.

Argument 59: God or Goddess or Universe wants me to be happy, rich, bountiful, abundant, have pleasure, enjoy relationships with people and have fun. That is the purpose of life. Why should I be bothered about animal rights.

Spirituality in materialistic form teaches us that the universe is conspiring with us to give us whatever we want, including all the varieties of food there is to consume. It is all about having more. That's what all the spiritual gurus and leaders had trained me to believe in new age circles too.

In-fact this Senseless Universe, God, or Goddess - regardless of religion or spirituality is what almost EVERYONE on earth seems to be following, whether in Islam, Judaism, Christianity or in pagan faiths such as Hinduism, Wicca or non-denominational New Age spirituality.

Each of us is programmed to believe that there is a very loving Creator of the world who loves us unconditionally and supplies us with all manners of horrible things for wish fulfilment through prayers, spells, and faery tale magical thinking.

The question is that if there indeed was a loving Creator who loves all of us unconditionally and fulfills all wishes - then why the hell is this creator not helping the animals who are being sexually abused, repeatedly bred, and slaughtered every second all over the world for human greed.

This greed in the form of indiscriminate wish fulfillment is caused by the selfishness of humans who believe that all their prayers and wishes should be fulfilled even if detrimental to the other species we abuse, hurt, rape, kill and consume.

In fact, if this kind of horror show is taking place on our planet every second, it sounds more likely that a Devil is fulfilling wishes of human mind at the terrible price of hurting and incapacitating other animals in this hell ruled by humans. If there was a kind, rational and compassionate God, Goddess, or Creator, overseeing everything - these atrocities would be unthinkable.

It would it be impossible for us to imagine that we will ascend to any kind of heaven or higher reality if our actions are so cruel or evil, yet people have been brainwashed to believe blindly in such a fantasy of

heaven simply by false faith and adherence to a separate religion or specific masters.

If you wish to be good, be good for the sake of being good, not for the promise of a heaven or for fear of hell given to us by an assumed Creator or Source, but simply because you believe in being a good person. That inner consciousness based on your own ethics, compassion and deeper values is better than a belief in any magical creator who is fulfilling wishes at command.

For all you know we could merely be trapped in a Matrix where our thoughts are manufacturing a highly realistic multi-sensory simulation, whether negative or positive, good, or evil - and we thought a kind and loving Creator is behind it all.

Why be after any desperate show of success, fortune, romance, fame, and pleasure if it is all just an illusion? Spirituality needs to begin where selfish craving for purely materialistic and senseless sensual desire ends.

Argument 6o: What difference can one person make when there will always be someone else killing an animal any-ways for food or products? For example, we also use petrol vehicles that destroy the planet.

Crimes of rape and murder cannot be compared with merely not using fossil fuels in personal life. In this case a distinct individual has been abused, raped, controlled, and ultimately killed just for your cup of latte coffee or chai, just for a bit of egg and Mayo sandwich, just for a little cheese and ham or chicken tikka, for some honey salad dressing, for your leather boots, bags, belt, or wallets, for your wool and fur coats or silk scarves and sarees. By paying for those items, it is totally your actions that are the cause of the crimes.

By not paying for someone's rape and murder you will not cause that rape and murder of one individual. Yes - you will make a very big difference to that individual. This is in your power entirely in every moment. No government is necessary to make you choose not to pay for unnecessary rape and murder of someone today.

You can choose compassion right now and choose a vegan alternative for everything you consume as much as you practically can because you are DIRECTLY being the cause of the suffering of the poor creature being abused, raped, or killed for your items. He or she is the victim and not you. You are the perpetrator for whom he or she was raped, killed, and abused violently as well as enslaved, exploited and controlled.

In some cases, it may be practically impossible to have a vegan alternative, for example you are in ICU and critically ill or comatose and they use animal tested medicine, animal sutures in surgery or lifesaving drugs. That is not your fault as you are not in a position of choice. That is a problem in the medical system and pharma industry system that unnecessarily uses and abuses animals even when plant-based, and cell technology is available and possible. We need to fight against the system where animal products have been added against our will and unknown to us. But when it comes to a choice of what you are consciously consuming, right now - you cannot wait for a system change or for the government to tell you is right for you.

As far as system-wide change is concerned, while it is true that our systems are evil and negative, as well as foolish to say the least - who has created all these human systems of governments, politics, economics, education, jobs, agriculture? It is our past selves, abusive, evil, and unconscious humans from the past who designed and implemented these systems. When we talk about human designed or man-made systems, we need to be willing to take responsibility, accountability, and action at a personal, community and national or world level and not just crib and cry against the system. We are creators of our systems and can redesign them and demand change - the least of which is to end animal farming and fishing, animal testing and animal products.

However, when we want a system to change, that passion for the cause needs to come from the heart and soul, and not merely a hypocritical lip-service. We need to also try our best at a personal level to at least not cause deliberate rape and murder of innocent children by not paying for these crimes.

Argument 61: When my friends, religious community, and masses of people around me on social media are all non-vegan why should I be vegan?

We humans are a foolish lot. We do not even know that we should not rape and murder other animals and use animal products without thinking.

Even to this day we believe in FGM and other horrible things and have not banned religious books that have all manners of very disturbing writings in form of scriptures in every other religion. It is shocking that even Vedas and ancient scriptures are replete with nonsense.

Nonsense posted on Facebook or social media and visible in the world, by itself can be a very MIND RETARDING experience at times due to the sheer level of stupidity encountered at every corner with people totally brainwashed by religions or media and consumerism. If only we had common sense, living in the world would be a less than traumatic experience for us.

Argument 62: I want to know more about the benefits of going vegan first from medical and scientific research papers and articles. I want to research everything and then decide if it is good for me to go vegan - is it good for my skin, muscles, beauty, sex life...?

I don't understand - is not killing and raping a child or mother not a good enough reason for going vegan? Some people are vain narcissists to not agree to end rape and murder of poor creatures unless they are going to 'get something' sexual or health benefit or want to see if they will have great muscles and be sexually attractive?

People want to get something out of veganism for personal benefit and want to research it like crazy to ensure they do not have enough vitamins or get excessive unnecessary protein before deciding not to hurt, harm, rape or kill someone for profit or for food and clothing? Animal products also lack fiber, especially the moral one.

Veganism, unlike plant-based nutrition, is a moral stance. There are tremendous benefits in health, well-being, and personal relationships as a side effect of

veganism, not to mention the climate change reversal and saving of the planet. Yet, veganism is not something you choose because of those beautiful side effects. It is something you choose out of your heart with a sincere regret and honest acceptance of our shamefulness. Veganism is not a diet, food choice or a trend. It is an awakening and ascension of consciousness.

You will certainly find huge improvements in every aspect of your life, even in your mood, attitude, behavior towards other human beings, other animals, and nature and not just in your sexual relationship, physical beauty, intelligence levels, mental and physical health, and musculature (as the 'plant based' documentary the Game Changers reveals) through a plant based or vegan 'diet'. Yes, you do get rid of acne, PMS and sexual or neurological dysfunctions too - simply because the primary cause of these problems is dairy and other animal products.

But honestly, not having to indulge in the senseless rape or murder of sentient beings is reason enough to change yourself and choose veganism. You can call this a moral or ethical benefit to your character.

Argument 63: I am okay with meat of skins of naturally dead animals or consuming eggs that are laid by a backyard hen or excess milk from a cow who is strolling nearby. That is why I am not vegan.

These philosophies that because no harm was hypothetically done to a female who gave eggs or milk in your backyard is a wrong one. Hens and cows have been medically abused to make them deliver unusually more amounts of periods or breastmilk (eggs and dairy). The ones strolling in your backyard were also abused species. This is not the way nature intended them to live.

The entire concept of domestication and farming of any creature is nothing but rape and domestic violence in a graphic, gigantic form and a mass horrible crime against non-human persons.

It is highly unlikely that you are going to get dead meat lying around in your neighbourhood fit for human consumption, although you can eat it and fall horribly ill. These animal products are unviable for any kind of systemic production or sale to humanity at large if sourced from naturally dead animals who were in the wild. Also, these are not fit for human

consumption and contain all manners of bacteria and viruses and cause other deadly diseases even if you will consume them from hypothetically 'naturally dead' wild animals to maintain your non vegan lifestyle. Normally these excuses are mere excuses that do not take us anywhere.

Argument 64: I am against children being raised vegan as it exposes them to truth about dairy, farming, and animal slaughter industry. I do not think children should be exposed to graphic violence and should be given all kinds of products to consume as they are too young to decide to go vegan for ethical reasons.

Think about it. Every sad day of our life we teach children how to shop for, refrigerate and disintegrate dead bodies of killed and abused individuals, and how to cook and eat them, in 'normal' non vegan human households. This is sick. Showing them that killing, and abuse is morally wrong has the opposite effect, it breaks the spell.

A lot of people bring up their disgust and shame at graphic footage of animal farming and slaughter in dairy, meat and egg industry, leather, fur and wool or animal testing. This footage being graphic have the maximum impact as they are evidence of truth or reality as we see it, as it happens to millions of children every year – yes, the animals we hurt, and abuse are mere children themselves.

Walking down a supermarket aisle with your child is more disturbing than these graphic videos of animal abuse shown by Cube of Truth volunteers at the middle of your neighbourhood high street. This is because at least at the Cube of Truth we are teaching children and adults that this abuse and murder is wrong and we should not pay for it. At home or while shopping for leg of lamb, chicken wings at KFC, eggs, or dairy - you are teaching a child that violence is acceptable or necessary - this is child abuse.

It is not child abuse to be shown a footage of an animal farm, it is child abuse to be kept in dark and being given legs, breasts, wings of dead animals, eggs, and milk of abused animals and to not be made aware that these are all evil.

More importantly child abuse is what happens to the animals themselves as they are mostly children abused by humans for eggs, dairy and meat, for fur, for goose down feathers, for animal testing, for soft leather. From foetuses inside mother's womb, to newborn to a few weeks or a few months old - children are abused, raped, and killed. This is an unthinkable crime.

No child wants to see animals hurt, injured, or abused out of their instinct of compassion that somehow gets lost as they are growing up. Sometimes adults impose their non-vegan views on children and brainwash them to become unnaturally insensitive.

We see those children crushing beetles or spiders, swatting mosquitoes and flies and catching butterflies, stepping deliberately on worms and snails while walking, just for the fun of it. These are signs of a sick society where we have learnt to be deliberately inhuman because 'we eat animals anyway.

Children are sometimes taught to love dogs of course because that is what 'loving animals' means to most people very limitedly and at times even that is not taught to children in some cultures, for example a lot of middle eastern families teach hatred or disgust towards dogs and pigs to children. In some oriental customs, even dogs are killed for meat.

In many routine cultures children are taught how to hunt, how to kill an animal with their own hands, how to cut chicken or buy animal bodies and wash their blood so that they learn where their 'food' comes from. For example, I regularly felt my dad

encouraging me to buy chicken after witnessing the birds being killed before our eyes on the streets of India even before I turned 10 years old. I have witnessed children take a knife and kill an animal as part of bloodbath festivals such as Eid. This is the way we keep a stone on the hearts of children and make them cold blooded abusers who are fine with dead bodies or killing as well as with handling or eating dead bodies.

In UK, I have commonly found children fishing and hooking fish deliberately just for fun and watching them suffer for momentarily pleasure in rivers, or even killing them in sea water fishing. Children of all ages are being groomed to be killers and a mother recently told me at the park that - fishing is a better 'sport' than being on your play-stations.

If we let children grow and develop as normal human beings they will never agree with the abuse and slaughter that happens in dairy, egg, or meat industry or in any animal products industry. That is why telling them the truth at an early age is necessary. Also, as they are growing up, they're capable of learning right from wrong.

Argument 65: Vegans think they are morally superior and are too rigid in their opinion (like a religion) - its terrorism and extremism.

Vegans do not think they are superior. In fact, it is the other way round.

Non vegans think they are superior to other animals. They are the ones extreme in their views and they are the ones holding a gun to the head of a poor child who has done nothing wrong, or paying for someone to hold that gun, just for a non-vegan muffin or burger.

Non vegans are the militants, terrorists and extremists who are ready to kill and dominate over others mercilessly and unnecessarily.

Veganism is the EXACT opposite of extremism, opposite of terrorism and the opposite of militancy. It is about non-violence and compassion towards all sentient beings which is the only right attitude to have. Veganism is about manifesting a world where no guns and no weapons are needed. One where non-harming and ahimsa are the defaults.

These animals who are being raped and murdered, abused, and controlled had the huge misfortune of being born as a member of a specie that the humans want to enslave and dominate over. They have no way of escaping from us humans. This makes them vulnerable and mute victims of a very unjust and cruel system. These animals deserve to be respected and to be free just like all humans do.

If you are talking about feminism and women's right movement, a lot of people did think (and some still do) that women fighting for equal rights and respect is a bad thing. For example, women had to struggle even in the 20th century to merely win the right to vote in England. Even to this day and age, some people are STILL afraid of being called feminists and to fight for equality, just as some are afraid to be called Vegan and fight for animal liberation. This is sad.

People of color have also been discriminated against for millennia and have been fighting their own battles for equality and anti-racism. They do not have to apologize for being anti-racism and to have a movement for equal rights to people of color.

Similarly, veganism is about animal rights, it is a social justice movement. It is about being normal and to recognize that speciesism is a crime and a social evil just as racism is and sexual discrimination is.

No one chooses their race, their color of skin, their gender - these are natural - and to discriminate based on anyone's skin, gender, or physical features such as one's specie is simply wrong and abusive.

You do not choose what specie you are born as - you could be a mouse a leopard, a sheep or a dog, a cow, a pig, a fish, a zebra, or a human...all with your own unique personalities, skills, and talents.

We are all are sentient beings with thoughts, feelings, and emotions. We may have different facial features, some have a nose, some have a snout, others have a trunk, or beaks, some have paws, and some have hooves or claws and fingers and toes...wings or tails. It is wrong to discriminate based on physical features.

Speciesism is an extension of racial discrimination.

Just because these animals speak a different language and do not participate of their free will in religious masses and political assemblies, and do not vote - you

do not regard them as legal persons or individuals. Yet, they are individuals. They are people, not vegetables, and certainly not things. All individuals deserve their own basic rights of freedom, right to live, right to not be abused, right to not be raped or murdered, right to not be exploited for economic profit and the right to not be controlled, owned, or enslaved by someone else.

If you are not a vegan you are pro-animal abuse, just as you are pro-feminine abuse if you are not a feminist supporter and pro-racism if you are not an anti-racist. If you are a good human being, you should be anti-speciesism and vegan by default or at least choose to be so if you were brainwashed and trained by society to be a speciesistic abuser for so long - as most of us were trained in the past since childhood by our parents.

Most vegans were not born vegan. We have had the humility to accept that we were wrong and the courage to change ourselves and reform ourselves. We are all reformed criminals and there is no shame in accepting our faults and turning over. We humans need to get rid of our gigantic egotism.

Going vegan is the exact opposite of rigidity, ego, and pride. It is a humbling experience and one you readily and sincerely choose from your heart.

Argument 66: It does not matter if you have a leather belt, shoe, or bag? They look lovely.

Veganism is about not participating in abuse or exploitation as far as practically possible. And it is practically possible to survive without cheese, eggs, or leather belts.

So long as we are aware and have the power to choose something else, something that is not made of rape and murder - we should. By paying for an item consciously and knowing it involves rape and murder of a distinct person, a specific individual, we are participating in those crimes.

The fact those items such as leather bags are biodegradable does not make them worth the murder and rape of an animal.

Some people see eggs as just another ingredient, dairy as just another consumer product, meat as just another item on the shelf and leather as another fashionable thing. Vegans do not. We can clearly see the immense pain, torture and suffering of the animal and feel the sorrow in our hearts - visibly - when we go to shopping and see shelves stacked with dairy, eggs, leather and other animal products.

When we watch you consume or wear those items without any sensitivity or awareness, we want to tell you not to do it - because it hurts.

The pain and suffering of a creature can be felt through empathy.

None of those items were manufactured without rape of a female, without sexual abuse of males for breeding of those animals. None of them were without torture, control, and enslavement of an animal. They all involved abuse and ended in slaughter.

In most cases infants, newborns and little babies were murdered or castrated very painfully in these industries so you can have an egg, some milk, some cheese and leather, including soft skin of the child or hide of parent. This is unacceptable, even once, even to one animal.

Consuming any non-vegan product consciously is out of the question, simply because it is rape and murder and we do not want to participate on those horrific and despicable crimes. No non vegan item is lovely. It is bloody and horrific.

Argument 67: Honey is okay, isn't it? It is therapeutic and natural and what could be the harm in having a bit of honey with tea. My guru 'xyz'ananda from India used honey. Also beeswax candles and food-wrap are supposed to be good for environment, right?

No honey is not okay, and beeswax is also not good.

Honey is basically bee vomit and insects such as the very intelligent and sociable bees spend a LOT of time toiling endlessly just for the few precious drops that they need to store for their little ones for a rainy day or cold winters. Their hives are also manufactured with a lot of dedication and suffering. I have seen in my childhood in India that using fumigants bees are driven out of their homes, hives mercilessly destroyed - aimlessly, for securing their only belongings - honey. It is vandalism, theft, murder and is inhumane, yet children are taught to be fine with it.

Not only that, artificial insemination of the female bee for reproduction and for 'cultivation' or bee farming is also rape, and male bees are crushed to death for semen extraction which is sexual abuse and murder.

Often the female's wings are clipped to prevent escape.

Humans have not even left insects from their monstrous clutches of rape and murder in their greed to consume everything they see. Please watch the free YouTube video about honey for the truth in the voice of Earthling Ed instead of watching farmers and industry sponsored videos of lies.

I am aware that a lot of gurus and yoga masters from India have stated that honey is ayurvedic, medically good, highly nutritious, and so on, but we humans do not need insect vomit. These outdated concepts such as dairy is okay, ghee is good, honey is good...promoted by yoga masters and some very popular Indian gurus need to be discarded into the garbage bin. If it is rape, abuse and murder, the only answer to that is NO, I do not pay for this. There is no way you can be spiritual and be comfortable with such crimes at the same time.

Numerous delicious and aromatic herbs are available for medicinal usage such as cinnamon, lemon verbena, clove, rose hips, lavender, thyme, nettles - there is no need to torture someone for medicinal

purposes. You may add your chosen herbs to your syrups and teas instead of honey or cow's milk.

It is easy for us to prepare fruit and sugar syrups at home and a lot of us can use alternatives such as golden syrup easily available in stores for recipes. Why rape and abuse bees for something so unnecessary as honey?

Another reason humans abuse bees is for assisting in pollination in large-scale commercial cultivation such as almond plantations. Once again there ought to be less consumerism and greed in our world. We need to develop ways to cultivate trees and fruits without harming others in the bargain.

Commercialism and capitalism have clouded our judgement and we are caught in a web of lies in the matrix - lies propagated since centuries.

Just because insects such as bees are small it does not mean their lives are less commendable than humans. They are more valuable to the planet than we humans are and need to be left in the wild instead of being farmed, abused, and hunted. No one, no matter how small should be deliberately abused for profit or for 'products'.

Argument 68: We must understand that people need time to go vegan and learn about it. We need to have patience. Why do we want the planet to go vegan so fast?

If human children were being murdered violently by the millions every night or if human females were raped for profit every day, we would not remark – “what is the hurry,” would we?

Yet this CRIME disguised as animal farming continues and atrocities are committed to millions of baby chicks in egg industry because they are male and unprofitable, to hens for egg production and insemination, to bulls and cows for reproducing and milk production, to billions of animals for meat, fur, and wool, to trillions of fish, to baby insects and worms for honey and silk. Why should we have even a second of patience with these unspeakable crimes of rape and murder?

Why are rape and murder considered profitable industries and individuals considered as commodities purely to manufacture products of economic value and consumption? Why can we not see the gross evil in this kind of consumerism and capitalism?

The planet is dying, there is a climate emergency and so many governments have declared an emergency, a catastrophe - we all have accepted climate change as an urgent situation to act now.

What about the murder and rape of billions and trillions of animals every year - this is not an emergency? Is this not an urgent situation? This evil requires us to be impatient and take urgent action. If these crimes are happening to even one individual - these must be handled as a matter of extreme emergency, leave alone to billions of innocent victims every year.

What is there to teach and what is there to learn? Is this not such a simple and obvious fact that rape and murder are gigantic crimes and huge emergencies. Today we need to sign such petitions by the millions and go to the governments by gathering. and asking for a law to end animal farming permanently and to recognize slaughter and abuse of all animals as a violent crime. Where are we all and what are we waiting for?

Argument 69: I do not want to make veganism a 'political issue'.

This is just like saying rape or murder of trillions of individuals should not be a political issue.

There is no shame in saying - yes, rape and murder should be the most burning and crucial issues and the victims, in this case, are animals of other species, the hens, the bees, the cows, the genetically varied sentient, emotional and sensitive beings we share the planet with. It is immaterial that their language and culture are different from ours, or that their body type and shape is different, and their physical appearance is different from ours?

An issue is something that affects life. Political is all about the way we function as humans in government, in our countries or internationally. There is nothing wrong in being political about Veganism.

Veganism is a movement for animal rights - for the planet, for all the species and members of the planet. It is not about humans and their power. It is about the ones that are EXCLUDED from our power and politics, the ones we use our power against and politically dominate over.

Animals other than humans have no say in human politics, they virtually do not exist in any parliament, in any debates, in any rallies, in any voting centres. Only human people do, who have designed politics to rule over the planet and above all other creatures rather unjustly.

We have made the entire planet and all its millions of species subservient to us in our imaginary human society politics, where we rule as the kings, queens, lords, ladies, presidents, and ministers - as if we can kill and decide about the loss of life of all other species at our will.

As gentry and citizens of a country, we think we have the 'human' given (or even an imaginary God given) right to decide whether another specie should be raped or killed today for our glass of milk or tea, for our omelet, burger, or fish fingers.

Veganism is a moral issue and not a political debate alone. If no chickens or cows are given a chance to vote for a minister or party, how can we call veganism merely a political issue? When exclusively humans are involved in politics - how can we progress veganism a 'political' movement? It is a justice movement. And it

deserves to go to the highest level of political pressure.

We can and should effectively speak for the animals and demand a full recognition of their very natural basic rights from our policy makers and political representatives.

Yet, how many of our political leaders have discussed animal rights as a matter of great or urgent priority? How many are even vegan personally, leave alone being a political representative of animals? How many have outlawed murder and rape of sentient creatures?

The culprits - we who refuse to speak openly to our governments and demand a change to a vegan world, we the human people. Non-human people, the other species are also citizens, the majority not even recognized as people or citizens. Citizens is a term that implies all those who coexist in any given political area, town or city, and animals are therefore citizens. They are people and individuals, not objects. Their rights matter.

Argument 70: Happy cows give happy milk, happy hens give happy eggs...happy pigs give happy sausages...and so on (Happy Meals).

If you really feel you could exchange your unhappy life on earth for your 'happy' animals lives on a farm and live there to give happy meat when you are due, be my guest.

Would you really be happy if an alien took you away and raped or sexually abused you for production of new individuals and for DNA manipulation upon their species owned spaceship or their abusive planet?

Would it give you immense pleasure to be kept in clean and sterilized, even in comfortable containers, to be shipped over like a product?

Would your heart be filled with joy when they separated your babies from you and cruelly killed them?

Would you be happy to be injected with multiple chemicals and antibiotics and constantly lost without any power, any choices of your own?

Would you be smiling blissfully in oblivion if they totally controlled your life, fattened you in your happy

human farms and then killed you early for your juicy flesh after repeated sexual abuse and exploitation?

All these alien theories of human abduction, laboratory testing of humans and DNA manipulation, interspecies breeding experiments and shipping of humans, keeping them in cells on obscure planets... are circulating on the internet on Gaia TV already for some time. It makes for a few very lucid and terrible nightmares as well.

Think about it, what if YOU were going to be treated the same way as you decide animals should be treated?

After-all - the universe is very big (or so it appears in this simulation) and the chances that humans are the 'top' species in the universal food chain are rather bleak (unless we are in a Truman Show or controlled reality program). Conversely, do you really feel intelligent species from other alien civilizations will exploit, kill, hurt, abuse, control and rape humans or any other specie unnecessarily?

Truth is human civilization is far from intelligent, we are going to be literally WIPED OFF earth if we continue to rear, breed and exploit animals. Any

civilization that engages in animal farming is an extremely stupid one because animal farming is not sustainable and can never be, it damages life on earth irreparably and it leads to extinction of our own species as well. So let us thank our alien stars that no alien civilization out there is farming 'happy' humans for any 'happy meals' and have some good sense yourself.

Our idiotic education system and brainwashed parents have taught us all kinds of lies about Old Mac Donald Trump's farm and its happy animals and its namesake Mc Donald's has fooled us with 'happy chicken nuggets'. It is time to stop being drugged on the meat of gas-chambered animals and let go of all the carcinogenic and infectious 'food' from animal farmers and return to consciousness. It is time to awaken, for real and not just in a fantasy alien world in happy human containers. Rape and murder are not okay, not now, not in past and not in future, not on earth, not in heaven, not on any alien planet or spaceship. These things are not okay if they were conducted upon you, your children or on any other individual of any species.

Argument 71: My mom wants to eat dead turkeys on Christmas. What can I give her that tastes better than animals?

A piece of your mind.

Honestly, someone's raped, abused, and murdered remains - that too stuffed through the anus, is being compared for taste with a plant-based meal?

What do you say to such people, what do you give them?

Tofurkey, plant-based meat alternatives to replace a rotting carcass, holy vegan cow-less burgers that taste as amazing as a dead cow's lifeless flesh - all processed and enriched with chemicals to make it 'palatable' so that it tastes JUST like dead meat but is not as deadly, and has no death in it?

Yes, all those alternatives are very easily available, economically viable, tastier and a lot healthier than carcinogenic gas-chambered dead bodies, salmonella germs and cholesterol encased in eggshells with poo washed off from the surface, or deadly, animal pus infected breastmilk.

But what we really, really need to give people who are still after taste, who want to reproduce the EXACT taste of horrible and nasty dead items and the painful secretions of animals, is an honest piece of our mind.

Veganism is not the same as plant-based diet. It is an awakening of consciousness.

We need to say it like it is - rape and murder on your plate is not okay - and leave it there. After all honesty is the best policy!

If they still want to be given something - gift them videos of Dominion, Earthlings, Land of Hope and Glory and all kinds of slaughterhouse, dairy and egg industry footage that creeps the hell out of them quite literally and helps them lose all that excess weight they carry all around - the weight of their consciousness that is still lying, asleep. Their soul will thank them for it.

Argument 72: I am not vegan because I feel killing animals through hunting or culling is necessary to control their population, otherwise they will take over the earth.

If there is any specie on this entire planet that has filled up the planet, ruined life on earth, destroyed nature, killed others mercilessly, raped their females, damaged their children, abused land, infected water, polluted air and created hell on earth - you know who it is. The only pest on earth is the human one. Yet, we are totally OUT of control.

Would we really agree to 'pest control' humans.

What we need to control, or in fact end totally is our greed, our lust for flesh, our disgusting and highly disturbing ways of raping and murdering other lifeforms. We need to end animal farming forever.

We have disturbed the balance of nature by introducing animal husbandry and animal farming practices in the world - which are so out of tune with natural laws that it becomes impossible for the planet to take this burden.

By taking away majority of our land ruthlessly, cutting our trees and killing wild animals, domesticating some chosen herbivore animals as our slaves and by abusing them for re-production and production, we have created a monster called Animal Farming. This way we have ensured that many species go extinct and some who survive are 'overpopulating' the little land left by our cruel standards, even as we die, kill, rape, and die. It is ALL our fault.

We should never have to cull any species or pest-control any other being or ourselves. We can and should choose a better way. We know for sure that we have a better way of dealing with and sorting out the planet's problems, almost all of them - by going vegan and manifesting a vegan planet.

Argument 73: Perhaps you live in a good city where vegan items are easily available. What about people who cannot get access to your supermarkets and brands? What about the Eskimos/ Inuit in Igloos or nomadic sub-Saharan desert dwellers?

Most places on earth do have water supply and have shops and farmers selling tomatoes, potatoes, rice, wheat, corn, fruits, mineral-rich and vitamin-rich berries, nuts and beans that are more than sufficient for health and nutrition. You do not have to kill and skin animals on most places on earth.

In most cities, towns, and villages, you can get vegan products today. If you cannot purchase branded and packaged oat milk, you can toss oats into the blender with water and prepare oat milk in a few seconds. Same with cashew, soaked soya beans, almond, rice, and a host of other plant derivatives. You can prepare yoghurt, custard, cupcakes, whatever you wish with plant milks prepared at home if you do not have well stocked supermarkets in your regions.

Blending vegetable and food-grains or flours or beans can produce lovely meat alternatives and tofu at home if taste is on your menu. A variety of vegetable

gravies and curries can be conjured up in a few minutes of time with whole plant-foods.

As for the or lack of plant-based foods in strange-lands (and this argument usually comes from people who are not from there), it is true that humans have migrated to a few insipid regions on earth where it is nearly impossible to live. Ideally, human settlements should be in places where we can comfortably relax in temperate climate, need for excessive fire or electricity and without contracting diseases caused by weakened immune system. However, with technology even in Antarctica we have vehicles and food imported in for those who live there for whatever reasons.

Historically speaking, we were frugivore apes once, but due to invention of fire, hunting, animal skin clothing, and animal farming we started to exploit nature even more several thousand years ago and ventured into cold or dry climates where food is tougher to obtain plant based food from arable land. We have made life difficult for ourselves and for animals by killing them and cooking their flesh, tanning their skins, and trying to survive solely for

ourselves at the expense of others. This is our fault, and it has major consequences.

We continue to have borders built through racism and politics to prevent enslaved migrants who were forced to live miserable lives in inhospitable places from reaching back into more comfortable areas where they can once again choose to live as they will. Why will someone consciously choose not to live in a temperate and healthy climate? We prevent people from moving out and choosing to live in places where they can prosper without the unusual hardships and food insufficiency encountered in extremely cold icy lands or extremely hot and arid deserts. This is a disgrace.

Humans have been exploited and prevented from settling into and cultivating upon land now occupied largely by rich western gentry, lords, and landowners who have come to control much of earth mainly through animal farms that have usurped approximately 77-86 percent of rich, arable land on our planet. Rainforests the size of a football field each second have been ignobly razed to the ground to clear the way for cattle farms - for rape and murder of animals.

We need to change our entire food system to a plant-based one, and end animal farming and fishing permanently so that large areas of vast land are once again freed up to house hungry humans and wild animals comfortably and economically, to re-wild and fertilize the earth with plants and to end domestication of creatures against their will through rape and murder in animal farming, which is a highly abnormal and unnatural human activity, causing our demise.

Argument 74: Everyone talks about nutritional deficiency especially B12, which means it is not a healthy diet.

First, we have not commonly heard of anyone dying of B12 deficiency or any major health conditions caused due to veganism in general. We do hear about major health problems due to meat, dairy, and eggs, on a frequent basis from diabetes mellitus to autism, varicose veins to influenza, cerebral palsy to goiter, heart disease to cancer, stomach problems to respiratory illnesses such as asthma...the list of diseases linked to non-vegan diet is vast and endless.

Fortified vegan cereals and plant milk products such as soya yogurt are rich in vitamin B12 and commonplace. Fermented foods (idli, dosa, appams, dhokla, miso) are also traditional pro-biotic foods that boost vitamin B12 production as macrobiotic gut bacteria can produce vitamin B12. Once you switch to a plant-based diet your body begins to adjust itself over time and healthy gut bacteria is generated by itself in many cases. We know that some vegans claim they never need supplements and are in top health even in old age due to a mostly frugivore diet.

Even as we debate about micro-nutrients and science papers, there are people who claim to be largely breatharian and I know for a fact that it is possible through personal experience because of the spiritual practices and inner energy that we can channel for ascension. However, we do not recommend this for the public as those who are obedient to the rules of the matrix are plenty and for them too, there are plenty of vegan options and they can continue to count calories, proteins, iron, calcium, and vitamins or other minerals in a diet for nutritional accuracy and still remain 100 percent vegan.

You can find nutritional life coaches who specialize in vegan meal planning as a professional service.

You can also find vegan nachos. How about the several vegan alternatives to cheese that are fortified with B12 instead of dairy? Nutritional yeast is an example of how to get B12 too - simply sprinkle it into cooked food such as pasta and soups. However, if you are exacting and believe in popular literature on nutrition and need B12 and feel you may fall short at times, you can supplement - simply because farm animals ALSO are given B12 (Cobalamin) and B7 (Biotin) supplements.

Those humans who consume animal products also get B12 in an indirect way solely due to supplements issued to the animals. Therefore, one might as well consume a supplement that is vegan B12 directly or seaweed crisps and 'nooch', as B12 is vegan, instead of consuming animal products of raped and murdered (and infected, diseased) animals abused in animal farming unnecessarily and injected with B12 supplements artificially which is pointless in all respects.

Argument 75: We should focus on opening people's hearts to love and compassion through meditation and then add veganism to it slowly. If we directly talk about veganism we will not be accepted, so indirect approach is best.

No, this is a false approach as it grossly dilutes the issue of animal suffering which should be the main and foremost focus area of planetary ascension.

We need not be apologetic vegans who are very much afraid to say the v-word and to 'put some obtuse people' off, to find 'other' ways to reach their hearts with love and compassion. We need to show facts as they are and sincerely demand a change. If our child was raped or murdered or abused - will we still take an indirect approach of teaching meditation and waiting for inner awareness to the perpetrators? No. Then why double standards for animals who are just babies, merely children and young parents in jail, raped and sentenced to death for no fault of theirs.

I have worked with numerous people teaching Reiki, chakra meditation and ascension to eager and enthusiastic students and I am sorry to say that many people still refuse to go vegan after all that training

because their focus was only superficial. They were seekers of personal healing of mind and not awakening of the heart. They were not interested in developing empathy, not in ascension, and certainly not interested in TRUTH but on merely manipulating energy of the matrix through affirmations, some lower energy work, tantra, mantra, enhancing personal life or personal wish fulfillment in this false reality simulation of lower nature where our consciousness is limited for now. Some were even interested in remedies of 'negative magic' merely for personal gain even at expense of others.

We need not hesitate to highlight animal suffering as frankly and blatantly as possible - straight from the heart - and to move people to feel the tears of love in our heart, to feel the pain and reduce our ego. We are not the victims on earth as human beings, we are perpetrators, and the innocent animals are the victims.

We are not angels in flesh and blood flying in heaven, we are humans on earth learning lessons. Our ego is the number one roadblock to ascension, and we need to bring it back to earth. We must recognize the

demons within. We need to first work on relinquishing our evil side and try to transform ourselves.

Enlightenment is impossible if we hide the dark because by its very definition enlightenment is about seeing the dark within us.

Forget about love and compassion - why is it so difficult to not be evil first. Before claiming to be compassionate we need to at least be vegan, and remember it is not just a plant-based diet.

Veganism is a moral and ethical awakening. We talk about love and kindness all the time in our spiritual circles of Maya, yet we stay oblivious to the huge pain and suffering of the animals who are the main victims of our greed and apathy.

If we focus on healing of self, love towards self, kindness towards other humans, oneness and ascension to higher self and ascended masters, then we must also include other animals in this spectrum. We talk about love of our divine friends, soulmates, twin-flames as if we have all the time in the world even as millions of animals are cruelly killed this very second after rape and abuse. Some of us become plant based sattvic dieters for hedonistic reasons to

improve our image and hesitate to be activists - this is not done.

Often what we really and truly need is someone to simply SHAKE US Up and wake us up.

What divinity and compassion are we awakening by simply being hedonistic and focusing only upon our personal well-being, our celestial bliss, our personal ascension, and elevation to higher states of consciousness alongside eating animal products such as meat, eggs and dairy?

What healing are we going to receive or give to others with animal skins in our drums beaten about with the spirits of suffering animals who never saw any life in nature except the farms they were raised on for mincemeat production and sexual abuse for reproduction?

Before we attempt to open our hearts or our chakra, why not take one moment to change your diet, lifestyle, clothing, jewelry, even your drums and musical instruments. Please be careful and aware of where the things you purchase come from. Think about whether you have been instrumental in causing

suffering to someone and do you have a choice, a better option?

Without awareness of who we are and how we are living out our life in practical terms and not just a mental fantasy world, without recognizing our shadows and without refusing to participate in terrible, grotesque evil of animal abuse - there is no hope for any ascension for one of us humankind.

If we really do need to open our chakra or awaken compassion the best mantra for all 7 chakras for now is 'Just stop consuming helpless animals and go vegan!'. Let that be the starting point of meditation.

Embark on lofty and holy spiritual quests later, much later!

Argument 76: Going vegan is not viable but if you ask people to eat some fish, alongside more fruits and vegetables for health reasons then they will be open to that kind of change, else they will shut you off, because in cold and barren islands they need to eat fish only.

If someone is really dying in a cold desert island without any real food - please send them a helicopter - what are we waiting for? How can this even be a valid argument against veganism?

We have no right to judge that fish should be murdered on priority basis regularly to feed hungry humans who are anti-vegan and pro-abuse. Fish are sentient and feel tremendous pain and stress as we can clearly see in front of our eyes on fishing rods itself - it hurts. Would you take a chance and be born as a fish just to confirm whether it hurts or not? Dying gasping for air is painful as hell - I am sure fish do not enjoy going through that as much as some people, including children seem to enjoy murdering them so violently and then hacking them to pieces. It is terrible.

We can fry banana blossom, tofu, or aubergine in lieu of fish and chips. We can make a variety of lovely 'vish' and chips, vegan fish style curries, non-fish fingers and other plant-based delicacies. As humans we are born frugivore and not primarily fish eaters or any kind of carnivore whatsoever. When we can live without eating fish, and have so many vegan options - is there any reason why we should kill them unnecessarily? Even in coastal islands we can have a variety of tasty plant-based food items on the menu, and most islands do. In fact, in Koh Phangan, Thailand they are trying to develop a vegan community for some time.

Once again if any island is unviable or remote and you are unable to have any proper meals without killing someone, no one is required to force themselves to live there. The world is not a prison (I hope). We all should have the right to migrate out of inhospitable lands and climates. We all know that usually those who make such terrible arguments are surrounded by enough supermarkets in their well to do cities and towns. Unfortunately lack of ethics can be solved only by one thing - outlawing animal farming and fishing. These criminal activities should have no place in this universe.

Argument 77: Some animals such as cats are obligatory carnivores and dogs normally love animal products as food and are omnivorous. Therefore, I cannot be vegan as I want to have a pet.

When numerous humans with pets have successfully implemented vegan diet to their pets and all nutrients are SUFFICIENTLY available through a vegan diet, there is no need to worry as there are enough pet food options that are vegan.

If you are vegan, you will of course be against slaughter and abuse of all animals and will not pay for the same even for pet food.

Also, it is not vegan to buy animals as pets or to breed them. Only shelter animals or strays should be adopted to prevent them being put down unnecessarily. Breeding or trade of animals is sexually exploitative and demeaning and was introduced only to domesticate animals for human use and exploitation in hunting, animal farming, pest control as loyal servants trained for supporting human families and businesses.

You can also have numerous herbivore pets including rescued farm animals.

Argument 78: Plants have plant rights.

Will they draw attention to plant rights similarly if someone abuses, rapes, or murders a human, kills themselves or hits their neighbour? Will you rescue cucumbers and tomatoes before your human and animal companions in the event of an emergency such as fire at home?

Why do people say cucumbers and tomatoes are individuals with rights ONLY AND ONLY when there is a non-human person being murdered or sexually abused to generate meat or dairy or eggs for them? Why is it that people are ashamed of accepting animal rights to such a high degree that they constantly defend plant rights as soon as animal rights of farmed animals are being spoken of. Magically they turn into highly sensitive plant right activists from meat, egg and dairy consumers who feel nothing for poor abused and raped victims. Vegetables such as tomatoes, brinjals, avocados, cucumber, and hundreds of others ripen and fall on their own and the plant grows more or decomposes itself. They are not individuals with their own rights and emotions. Vegetables and fruits do not have brain cells, any more than people who make such bereft arguments.

Argument 79: Why don't you speak against certain politicians? Why are you talking to me about animal rights and veganism?

(Note that all these are actual arguments received from not-so-good friends and neighbors. This one is from a lovely lady who is very friendly, especially to cheese.)

Just the same old strategy - people want us to divert attention to 'other' issues and celebrity bashing.

According to non-vegans, we must avoid requesting them to stop paying for the murder, rape, and prolonged abuse of helpless and innocent animals just for selfish fun and taste.

People refuse to see anything wrong with rape and murder for personal enjoyment. They believe that no personal responsibility is necessary in life and no inner change is necessary. All crimes can flourish with such an attitude that no one should talk about anything to do with their personal change when there is Trump or Boris Johnson to talk about.

Once you have a politician to blame, you know you have found your savior.

Argument 80: I know there is vegan steak and bacon but those are artificial and not the real deal.

It is impressive how people want real 'wholesome' food instead of artificial food items, but you can also have wholesome plant-based food, much healthier than any kind of meat or animal product. At least it will not be a result of deliberate rape or murder sponsored directly by you.

Non vegans often complain of how artificial meats and cheese are so 'artificial' or how they want the 'real thing' without thinking from the victim's point of view and without rationally examining the health risks of having animal products. Even if plant-based meats, egg or dairy alternatives are processed, they are still a hundred or million times better than a dead defunct body, cow pus or chicken's anally secreted periods.

Non vegans complain of why vegans eat food that resemble meat, eggs, and dairy - 'why make it look like or taste like real meat, eggs and dairy?', they ask condescendingly.

The reason is very simple - because veganism is not a diet. It is not a health fad. It is not something you do for yourself. It is something you do for the animals,

and for a lot of people this includes substituting their family favorites such as pizzas, lasagne, chilidogs, blue (disease) cheese, bacon, steak or turkey with similar and 100% vegan alternatives. After all the typical western diet is rich in processed cheeses, processed sausages, meats, and eggs.

In other cultures, such as India bacon, sausages or steak are unheard of in most families. Rice, pulses, condiments, vegetables, and some fruits are staple to most homes for all meals including breakfast. Their diet does not include cheese and ham or even eggs in millions of households since several generations. The only thing non-vegan in their food plan is a bit of cow's milk for tea and that can easily be substituted for plant-based milk or herbal teas (a fad popularized by their British invaders). It is because of the western diet and the way it has reached even eastern nations with all the junk food and processed cheeses and meats; Asians have also started adopting to a western lifestyle in recent decades.

Because of taste and fancy habits that are implanted in our memory, and prevalent in society we do not discourage vegan processed alternatives to dairy, eggs and meats in all possible flavors or varieties

while acknowledging that the healthier option is one of plant-based whole foods.

Whether you eat whole foods or processed food is your personal choice based on your requirements of health and well-being. Whether you kill or rape an individual or pay for those heinous crimes is not a personal choice but a crime, as it harms another individual directly.

Argument 8: Children do not like the taste of plant-based food. Let them enjoy life and eat whatever they want.

Children should certainly enjoy life, but they do not enjoy death. Non-vegan foods give death to billions of animals and to our own children as well. Our family's health, peace of mind, and consciousness levels - all fall due to non-vegan products in our household.

Children are naturally gifted with a good heart, at least until adults train them to become heartless and robotic. A child being innocent normally would never be agreeable to the deliberate killing of any creature. They love animals and imagine farms to be full of love, with furry rabbits hopping about gleefully, chickens clucking, cows mooing, duck quacking - and a loving person who looks after them is their imaginary farmer. No fairy tale or children's book is complete without a pet animal or a farm animal or a wild beast because children connect very soulfully with personifications of non-human people. It fills their life with magic and wonder to talk about animals.

It equally horrifies them to know that the food they were given by parents or at school was a poisoned

gassed pig who was just an infant, a little bird who wanted to fly just once but never could, the milk denied to a newborn baby calf who was slashed or shot alive just for being male, the eggs produced by grinding a tiny baby who peeped out of the shell just to be bled alive in a heavy machine. Most of them have no idea what rape is but if they found out they would never forgive us.

Human children are naturally inclined to enjoy fresh fruits and healthy vegetables. It is natural for them to reach for a juicy carrot or cucumber, an orange, or a pear. It is not normal for them to go and kill another animal or to learn how to hunt as carnivores do. Humans do not have those primal instincts. Why are we training our children to become monsters? Why are we programming them unnaturally into something that is unnecessary and violent? By teaching them that dismembered body parts or whole killed animals are food for us, we are encouraging violence to grow. Not just that, we are also causing our children suffering in the form of deadly and life debilitating long-term illnesses. Instead of this we can teach them how to love a healthy plant-based diet and spirituality that is based on compassion.

Argument 82: We hear of babies dying due to vegan parents who do not feed them non-vegan formula or infant foods. This means that veganism is wrong.

No, babies do not die because of vegan formula feeding or breastfeeding by one's own mother, or due to vegan food. Breastfeeding one's own mother's milk is the best source of nutrition for an infant and it is totally vegan as not a single being is harmed due to the same. It provides nutrition, including colostrum essential to newborns, develops immunity, and prevents cancers and diabetes. Your milk supply would not be likely to fall short if you practice baby led feeding, follow your instincts, and nourish yourself well with plant based plentiful food.

Even developing foetuses thrive on healthy varieties of plant foods. Eggs, meats, and certain cheeses are widely known to be dangerous for pregnant mothers due to risk of toxicity and infections especially when not properly cooked. Breastfeeding mothers too require a rich variety of plant-based meals and need to steer clear from negative foods.

In rare cases of babies whose mothers are unable to breastfeed them, vegan formulations are totally

possible and viable. There is not a single nutrient you cannot obtain from plants and from vegan supplements or fortified food.

Raping another animal for milk that will make you ill is wrong, as is brutal killing just to rear your own young ones, enslavement for eggs or killing for meat.

Many people complain of autism being a current issue among growing children and have no idea that dairy is linked with it or juvenile diabetes, that can be life threatening and is linked with dairy. From worms in the stomach from meat to deadly tapeworms that reach your brain from pork - rotting dead flesh served at home is an invitation for disease as soon as it touches the plate and even before it reaches your stomach. These are just a few examples of how irresponsible non-vegan parenting is.

Media announces headlines stating 'vegan parents' when in truth, a few stray incidents exist whence parents have not properly fed children a healthy diet while not covering malnutrition, obesity, and deadly diseases caused during non-vegan parenting. They never mention cases of non-vegan parenting gone wrong which is far more commonplace and pick on

vegans alone which is discrimination and misappropriation. All parents need to be aware and responsible in terms of health and nutrition and provide healthy food to children.

Vegan parents are doing the right thing by refusing to give unethical and illness-causing food to their babies and children.

Some healthy foods for growing babies and children include ripe avocados, mashed ripe bananas, cooked cereal grains, cooked lentils, soft rice, vegetable soup, mashed and steamed vegetables, mashed potatoes, cooked mushy beans and peas, sweet potatoes, turnips, parsnips, pumpkins all can be nicely cooked and served beside a healthy dose of ripe fruits that can be mashed and served for weaning babies. My personal experience is that my son has especially enjoyed varieties of fruits and vegetables as a toddler and never complained or made a face about having to eat plants or vegetables, in-fact he looks forward to them. The only time he suffered of stomach complaints and malnourishment was when he was being forced to eat animal products by my in ex-laws who were interfering in my parenting.

Argument 83: I only buy non-vegan products second-hand or donations, gifts, and so on such as bags, drums, and shoes... or keep old ones, not new ones. (I just need those non-vegan products so badly.)

Imagine if you are vegan and were displaying, sharing, and eating non-vegan food items such as eggs, pork, beef, or chicken because they were 'second hand' or given by someone (like Buddha did). Very similarly if you continue to wear non-vegan jackets or use other non-vegan products personally in vegan events or activism it may not always be appreciated or allowed in vegan circles as it goes against the core value.

Vegans can be often empathic who are offended by the consumption of animal products around them and seek to join forces with those who boycott those goods. The memories in those items are one of tremendous pain and suffering and we can vividly feel what the animal must have gone through when we see non-vegan food or other items in front of us and being used or consumed in a party for example which puts vegans off and depresses them. Although they cannot stop someone from using those items legally today, vegans can and do avoid using these items themselves.

A lot of vegan events and organizations have a strict policy of not accepting non-vegan animal hide drums for example, or leather accessories, woollen shawls, feather dreamcatchers, non-vegan ritual gear such as feather or leather headdresses and robes, silk, wool, animal horns, pearl, or mother of pearl jewels...even second hand or old ones in their events. It is the same as prohibiting the use of animal eggs, milk, meat, and honey. Veganism is not merely a diet.

Veganism means avoiding all intentional participation in any kind of abuse or exploitation of other sentient individuals as you possibly can and practically can. This includes not intentionally buying or using non vegan second-hand goods such as leather bags, accessories, gift items, drums, religious items - none of these are necessary and it is practicable and possible to not use them at all.

By refusing to use non vegan products as much as you possibly can, you are sending a strong message out to the world that you are rejecting all forms of animal abuse and exploitation and maintains consistency. After all we want to manifest a world without suffering and one where no animal products are used intentionally, and this begins with us in our homes.

Argument 84: I don't mind going meat and dairy free in diet (plant based) but going fully vegan in all respects is not for me.

Imagine if you or your neighbor were the one being abused, raped, bred, confined, or killed for production of soaps and other luxury products? The same rationale applies toward the abuse of all other sentient beings.

We do not actually need the following:

- Non vegan soaps, shampoos, and conditioners
- Non vegan cosmetics
- Non vegan candles, ointments, and oils
- Leather, suede or fur coats and hats
- Leather and fur accessories such as bags or shoes
- Non vegan winter wear e.g., wool, down
- Non vegan silk clothing
- Leather handles, tie ups and embellishment
- Animal products in jewelry, e.g., leather, pearls
- Zoos and aquariums

- Animal circuses and marine animal shows
- Sale of pets by breeding
- Animal testing
- Animal manure and animal bone or blood feed
- Animal color e.g., carmine red in food from crushed insects
- Animal products such as shellac (insect poop) in jellybeans
- Animal gelatin in seats and candies such as Haribo
- Animal-based electricity (if you can change your supplier)

Look also for E-numbers and animal ingredients or additives subtly included in the products people believe to be innocent or plant-based - for e.g., 'natural ingredients' is a misleading label.

The only reason why these products and services are being used and added to consumer products is speciesism - the belief that it is right to inflict violence or abuse on those of other species although they are fully sentient beings just like us.

A lot of times products with animal content and cruelty are pushed into our supermarkets for ensuring MAXIMUM profit to the animal farming and slaughter industry. They rape and kill animals and make sure that every inch of the animal is used for production of goods. Most of these products are junk and can be avoided and for others you can find reasonably priced vegan substitutes if you go online or simply ask for vegan alternatives. There are times when medicines and surgery are used to in emergency or when you use public facilities such as roads or buildings that are pre-made and you cannot find vegan alternatives practicably because they use non vegan paint, glue, and stationery. This is a systemic problem and a global issue because there are plant based and vegan alternatives to everything including medicine and vaccine, but these are not being given to us. Vegans do grudgingly use emergency or most essential public services and medicine although ideally, we want a world where vegan alternatives are sold and used freely.

Veganism is about avoiding being the cause of intentional suffering of animals as practically and possibly we can.

Argument 85: Do not force your beliefs on me.

No one is forcing a belief. Veganism is not a religious belief system.

That animals are murdered or raped or sexually abused - even babies, newborns, and children, in animal farming, not just a few but billions and billions each year - is a fact and not a belief.

That animal farming is violent and unnecessary is also a fact and it is not a belief. We have all possible options of vegan products available to us - we do not need to intentionally and cruelly hurt or kill or harm to survive.

We must come face to face with the fact - that an animal was raped, abused, or murdered for your meals, completely unnecessarily.

We need to agree that several times a day, animals were being abused or beaten to death, anally electrocuted, gas chambered, slit at throat, and bled to death, or smashed on a concrete wall or slab just for some sausages or leg of lamb or nuggets - just for YOU and your greed. This is a fact and not a belief.

That little chicks were ground up alive in horrible macerating machines fully conscious and alive - is not a belief. It is a fact in the egg industry that millions of chicks are disposed cruelly just because they are male. These are not beliefs but facts - and yes, you are responsible as a matter of fact.

That little newborn baby calves are shot to death after being cruelly separated from mothers and denied their milk and their mothers left grieving only to produce milk for you and then they are also killed is a fact - this is not a belief, and you are directly responsible if you consume dairy items.

No one is forcing any beliefs, facts are being revealed, lies are being rejected. Ethics are being instilled in society. Without a rejection of gross evil, without an end to horrible monstrosities, and without basic ethics and sense of responsibility - what use will any belief system be?

Are you going to tell a little baby who is crying and trying helplessly to run away from abuse or death - not to force his beliefs on you? Will you reject with a vehement "no", a belief that rape or pedophilia is wrong?

Then, how dare you call the fact that animals are unnecessarily and cruelly abused and exploited, even raped, and murdered, a mere personal belief, when little babies and adult animals both are being abused and killed for no reason. This is the height of ignorance.

What is wrong is wrong and this is a fact not a belief.

Argument 86: We work on a factory farm and depend upon it for my family's food and rent.

If you do want to change your job, you can. You can acquire a new job or venture into a new business. An animal cannot get his or her life again.

If you are poor and looking for work options, does that mean we will accept jobs that require killing for a small fee? Will we become criminals and violent individuals and justify it saying we do it for money because we need to pay bills? This scenario sounds more like the literary dystopia in Hunger Games.

The only reason people state such excuses when it comes to abuse of animals in industries that profit from animal abuse is that this crime is legal and allowed by your government. You however can have a higher sense of ethics than the government. I do speak from experience, having faced deprivation, due to strong anger of my close mate against my vegan activism. I also had to risk many sacrifices. I rejected many jobs that were non vegan in UK after my successful spiritual business in India was halted after British citizenship. To me the life of those animals was infinitely more valuable than the income offered to

sell those body parts. While I do understand that jobs and employment are hard to come by, where there is a will there is a way. We need to encourage entrepreneurship and give support to vegan products and business or charities so that we can transition to a just and fair system. We deserve to do what we love and not what human society conditions us or forces us to do, otherwise we will continue to be victims and will create more victims who suffer a lot more than we do in our lifetime.

By going vegan you are contributing to social change, and this includes sending an intention to the universe that you are ready for a new and more positive reality including better source of funds for yourself and your family, and you will with this trust and faith, pave the way to a better and more ethical future - one that does not involve hurting, abusing, or killing someone.

Argument 87: You cannot call plant milk, milk, or plant burger, burger, as it these items must have dairy and animal meat in them to be sold as such.

This is a false argument. Coconut milk and coconut cream are popular all over the world especially in Asian countries for centuries - still the dairy lobbyists argue about milk and cream being exclusive to dairy industry as if they own the word 'milk'.

Plant based McDonald's veggie burgers were launched in India in the 1990's for example, including Mc Aloo-tikki burger and McVeggie in India. No one can say a burger cannot be plant based. When I heard of meat lobby demand that vegan burgers be called discs or vurgers, I had never heard of anything so ridiculous. It made me wonder if western public and media has never heard of India or never travelled the world?

In India people have used soya nuggets and soya mince for a very long time, Now, to say nuggets cannot be plant based will be silly as they always were. Similarly, my ex-mother-in-law taught me how to prepare plant-based potato and corn sausages several years ago.

It is strange that suddenly the meat and dairy industry wants us to call plant meats, burgers, sausages and milk, something other than what they are because they want ownership of the food item 'sausage' and want people to think it can only and only be made of what they are selling - murdered animals who were abused to a very high extent.

Everything in food can be and ought to be plant based and it means everything. The terminology milk, burger, cheese, butter, sausage refers to the texture of the item. For example, we have plants such as milkweed have milky secretions, no-one says change their name to no-milk weed just because the term milk is owned by dairy industry or call milk thistle no-milk thistle or coconut milk as coconut alternative to milk. For centuries they have and will remain coconut milk and coconut cream. Peanut butter, cocoa butter and shea butter will not be renamed similarly.

Cheese too is a texture. Plant cheese is very similar to dairy cheese minus the disgusting dairy and sexual violence inherent in it.

Meat is the meaty part of anything including sweet meat, a term referring to any kind of confectionery.

Also, you do not have campaigns to change the name of centuries-old traditional mince pies as no-mince pies because meat industry claims that mince is only minced animal meat while mince pies are made of minced dry fruits and nuts (mincemeat). Plant meats are no exceptions.

You can have plant bacon, plant sushi, plant pies, plant sausages, plant burgers and even milk or cheese or anything you want without any rape or murder involved in their creation.

Argument 88: I am an animal lover who loves dogs and cats so much. Having meat of animals has nothing to do with not being compassionate and kind as a person. I am kind to others; I just cannot go vegan.

If you do love cats and dogs, chances are you have forgotten why humans domesticated cats and dogs in the first place. Cats and dogs were wild animals first and brought to human settlements to enable hunting and killing of other animals on behalf of their human masters. It was a kind of slavery and still is in some ways.

Having a dog and a cat does not prove we are kind people or animal lovers - the way we have domesticated and interbred animals and created new species for our entertainment and to serve our needs is remarkable but not entirely ethical.

Similarly, we have domesticated and interfered with other species which are our farmed animals of today, making them very helpless and docile. We have used technology to force them to produce so many more eggs, so much more milk than what is ordinarily possible that they often can barely walk, and usually

die and suffer tremendously due to this kind of abuse long before their normal lifespan.

If you consume dairy, eggs, or animal meat products or any other product of exploitation and violence, you are obviously paying to sexually abuse and kill a poor defenceless creature and in no way can you call yourself an animal lover because someone was harmed specifically FOR you today. And you had a choice - you could have chosen a vegan option - it was that simple.

If you are not a vegan, you are pro-abuse - there are no two ways about it. Just by being kind to select species such as your human friends or pets, you are not being a kind person entirely but being speciesistic.

Argument 89: It is all karma, those who hurt others will get their karma, no need to teach veganism, just focus on your own karma.

Karma is a Sanskrit word that means action. It means what we are doing, mentally and physically. We are responsible for our own karma, regardless of consequences. Just because we believe in karma does not necessarily mean that the bad will be punished or reincarnate as victims in future lifetimes or go to hell - those are religious beliefs that may not be true and not really karma.

Karma is not about the after-effects of your action. Karma is your action - this very moment what you do is your karma.

If you care about the universe your energy field will be aglow with your intention to heal the planet and manifest a non-violent world. Your energy is your karma. Your thoughts, your emotional charge, your physical activities if aligned to a positive sense of ethics and non-violence are your karma. That is what you create, regardless of what you get. Karma is not about what you get at all - it is what you give and what radiates from you.

If you are a good person who believes in good karma - which means undertaking good actions, you will automatically manifest and consciously create a vegan world.

It is our duty to spread vegan vibes - it is our karma. Selfless karma is the path of karma-yoga and a spiritual path. Being selfish and focusing only on our own personal business, jobs, or comfort, only our own peace, our own healing and personal pleasure, is hedonistic and not always spiritual.

We should all try to do the best we can and not give up or feel shy to spread the vegan message and demand a much-needed systemic transformation in our world to a vegan planet.

Argument 90: I use only 'responsibly and ethically sourced' skins at the cost of animals.

The only responsibly sourced, ethical, or humane items are vegan brands.

Some people have been cleverly marketing and promoting so called responsibly sourced fur, leather, geese down, animal skin and hide products, which are highly unnecessary. Moreover, they might belong to animals in wild who were shot down for so called 'environmental reasons' or to keep down 'invasive' populations which is not vegan but something cruel. Some are animal skins disposed cruelly by slaughterhouses just because they wanted maximum profit from the 'waste material'.

We do not need the abused body parts, feathers, or skins of the dead or to trade in them. Selling or using them brings down the value of your brand or personality - it is disgraceful. Showing off fur or another animal product in social circles or parties annoys people and makes you look horrible and vain as a person.

Use of fur coat of an animal who died naturally in the wild is highly improbable for commercial reasons, as

the body will rot soon and be infested with germs and to source a number of those items is also next to impossible.

Native tribesmen used hide and skins including fur, feathers, and leather because they used to hunt and kill animals themselves and hand-crafted the item to save them from cold and to take pride in their hunting skills. All this is not actually ethical and certainly not vegan, spiritual, or healthy either although glorified even in spiritual circles. Whatever be your reasons for use of animal skins, fur or feathers, chances are the items you buy second hand or from a shop are the result of tremendous suffering involved in meat, poultry, and dairy farming.

For example, in West Bengal in India, some people sell leather made with skin of so called 'naturally' dead baby cows when truth is they are babies that died of starvation on separating from their mothers in dairy farms. Also, most leather is from dairy cows exported to West Bengal and other states where very brutal transport and slaughter of spent dairy cows is allowed and deliberately conducted for commercial leather exports and trading including locally sourced

handmade 'cultural' artefacts, and highly prized popular fashion brands.

The expensive fur from fashion brands advertised through supermodels on the ramp is simply deplorable and reeks of cruelty and ugliness, with all the torture and skinning of innocent and often live animals. No celebrity or socialite appears beautiful in them. They make you look like a hideous monster.

If we do not trade in human skin and body parts because it is disturbing to the mind and soul, and unfit for use due to health and social reasons, how can we justify the sale of smelly and rotten fur and skins of animals? Just by managing the skin tone with gross chemicals and making it look sensually appealing, can we hide from the truth - that it is the diseased skin of someone else who needed it more than we ever do?

What began as a native ritual and tradition of ancient origin has now grown into a commercial enterprise that has magnified animal suffering to a very large extent. The glorification and 'fashion' branding of animal products is deplorable, including so called 'ethical' items that are non-vegan, and it is necessary to ban the trade entirely.

Argument 91: Don't use a strong or 'offensive' word such as rape or murder to demonize animal farming and eating of animal products.

Strange that people find the word rape or murder offensive and not the act itself.

The fact that needs to be accepted instead of condoned is that EVERYTIME you consume or buy or use a commercial animal product that involved breeding - the animal has been raped or sexually abused and murdered - just for us. And it is not even necessary, as we have a plant-based option, in fact thousands of them, thousands of fruits and vegetables are available to each one of us to choose from. Even if we ate some of them, we will more than survive, we will thrive.

It all begins in the farms, in the kitchen on your plate - the moment we start thinking - it is just a chicken and consume it or consume its period (eggs) that is it - we open a window of evil straight-away and start allowing all kinds of abuse against animals.

We say, 'oh it's just a bit of ghee, a bit of curd, a bit of ice-cream'...and there we normalize evil again.

We start thinking - so what if it hurt the hen to produce so many eggs, or so what if chicks were ground alive, and still consume the egg or eat body parts of the birds. We say, so what if the babies are killed or separated from their mothers after birth, so what if cows are kept constantly pregnant and lactating for me? What if sheep, pigs, and other creatures are bred through sexual assault for me, kept in filthy conditions, murdered gleefully in sick ways with all their blood and poop coming out with their last few breaths - just because I find him or her tasty?

Killing and rape all become normalized from then on in society because, 'we eat animals anyway'. Professional rape and murder is normalized because, 'we have dairy farms anyway', this evil industry condoned because 'people work in dairy farms and egg farms for a living'.

People do eat meat, dairy and eggs but just because it is termed as food, as dairy, eggs, meat, bacon, ham, fish and chips, burger, sausage. Being advertised widely as something 'normal' does not make it a normal thing. This normalization of abuse, rape and murder is the problem.

It is not dairy, it is rape and bereavement, it is not eggs it is sexual abuse and infanticide, it is not meat, it is murder. It is not ham, pork or mutton, or beef - it is the murdered remains of a little one who wanted to live and be free, just for one day.

Argument 92: Don't judge others. What if I am not vegan? You don't know me as a person yet.

Do we really need to know how a rapist, a murderer or an abusive human being is as a person? Just because it is an animal of a non-human species who was deliberately killed for a plate of your food, just because a mother was sexually abused and raped for a flapjack, that could have been vegan, but was not - why should we consider it less shameful to rape or murder or abuse of a human?

Judgement is a word that is often used to condemn people who talk openly against evil, especially against evils of animal farming industry.

Speak against female infanticide of a human female and you are a hero. Speak against the infanticide of male chicks in egg industry or of dairy calves in dairy farms, and you are being 'judgmental'. Speak against rape using rods of NIRBAHAYA in India and you are a champion of women rights. Speak against a similar abuse against billions of females in dairy industry, and you are being judgmental.

Speak against murder of Jews in gas chambers and you are morally right and justified in your speech. Say

a word against gas chambers of millions of pigs and chicks killed cruelly by the month, including little babies and children - and you are being judgmental. We hear them accuse us of comparing human holocaust with the animal holocaust, although the animal holocaust is far worse and still ongoing.

Speak against enslavement of black people for an hour and you are given a standing ovation. Speak one word against enslavement of animals in animal farms and their torture just for profit and products you do not actually need, and you are taking away the livelihood of farmers. Speciesism, or racism against animals is regarded commonly as completely okay, racism against those of human race is not.

Speak against human children going hungry without school meals for one week and you are justified in being angry and slamming the government down. Speak against the practice of keeping billions of animals hungry and thirsty daily from 48 hours before being gunned down or knifed just because people like their taste and they want less urine, poop, and blood to come out when the child is violently killed - and you are 'judging' the personal choices of humans.

Speak against terrorism, oppression, or plastic, against felling of trees or climate change and you are brilliant. Speak against terrorism against billions of animals and cruel fishing, farming, and slaughter of other species - and you are being a 'militant'. Speak against something like a coronavirus mask, just because you lost your chance at attracting a female down the supermarket aisle today by showing off your disgusting face, and you are being clever.

But dare someone says a word against your 'food' and against your rights to cause the following: rape, to kill, to abuse, enslave, to torture and repeatedly impregnate someone, to hurt, injure and murder someone, to hit, slap, slam on concrete floor, electrically prod, maim, kick, and anally electrocute someone and hack them down to pieces. Someone who is a poor defenceless animal not belonging to your race - human. If you do - you are 'judgmental' and will receive nasty comments that even get 'liked' by others. It appears that 'judgmental' is merely a word being used inappropriately to condemn those who display basic judgement of what is abuse and what is not abuse.

Argument 93: Soya is equally bad as it destroys environment and has GMOs and pesticides in it and vegans use a lot of soy that ruins health.

Surprising 98 percent of the soya meal grown in this world is used for feeding animals in the abusive animal agriculture industry as per figures by Michigan State University. So vegan use of soya is not destroying our planet, animal farming is.

Think about the animals you are saving first and foremost, before micromanaging our non-existing health concerns regarding soya GMO. A lot of vegans get sidetracked in over-researching and over-analysis of information from conflicting sources instead of focusing on the primary concern of eliminating animal suffering. There is some difference between plant-based diet fads and veganism. Those who are plant-based diet mongers are 'head based' and not 'heart centered' at times.

If you really worry about whether soya is organic you may certainly source raw organic soya-beans (very easy to prepare milk, tofu, cream, soya meat and other savories at home) using just soaked beans, blender, boiling device, and muslin cloth. I have also

found organic soya milk sold very afford-ably at supermarkets. You can also use several alternatives to soya such as organic oat milk or hemp milk.

Some people quote vague research on oestrogen (in truth, 'estrogen like' plant compounds called isoflavones) in soya beans linked with cancer. However, Mayo clinic states that 'Soy foods reduce the risk of breast cancer'. Being plant based and not animal sourced, the oestrogen content of soya is not likely to cause any health risks, just as saturated fat in coconut oil is not likely to cause heart disease. Somehow plant foods consistently reduce the risks of cancer and heart disease due to the numerous positive phytochemicals within.

It is possible that most of the bad reputation of soya is manufactured by anti-vegan industry and their sponsored research to discredit plant-based technology.

Of course, it is best to balance your meals and not go overboard on soya, oils, plant milk or any savories or fast food. If you consume primarily junk, burgers, sausages, cakes, and cheesy products even if vegan

you may not be as healthy as you may be on a fresh fruit and vegetable meal plan.

As always go for as much gluten free, nut free, GMO free, palm oil free, any oil free, anything-free organic, veganic, permaculture based, home grown, handmade, frugivore, Reiki infused, even more conscious, 'superior' veganism, breatharian-ism, anything over and above veganism - as and when you like as it is your personal choice, if it makes you feel better.

To denounce one vegan food over another and to compete on whose process is better, more ethical, more eco-friendly is also part of business strategies and not always necessary.

To use animal products because someone said something vaguely against soya is simply foolish and insensitive to the real cause, the plight of animals which we know for sure is for real.

Argument 94: Vegans are preachy.

By its definition educating someone about good or evil could come under preaching, for example, ethical or moral education, especially if one is certain about what they are talking about and would not bend their opinions.

So, by this definition, if someone were to speak against child labor or infanticide of human children, we should also comment 'preachy' and obstruct their dialogue or shun them in society for giving tedious talks against child labor or infanticide. But this is not done. Why? Because these are matters in which there can be no two opinions of right or wrong. It is crystal clear that child labor and infanticide are wrong, even though practised in some cultures. Educating people who practice these evils is considered very much necessary.

Similarly, if someone does preach against something as basic as rape, sexual assault, murder or slavery of innocent babies and mothers in animal farming industry, we should not comment 'preachy', call them 'rigid', 'opinionated', or try to prevent them from educating others.

When it comes to capital crime such as murder or rape and sexual assault, we are not going to block justice or stop a protest march by calling those who protest these crimes - preachy or 'self-righteous' or 'morally rigid'.

Why is it then that when it comes to vegans, people still think that veganism is a matter of opinion or choice and we should not be 'preaching', that we should be flexible in our opinions, to not think we are 'right', and others are wrong?

Truth is truth, rape and murder are wrong and there are no two ways about it. There is no need to be flexible about it or to diminish the intensity of activism. We should let people preach around till the horrors of hell (animal farming) are finally over and banned permanently.

Argument 95: The world's main problem is trees, we need to focus on tree planting, using eco-friendly paper and reducing CO2 to save the planet. Why is veganism so important?

Advertisements for eco-friendly bamboo toilet paper: 'Did you know that 27000 trees are cut every day for toilet paper?'

But did you know that over 12 million trees are possibly cut down for animal farming alone everyday?

According to Nature magazine 2015 report: Around 15 billion trees are cut down each year, the researchers estimated. Moreover, since the onset of agriculture about 12,000 years ago, the number of trees worldwide has dropped by 46%. (Not just zoonotic diseases but tree felling is also directly connected to the advent of farming, especially animal farming as it involves clearing land for grazing, keeping animals and growing crops for them including soya primarily fed to animals).

Percentage of trees cut for animal farming + growing crops for farm animals + clearing land for grazing = 30 percent of all trees cut annually (as per conservative estimates). It could be more - much more.

Trees cut per day for animal farming would therefore be 12,328,767 as per conservative estimates. The real figure in my opinion could be more than double of the amount estimated using figures by nature magazine. These were old figures of 2015 research, and since then the rapid speed of deforestation might have increased even more.

When it comes to Amazon rainforests, we know that forests the size of a football field are razed every second for cattle ranching as explained in the notable documentary film Cowspiracy.

Why is no-one talking about the number of trees cut for animal farming and asking people to go vegan to save the trees and the animals - to save more than 80 billion land creatures, 3 trillion fish and several billions of trees per annum?

Thinking that just by planting some trees and switching to eco-friendly paper or something of that sort alone, we can save our planet is not only making small the huge ethical poverty of our planet - the barbaric slaughter and abuse of billions and trillions of animals, but also makes small the gigantic deforestation caused by animal farming alone.

Not only that animal agriculture is the cause of not only CO₂ excess by way of greenhouse emissions of methane but also due to CO₂ emissions overall. The loss of tree foliage is so gigantic that there are few trees left to absorb the CO₂. If environmentalists are in-fact serious about climate change and deforestation - they cannot overlook the single biggest problem on our planet - animal agriculture.

The fact that someone is killed, raped, or abused is more than enough to want to ban this horrible monstrosity of animal 'agriculture', leave alone the killing of over 80 billion land animals and over half a billion trees every year. Agricultural by its very name should be about 'growing' not about killing and destroying.

Argument 96: If vegans are against exploitation of animals, humans are also animals. Why do you not focus on the plight of women exploited in cashew farms in India or the way clothing and shoes are manufactured in eastern countries by exploiting poor humans.

The main issue that vegans are highlighting is the massive evil of unnecessary murder, rape, and terrible abuse of 60 billion land animals and 3 trillion fish just for food every single year and more for fur, leather, wool, silk, honey, hunting, zoos, aquariums, rodeos, festivals and likewise.

As far as we can say, human beings are not being killed for food sold on supermarket shelves, or raped for breeding purposes, or human females milked for tea, coffee, and desserts.

We do not really see dead humans being stripped of their skins for the manufacture of bags, drums shoes, or coats.

Yet, there are entire industries and trillions of dollars of businesses that profit from this form of cruelty against non-human animals.

People at large generally agree that humans should not be abused and exploited. It is only when it comes to non-human animals that we notice that people are unable to condemn their abuse and exploitation and continue to pay for that or profit from that evil.

Yes, humans suffer too, but most governments care about humans and dogs at least a bit more than of other species. Animals have no representation in political parties and parliaments. We have designed a world where laws are enacted by humans, for humans. This is our mistake.

If you do wish to also focus on other issues such as human females exploited in certain farms or slavery, child labor or poverty, then you are most welcome to campaign against the same. Being a vegan does not mean you do not care about human abuse and exploitation. However, to blame vegans for not focusing specifically upon abuse or exploitation of humans in factories or farms is also misplaced.

We could also by that logic ask every social justice campaigner to forget about what they are focusing upon and start focusing on something other than what they have chosen, 'because there are other

issues as well'. This would of course be wrong as each type of activism is necessary for its own cause and requires their own special focus and dedication of time and other resources.

Being a vegan is possible for each one of us right now. There are no special requirements except that you do not purchase animal products. There are no excuses.

When it comes to vegan activists, their focus is on the abuse, exploitation, and slaughter of non-human animals for now as it is so gigantic and so cruel that it defeats the imagination and clearly seems to be the biggest evil in the world today, and it certainly requires as much attention as we can gather. The problem is too massive for any human being to ignore and not to do something about.

Argument 97: They have no emotions.

This is a common misunderstanding about animals. Strangely when it comes to your pet animals you are likely to believe they are all heart, all love, very sensitive... You praise their emotionality and intellect. You really believe your dog has feelings and misses you when you are gone and waits for you at the door. Well, it is not just you they miss, they also miss having normal relationships with other members of their own species just like you might crave for a human connection with someone else. They also love their babies just like you love your own. They feel sorrow like you do. They feel joy and exuberance too. They crave for - family, but you neuter them and keep them enchained in your care. My cat's veterinarian said to me before his neutering operation 'don't worry they have no emotions like we do' when I expressed by reluctance at his loss of vital organs and sexuality. I knew it was wrong, but I was being forced to comply.

One more thing - animals are psychic - they feel things long before those events actually happen, even small changes in weather. They feel it in their skin and bones, not just in their mind. As a developing psychic myself I have felt that every part of my body, even a

movement of my finger was a psychic message, and I have only just begun to understand myself after 15 years of tarot reading and astrology forecasting as a successful medium. Other non-human animals are born with this gift. They feel the pain and sorrow of their death before it happens, they struggle and then give up. They resist their sexual abuse but know there is no way out. They submit reluctantly.

You would find it easier to believe your cat or dog has emotional sensitivity. Because, you have watched them, seen them grow, developed sensitivity towards them. Some other humans have no sensitivity to even dogs and cats and regard them as filthy objects to never be allowed into the house. But largely people are kind to dogs and cats and understand their feelings - if only to a limited extent. Some humans, keep dogs and cats at home while still abusing them by separating their babies from their family and breeding them through rape, and at times justifying their use as a servant. However, we generally agree these animals have emotions.

In the case of farm animals such as cows, pigs, sheep, chicken, ducks, geese, fish - how is it that we have a separate compartment in our brain where they are

held, captive, as someone who deserves to be abused, killed, enslaved, and enjoyed by us for our tastebuds? Can't we please train our brain to love fruits and vegetables instead? Afterall, we are supposed to an intelligent specie.

Children love to visit farms to 'pet' animals. They find them sweet, cuddly, playful, and enjoyable company. Then they go home and eat a sandwich made of a chicken just like the one they were petting at the farm.

We tell children that this is okay, for reason no other than 'society says so'. Everyone does it and this social norm is to be respected, not condemned. This is our biggest problem.

We know animals have emotions, but we do not have time to stop and think, how that animal must have suffered enormously for our cheese, our egg on toast, our plate of fish, our chicken sandwich and ham toast.

We are heartless. We are the ones who have no emotions.

We say 'they don't have emotions' because we have no emotional sensitivity towards them.

Argument 98: But I only eat chicken (alternatively either fish or eggs or dairy).

This is a common thing for people who believe that some animals probably feel lesser pain or that some 'items' are made without much suffering. We start to justify that maybe we are causing less severe suffering by leaving out some of the animals out of our plates.

The truth is that the type of animals or animal products you consume or not does not matter. Whether a bird or a fish, or mammal, each of these animals are sensitive and emotional beings who are innocent.

We cannot justify that just by eating a bird we are contributing to less violence. Chickens are the some of the most violently and emotionally abused of all animals in the world, and the suffering they go through is often the worst. Dairy is among the most horrific of all industries. Fishing is one of the most violent acts committed of all times.

At one time someone close to me saw a bird being killed in front of him by a group of children who were hunting with marble pelts. He called the local police who never showed any interest. He was so alarmed

that the bird died in front of him that he went to examine the bird and remarked 'how the light left the eyes of the poor pigeon'. I saw the sorrowful man's soul shining through his body at that time. He understood chicken too are just like the pigeon he wanted to save, but he still ate chicken because it was 'just a chicken' for him. People regularly go around town throwing nibbles at geese, swans, ducks at ponds or feeding pigeons in the market. Then they eat chicken afterwards. They keep fish in their dirty ponds and aquariums feeling proud to feed fish, and they eat fish at the same time. By ignoring suffering of one or more species while saving the rest we are not 'reducing the suffering' in any way.

When it comes to not committing terrible sins of rape and murder, we must be very clear about it and not make even one person our victim. The same applies to all species - all are persons.

The fact that they are smaller in size or less intelligent, or someone you have not witnessed the suffering of, does not make them less capable of suffering or less sentient of an individual.

Argument 99: Humans are humans. We are not animals so why compare them to us.

Humans for some strange reasons have defied biology logic and even basic common sense to believe they are not animals. We say 'I love animals' as if we are not animals ourselves.

Some people even think only dogs and cats are animals when they say 'I love animals' as if farm animals do not matter. Some animal rescue organizations and shelters only deal with dogs and cats and raise funds to rescue only dogs or cats. Farm animals are seldom helped by them. Other animal organizations such as environmental NGOs focus only upon wild animals as if farm animals do not matter.

In the human mind, it appears that there is a separate compartment called 'farm animals with an invisibility shield permanently over it so that we forget about them and so that they become 'food', not victims. Moreover, while we love other animals, we forget we are animals too.

The fact remains that all humans are animals. We are not plants and not fungus. We share our genes

primarily with primates, such as frugivore apes more than any other type of living being.

When we talk of animals, whether pets or farm animals or wild animals, we are one of them, not separate, not superior as a human kingdom, but part of the animal kingdom. Our romantic notion that we are in some way separately created as superior to all other lifeforms needs to be debunked, wherever this notion comes from, creationism-based religion or whatever imaginary source we conjured up.

Argument 100: They are just animals.

If you see videos of people arguing with vegan activists, you notice the final answer of these humans is - it tastes good, animals are just animals. That applies to 99 percent of human population of this world. This is what even most vegans were like once too. We were blind consumers who felt nothing for the dead bodies on our plate and the cruelty in eggs, dairy, leather, our non-vegan soaps - because animals are just animals. In politics humans are 'people', others are animals and in democracy power goes to 'people'.

Wake up people - we are not gods, we are not angels, we are not aliens, we ARE animals. We are not superior, we are not 'higher' than other animals, in fact we are lower, much lower in spirit if we oppress, hurt and control others - it makes us no less than demons and psychopaths. By reading holy scriptures, gathering degrees, publishing books, looking nice, being millionaires, and by being intellectual, powerful, smart, clever, funny, popular - we are not better than any serial killer if we think it is normal to hurt, harm, kill another individual for dairy, for meat, for eggs or any other animal product. It is all about control (just

like Jeffrey Dahmer once said in his own interview, a lust after complete control of a person and their body). Like him, we humans are controlling other species and our planet in our grand reality 'show' of power, vanity, ego, and superiority.

Argument 101: Do not compare crimes against humans such as rape, murder, holocaust, racism to animal farming. You might offend the 'real victims' of rape, murder, holocaust, and racism.

(This was an argument issued by UK Parliamentary committee in objection to the use of the term rape in a petition to end animal farming).

Who are the 'real' victims - humans? Are only animal victims 'virtual' simulated objects and not real?

How can we say that human rape is rape and animal rape should be called something else - breeding, husbandry perhaps?

Who are we to say that human murder is murder and animal murder should be given a different name, perhaps slaughter or culling?

Who are we to claim that human holocaust was real but the animal holocaust that is ongoing is not real and should not be called a holocaust as it will offend survivors of the 'actual' holocaust?

As a victim of rape, domestic violence, and racism, shouldn't I as a human being feel more empathy with

animals who are victims of horrific and notably graphic violence?

Being a victim should not mean that you are offended by comparison of animal abuse with that of humans. Being a victim should open your heart even more to the plight to others who suffer, especially animals. Evil beings do gas-chamber, scald, gun, knife and anally electrocute millions of animals every single day, macerate newborns alive, forcibly impregnate females repeatedly and take away their off-springs, de-beak, de-claw, castrate, de-horn, muelse, and tail dock animals without anaesthetics. They control their entire life and take away their freedom. All these are gigantic crimes, often labelled as 'humane', 'free range' and 'ethical'.

The crimes committed against animals are significantly larger in proportion and intensity than ordinary crimes against humans, and not only that they are not even illegal. Is that fair?

We are talking about the systemic rape, torture, murder, slavery, and abuse of over 80 billion land animals for food alone in one year itself. If humans were to die at this rate, the entire population of

humans would disappear in just over a month. And this estimate does not even include fish and animals bred and killed for other purposes such as fur, leather, and animal testing among other industries.

If humans were to die at the rate with which we kill all animals, humans would be extinct in ONE DAY flat. That is how real the animal holocaust is.

There is no comparison of what animals go through with human victims, simply because what animals go through is obviously worse than your biggest nightmare. In-fact hell pales up in comparison.

Argument 102: My doctor said I will be low on iron (or B12 or protein or calcium) unless I eat red meat, cheese, and other non-vegan products. I cannot take supplements.

I am not aware of any medical condition when you are unable to consume a supplement. But even if there were indeed such extremely rare conditions, maybe we need to consult a vegan nutritionist who will easily help us obtain every possible nutrient under the sun using a plant-based menu.

Let us look at iron for example. Most humans can go low on iron, especially menstruating females. My vegan nutrition diploma course upholds that we generally need 8.7 mg a day if we are male or female who below 19 or above 50 years of age, else we need 14.8 mg a day. Looking up nutrition data by fatsecret.com, chickpeas provide 6.2 mg in 100 gm, peanuts 4.6 mg per 100 gm, chia seeds 7.7 mg per 100 gm, cocoa solids 13.9mg iron per 100 gm, while a murdered cow (beef) only 2.6 mg for 100 gm.

In case of B12, adults need 1.5 mcg a day. B12 in vegan nutritional yeast researched to be 5 mcg per tablespoon. Murdered cow (beef) 2.5 mcg per 100 gm.

Our normal calcium requirement is approx. 1000 mg per day. Tofu provides 350 mg per 100 gm. Collard greens 232 mg per 100 gm. Chia seeds 631 mg calcium per 100 gm. Poppy seeds (khuskhus in India) 1438 mg calcium per 100 gm used plentifully in Indian vegetable gravy and richer in calcium than cruel parmesan cheese. Sesame has much more calcium than milk (up to 4 times more). An abused cow's breastmilk 123 mg per 100 gm. The stomach of an unweaned or slow-weaned murdered baby is often used to produce flavourful cheeses like Parmesan and Cheddar that are advertised as the 'best' sources of calcium.

Protein requirements 46 gm per day for females to 56 for male humans. Protein is 26 gm per 100 gm of roasted peanuts and 20 gm per 100 gm of tempeh. Cooked murdered remains of a cow (beef) will provide merely 18 gm per 100 gm.

We need to understand that securing nutrients from organic plant foods is far healthier than the same

from murdered animals and their secretions as the latter will be devoid of vital micro-nutrients and fiber, and will also cause deadly diseases such as cancer, cardiac problems, diabetes and other medical and mental health issues such as diarrhoea, autism, osteoporosis, rheumatism, Parkinson's disease, and hundreds of other problems besides being entirely unethical, vehemently cruel and unsavory.

Most prescription pressing doctors have no inkling of health or nutrition and are employees of pharma lobby at the very best. Even then, normally a doctor prescribes supplements in genuine deficiencies, and these can be 100% vegan. Anyone vegan or non-vegan can have medical nutritional deficiencies for variety of reasons. One would very much doubt the authenticity of an argument that they are not vegan because they are medically unable to consume a supplement or fortified plant-based foods as there is no such commonly known medical condition. The fact that medical doctors and ordinary nutritionist are usually undereducated on vegan nutrition as well as ethics and non-violence is a system-wide problem all over earth which makes them unfit for practice and completely unreliable.

Argument 103: It is all the fault of politicians; we are controlled by them.

Politics is an English word stemming from Greek *politēs* (citizens) or the ordinary term, polite (civil behavior).

Frankly 99 percent of human population (citizens as animals are never included. The general population of humans have proven to be vain and narcissistic, selfish and with no feelings or concerns for the plight of other species on earth.

99 Percent of humans are not vegan, perhaps because they think it is perfectly normal to rape, murder, gas, anally electrocute, slash the throats of innocent babies for period of hens, for breastmilk of young cows and for the flesh of innocent children. Appx. 1 percent of humans are vegan and even those few who are vegan are afraid of fighting for a vegan world and calling out the crimes of rape and murder, very few have courage to speak the truth and condemn animal farming openly and to condemn consumption of animal products. They prefer to maintain politeness while at times sympathizing with those who are animal farmers.

Obviously, politicians are representatives of such citizens and work tirelessly to protect businesses, subsidize animal agriculture and help farmers be prosperous while preventing change in the system.

It is time to stop blaming politicians and take ownership - as human race for our own faults. Citizens manifest their own demons in the leaders they are represented by. Unless masses awaken and improve our own behaviors how will the system change?

Unless we go vegan and are NOT ashamed to condemn heinous practices openly, and recognize the demonic nature of humankind, how are we going to manifest change. How will we transform into a vegan planet and vegan leaders if masses remain deluded and unconscious and are unable to condemn evil?

Argument 104: Being vegan means there are such fewer choices in life for things to eat, such as chocolates, cheeses, and meats.

(A repetitive argument received from a very ill man who has Cancer, Parkinson's, and other diseases, and by his family members who just want to keep eating horrible foods that make them ill just because they like variety, even after they are explained about the abuse and slaughter of animals several times.)

Fewer choices? Can we assume that raping someone is not your choice, or killing a baby is not your choice, or gassing or electrocuting innocent children. Having 'fewer choices' is much better if these things are 'choices'. As a vegan you are not choosing violence. You are not choosing products that directly cause massive deforestation, soil erosion and climate change as they are impossible to be sourced sustainably. Not only that you are also no longer choosing unhygienic secretions, pus, poo, and nasty germs.

You can of course be a glutton and eat all that you see. If you want to choose diseases for yourself by consuming all that exists it is terrible.

Spreading mutated germs to others and contributing to poo of over 80 billion land animals in waterbodies, should not be your personal choice. Extinction of species and destruction of the planet's eco-system should not be your personal choice either. Choosing to rape and murder is not supposed to be your personal choice.

Clearly, in this case, fewer choices are better choices.

Yes, you do not have to choose dairy milk chocolate when you can go vegan and for your information vegan chocolates are also available should you suffer from cocoa addiction, as cocoa is vegan. Even white chocolate can be vegan if you choose. There is absolutely no need for manufacturers to add milk and eggs to every other product such as cake, desserts, and planet friendly plant-based ingredients without raping and murdering sentient individuals.

Plenty of other items are also vegan and new items are constantly being developed and they are so delicious that non vegan are the biggest buyers of these items such as vegan sausage rolls, vegan chocolates, vegan ice-creams, and vegan burgers. They comment that the vegan alternatives of meat,

eggs and dairy often taste better than non-vegan items. (Unfortunately to these kind of people vegan options are 'just another new flavour' and not a vote against animal abuse).

To be honest those of us who grew up enjoying a rich plant-based diet in some Asian cultures rarely find the taste of eggs or meat or even cheese vaguely appealing. If anything, we cringe at the very sight and smells of these animal products and hate to consume western vegan products that resemble them. In Indian cultures as a matter of fact there is such an enormous variety of plant-based foods that are totally made with real vegetables and deliberately do not resemble meat in any way, that we find them to be tastier than vegan alternatives of meat. We find it hard to resist the plant-based delicacies in the kitchen when we want to lose weight. We also do prefer plant-based fabrics to synthetics and leather or animal fur. (It is only dairy that deludes the infamous lacto-vegetarians of Indian subcontinent).

Non vegan products have been primarily spread into the world and glamorised through media that hypnotizes us and promotes consumerism, greed and gluttony instead of spiritual and ascetic values of

minimalistic and non-materialistic living promoted by ancient masters.

Being a vegan does not reduce your choices of healthy, tasty, and ethical food options or clothing or shoes. Veganism only helps you reduce suffering and to make better choices for the planet and yourself and your neighbors but primarily for the animals who are suffering needlessly and tortured to an abominable and graphic extent.

Argument 105: You must be grateful to not have nut and soya allergies as you cannot be vegan unless you eat a lot of nuts and soya.

This seems to be another stereotypical and senseless argument made by someone who has little or no insight into nutrition and health. First of all there are so many sources of protein that are nut free and soya free, as well as vegan, whether broccoli, spinach (that have more protein per calorie than meats and fish), beans and lentils (that often have more protein per gram than meats) and also pea protein as well as mycoproteins from fungus. To enlist them all is not within the scope of this text. Studying vegan nutrition is something you can undertake in your free time if this is what you want to really be enlightened about.

But as far as common sense is concerned, please think of how the biggest and strongest animals on earth, elephants, rhinoceros, bulls, chimpanzees, and orang-utans - grow up on nuts and soya in the wild. Their diets are very limited, sometimes merely grass or simple fruits and leaves, not even broad-beans and chickpeas, chia seeds or edamame. They are not really looking around for vegan power packed protein drinks and shakes or super-foods constantly as we do.

Plant-eating dinosaurs and mammoths were the largest beings to ever have roamed earth. Argentinosaurus was the largest animal to ever have existed on the planet and was a plant eater. None of these gigantic and strong beings have ever needed a qualification in vegan nutrition or diet plans rich in nuts and soya to survive and be strong or healthy on a plant-based diet.

It is interesting that none of the plant-based strong and large mammals have any kind of protein deficiency in the wild. Yet we choose to believe the lies perpetrated by our fake education systems and consumerism-based, capitalistic, and catastrophic society.

We are confused by multiple research reports that complicate the deceptions spread via the media and scientific community to prevent people from thinking clearly. We have gone astray from nature and built an artificial belief system that is fully functional and adept at preventing us from being normal. This is all because we are unable to give up on our unusual and highly abnormal dependency on non-vegan food items and businesses that thrive on abuse of other

species. We go nut-free in schools but refuse to go violence-free.

Not only that it is quite likely that several allergies we have today are also possibly sourced in non-vegan foods that we have grown up consuming for several wicked generations. Lack of fiber and healthy gut due to consumption of non-vegan food products could be a risk factor, as non-vegan foods TOTALLY lack fiber which is key to a healthy digestive system.

Not only that, common and life-threatening allergens are not just nuts but also usually dairy, eggs, fish, and crustaceans such as prawns that can cause hives, rashes, vomiting, anaphylactic shock, and even death. Humans are also commonly lactose intolerant while being gluten/ soya/ nut intolerant to a lower extent. The truth is that we are frugivores by nature and not supposed to consume products that come from animals and have suffered over generations of misadventures.

However, our suffering pales more than slightly in comparison to that of animals who are murdered in cold blood and sexually abused severely only to

present harmful illnesses and allergy-causing substances that are avoidable.

We cannot complain about our health conditions and justify non-veganism if we put animals through unforgivable tortures and hell just for food.

Argument 106: If we would not eat these domesticated farm animals, other predators in the wild would do so, so why not raise them, breed them, and slaughter them ourselves after giving them a good life?

The good life if you so desire for these animals could also be given to us and then someone slaughters us after caging, feeding, and repeated rape for breeding babies for similar purposes. Sounds horrible because it is!

In the wild, a person who is an individual has his own free will to run away from danger, to flee from harm, to prevent his or her abuse or murder, and to manage the risks as they should have the freedom to manage.

Each animal no matter how tiny or how 'low' on the food chain has a chance to fight off and escape from a predator. When we domesticate and raise (rape) animals on farms, we sadly do not give them any chance at all to flee from us. We control them entirely which is even more evil than the predatory traits of the wild carnivores. We close all escape routes and monitor the animal through and through even as we

provide them basic material comforts and food for survival.

Some farmers also pride themselves in developing a 'good' relationship with their animals, whether chicken or cattle, give them personal names and get friendly with them, claiming to 'love' their animals when all the time their objective is solely to maim, gas chamber, strangle, bullet-gun or bleed them to death for money. This is how much you love them if you believe in 'getting close to your food'.

This is totally psychopathic behavior, the way the most dangerous murderers and serial killers have operated in human world against human victims, for example Jeffrey Dahmer, John Wayne Gacy and Ted Bundy who were famous, normal looking, well-spoken, and high IQ level serial killers who befriended victims and treated them well. They 'got close to' their victims, looked after them, even protected them and emotionally gained their trust before raping or killing them. That unfortunately is the way you sound when you talk about protecting farm animals from other predators and giving them a good life when what you really do is control them, rape them for breeding, sexually abuse them for milk and eggs and

then murder them eventually after all that effort. It is all about control and manipulation and the feeling of power over another helpless being who is unable to flee - a crime of the highest level.

Serial killer and child sex offender John Wayne Gacy even performed as a clown in charity events and children's hospitals, was politically active and community conscious. Similarly, many non-vegan farmers and businesses pride in being charitable and philanthropic, environment friendly and sustainable.

Our being an intelligent species and sociable person does not make us good people because all these serial killers were highly intelligent and manipulative. It was very difficult to gather any evidence against them due to their very presentable nature and the way they fit so well into society. Animal exploitation industries too are against evidence, and aggressively advertise products manipulatively. We do not have to do all this. We do not have to be criminals at all when we can easily thrive on vegan products. We can leave animals alone. Killing them ourselves after their abuse and rape is far worse as it takes away their free will, purely for your greed and psychopathic lust in the weak pretext of 'welfarism'.

Argument 107: We are on top of the food chain.

The only food chain we are currently on top of are supermarket and restaurant food chains. In those chains too, we are found standing in a queue, duly masked, socially distanced and awaiting instructions over pandemic fears. Neither are we going out to grab an animal with our bare fangs and claws and kill them, nor are we superhuman monks who live off nature and never have to eat (in the case of which, I am sure would be at the bottom of the food chain as per human standards of food chain superiority).

Argument 108: I respect the cycle of life and existence, and life or death are two sides of the same coin. Look at shamans thanking the spirit of the animals who are hunted by them and using their remains for healing?

Arguments justifying that killing and abuse of animals is part of the 'cycle of life' and justifying the archaic practices of killing animals for human welfare laced with semi-spiritual practices are common. Just because our venerated ancestors and respected shamans use psychotropic drugs, beat skins of killed animals and wear headdresses and robe made of their remains does not automatically mean that those practices are healthy or ethical. In any case, it does not justify consumption of non-vegan products either, factory farmed or otherwise farmed by the way of abuse of any sentient being.

We can respect the cycle of life and natural death. We can also respect ourselves. We do not have to kill anyone to respect them or to respect nature or natural or seasonal cycles. If we are truly respectful to nature, we will expand our consciousness and evolve our methods of living, working, eating, and praying to reduce suffering to others as much as we can. By

being vegan we begin on that path, so that even if not 100 percent successful in our quest to not harm anyone, at least we can try our best. The least we can do is be against unnecessary slaughter and breeding of animals for food.

Argument 109: My friend who breeds animals for slaughter is far better than vegans who consume GMO crops laced with Monsanto chemicals.

Look at the priorities here. An animal is suffering, crying in pain, raped, mentally and emotionally broken, a small child being abused, a newborn torn apart from his or her mother, and individual who has lost his will, bodies hacked to pieces, blood everywhere. What do we choose to rather focus on? Complain about GMO crops and pesticides all you like, but at least do not make small the enormous suffering of those poor animals, those babies. Your friend can get a better job. The animal may not get another chance at his or her life.

Imagine if you were that animal in the farm, what are you going to say - thanks for not using GMO crops laced with Monsanto chemicals, proud of you for raping and murdering me instead? Look at these kinds of environmentalists and 'earth healers' and you know that caring about the planet is suddenly devoid of empathy towards individuals. We are so called 'healers' of the planet, activists fighting against climate change and capitalism, organic visionaries, but feel nothing for a single individual's plight in our lofty

idealism and political 'brain-talk'. Are we really healers... planet lovers? Feeling love for the planet but having no compassion towards a single individual being? Healing the planet begins with opening the heart chakra - to care for, to love, to be kind to someone, to have empathy towards even one innocent sentient being is a start. You can of course be vegan and organic (veganic) or grow your own GMO-free food with plant-based soil enrichment that is entirely chemical free. You do not have to kill animals to be organic. You do not have to soak your soil in the blood and bones of slaughtered babies, or their poop gathered through their suffering in dairy farms. You probably still will (to an arid extent) use land and soil prepared by clearing out trees and weeds or live in houses that have contributed to deforestation and hence cause some loss of habitat and life to insects and other wild animals. These are things we need to introspect and be honest about and find a solution to. But to farm and kill animals purposely, just for food is as bad as farming and killing a human, it involves sexual abuse and murder of a specific individual, deliberately perpetrated for our personal pleasure when we had an option that is vegan in front of us to buy, grow, eat, or wear.

Argument 110: At least these animals in farms had a vet or medicines if they fell ill. In the wild they will have no access to care.

(Another gem of an argument from a proud vegetarian who says she cannot do without milk, eggs, and cheese, I suspect fish at times)

Firstly, how do the animals pay for such excellent professional healthcare? They pay with their life.

But even before we murder them, we make them pay for these crimes against themselves

by raping and sexually abusing them first, to get several babies out of them to boost production,

by killing their babies after separating them from grieving mothers,

by stealing the milk painfully held in mastitis infected oversized udders,

by genetically modifying them so that they have 300 periods instead of 12 in a year for egg industry profitability,

by macerating newborns alive for nuggets to maximize efficiency,

by turning their poop and blood into pet food and sausages,

by putting their bacteria infected murdered remains into every product including human medicines to prevent wastage.

But at least they had access to a vet and medical care?

They are painfully castrated without anaesthesia by vets too, their tails docked, teeth clipped, beaks cut, without anaesthesia, they suffer painful sores and infections continually because of the way they are bred and caged, they are constantly fed antibiotics else they may not live in that horrible environment, medicines are tested upon them by cutting their bodies open, then they are thrown away, THEY ARE USED AND ABUSED to an excruciatingly high degree, and then they are killed.

They were not kept in farms to be looked after. These farms are not diligent rescue centres and hospitals where animals are kept solely for their welfare.

Argument 111: I need many vaccines for my family to stay safe from deadly diseases. That is why I am not vegan.

Veganism implies being against exploitation of animals as far as practically possible. When it comes to medical products such as life-saving drugs, vaccines, emergency healthcare - the system is such that they have deliberately added animal remains to each medical product and vaccine or tested on animals compulsorily. They can of course have plant based and vegan options for vaccines, research studies have highlighted this. We can even lab grow human cells for medical transplants or for vaccine medium. We really do not have to use pigs and cows for surgical sutures, or foetal bovine serum sourced from killed mothers and their foetuses for vaccines or pig or cow gelatin for capsules. Animal testing is also ineffective and unethical. All this is a problem with our overall medical system (and corrupt economy).

Vegans do abstain from use of animal products as far as they practically can, especially from diet, clothing, shoes, and other exploitation avenues such as zoos. When it comes to medical emergency, surgery or genuine dependence on medicines or vaccines, we

must remember the definition of veganism is about 'as far as practically possible'. This does not mean we eat meat or buy dairy whenever convenient because it is practically possible to eliminate meat and dairy or eggs entirely for us forever. It may not be practically possible for any human being to source a vegan vaccine unless one is developed and implemented by our medical system. We want this to happen, and we need to be clear and firm within our values, to condemn animal testing or animal products in medical system and not just in cosmetics. To shame a vegan just because he or she used a vaccine is wrong. However, to say you will not go vegan because you think vaccines are not vegan is a terrible excuse, because you can practically avoid the use of other non-vegan products every day as a vegan for life. As far as vaccines are concerned, and we need to campaign and demand vegan alternatives because the life and freedom of other animals is not of any less value than our own as human beings. No-one should hurt other animals to help humans.

Argument 112: It's gluten. Where to find gluten free and vegan products.

Gluten is a substance found mainly in wheat and some other flours occasionally used such as rye, spelt and barley. If you are avoiding gluten, you probably are avoiding all wheat containing products any-ways such as wheat cakes, cookies, and breads. Thankfully there are in-fact many gluten-free and vegan products around. Beans, rice, lentils, fruits, vegetables, chickpeas, besan, bajra and several types of grains or flour, are not only gluten free but very healthy, and of course vegan - and this means that thousands of things are there to eat for gluten free vegans, found in every supermarket or corner shop. There are also several gluten-free as well as vegan ready meals, breads, cereal, noodles, tortilla wraps and pasta in most supermarkets if you want processed items. It is not possible for me to enlist all the varieties of gluten free flour and items you can find in the world.

Another thing we need to realize is all these intolerances, allergies and digestion problems are getting increasingly popular as people become more health conscious and aware of them. However, it is also possible that we are by nature from apes whose

digestive system and body resembles most like humans. Naturally, fruitarian diets comprising thousands of fruits and fruit like vegetables is highly suited to us. We do not really need too much bread and grains or too much of gluten.

We are also normally lactose intolerant as humans, allergic to eggs and meat entirely, as animal products destroy our digestive system and are dangerous to our health. It is not normal for us to be consuming animal products at all. Do not let gluten fears keep you away from veganism.

Centuries of consumption of wrong types of 'foods' - mainly dairy, meat, and eggs have led to numerous health conditions as well as weakened our system genetically as well over time - thereby possibly causing several allergies and intolerances and not just dangerous diseases.

Most importantly, let us remember that the suffering and trauma that animals undergo in the hellholes of animal farms and slaughterhouses is far too unacceptable to us if we are normal human beings. Gluten is the least of our problems as vegan and gluten free alternatives are everywhere.

Arguments 113: Humans are generally good natured. If animal farming has been around for thousands of years, then why question it.

Although most people around may seem to be good natured and friendly (even eco-friendly) human beings, truth is that our animal farming system is nothing short of being a devil and not humane at all. Do you really feel that given a knife and a plate you will want to behead a dog, pig or bird and feel hungry for its body under any circumstance? Are you really that bloodthirsty? Would you with your own hands rape a female and sexually abuse a male for insemination for breeding purposes? If you really are human perhaps you will not. But there are people who do such things and many of them seem to be happily doing their jobs for money, which of course is evil. Some others might want to hurt and harm other humans and animals just for causing pain, being mentally ill or psychopathic beyond reason or empathy.

Products manufactured by technology of breeding and slaughter of animals REALLY do harm someone quite graphically, merely for personal pleasure and this makes animal farming a crime in every sense of

the world. It has been there for centuries just as many other crimes have also been. The only difference - is it has not been outlawed and has become a whole system and industry. This is all due to vain consumers who couldn't care less and are focused only on themselves (guilty). If you do not question an evil as great as animal farming, probably you are not human.

The fact is that those of us raised in the system of human controlled reality are at times robotic or Artificial Intelligence beings mentally while having human bodies. We remain human only in outward appearance, but in our hearts, we be as lifeless as the dead body of the animal who was violently killed, abused, and raped by us. It is not the animals that we kill or abuse for our amusement or pleasure, it is our own conscience.

Argument 114: It is biodegradable and therefore planet friendly to use leather, fur, and wool.

Last year during Christmas I went to a climate change activists party, comprising nice people who are compassionate earth lovers. A gorgeous looking woman was proudly complaining out loud that her genuine fur coat was lost. Horrible images of a poor baby animal being stripped alive off his or her fur came to mind. How can we love our planet when an animal who is very much part of this planet is killed so cruelly - just for vanity's sake?

Why are we followers of media and ego-systems that promote glamour and narcissism? If we care for our environment, why do we justify the use of leather and fur calling it eco-friendly and bio-degradable. It is not eco-friendly, it is ego-friendly to use animal products for fashion. Someone was killed for these coats and shoes. An individual lost everything, in-fact the only thing he or she had - life itself. A sentient individual who was in pain. Imagine yourself in that position.

Better to wear synthetics than these bloodstained fur-coats and leather jackets. Better to beat a vegan synthetic drum than the hide of a murdered animal. If

bio-degradable vegan winter-wear is hard to source, we need not judge vegans for using synthetic products and then shop for bio-degradable fur coats. Nothing justifies cruelty. We can look for bio-degradable plastics and a host of eco-friendly and vegan items if our consciousness shifts, with time. But let us get our priorities in place first. Let us end the completely unnecessary violence against the innocent.

Argument 115: We are all animals and there are many kinds of animals including those who eat other animals.

No other animal consumes breastmilk after infancy and that too from mothers of animals of other species. Even if we think of other species around us, we see (or at least we know of) bipedal apes, birds, antelopes, insects, reptiles, carnivorous mammals, and other types in the wild besides domesticated animals that we have artificially bred and controlled for selfish reasons. Among these we come closest to apes in our physical form.

Reptiles, insects, and other kind of animals such as scavenger and carnivores that hunt for eggs, chicken, pigs, cows and other animals or dead bodies and bones bear no semblance to human being. Humans are essentially ape descendants and frugivore.

For all we know, dancing all around in the matrix of our present reality we see reptilians, insectoids, and other types of non-human beings within human bodies. They are walking, singing, happily chatting, playing, defecating, breathing, crying, laughing, praying, fornicating, using technology, using musical

instruments, driving, biking, making buildings, gardening, working from homes or offices just like any modern human person would. They are also visiting zoos, controlling pets, using expensive toiletries made of dirty slaughterhouse waste, wearing make-up and fashionable fur or leather after washing the blood off, and enjoying faecal contaminated dead bodies, ovulations and breastmilk of other species manufactured by rape and murder process. If they ever go 'vegan', it is for vanity's sake or superficial and not a real inner transformation of moral values which would of course be a permanent shift back to humanity.

Argument 116: If I go vegan, I will never find a suitable marriage partner or even a date.

I used to also think this way in my younger days several years ago when I carefully followed society and norms (expectations of what is 'normal'). I remember over 11 years ago I went out on a date reluctantly with a respectable businessman to a fancy restaurant after I had settled in my own business and decided to find a suitable match. I found men who were not a good match and those dates lacked romantic compatibility. I wanted to look for a good man to directly marry without the trauma of dating, however in my profile on matrimonial website I was careful not to mention diet and lifestyle preferences, lest I missed out on proposals and the result was even worse. I was operating out of fear of loneliness, and I suffered because of my false belief that we should be sociable with carnivores and have empathy for them. I was controlled by them, and they were abusive men who lacked empathy and kindness towards animals and likewise towards me.

If you (just like me in my past) try to have relationships with people who are not vegan, chances are you will find a person who does not have

sufficient ability to understand what is love and compassion. The most important thing is to have a good relationship with YOURSELF. I loved and ate plant-based food. I did my one hour of meditation a day and had a thriving spiritual business. I dressed up and partied and had students who adored me and three beautiful cats. I was featured on TV channels and in press interviews. I wanted to be popular and to get married. I wanted a successful relationship with another human. But in my heart, I was not awakened enough at that time, to prioritize compassion towards the animals who were abused over and above the humans whom I wanted to be with. I tried to blend in with the human society who paid me for tarot readings and healing services and neglected myself and my heart centre. This was my biggest mistake.

What I learnt in life is that it is necessary to have your own moral values first and to keep ethics on top of your list of priorities. When we are not vegan because we want to 'fit in' with our human brethren, we are not really being true to ourselves. We need to remember that the best way to drive away negativity is to have your morality and your personal ethics in the right place, in your own heart. As you are within

so will you attract in life. It is not just what you think, it is who you are from inside that is your frequency.

I have moved on well and am at peace with myself on a celibate path for spiritual reasons for as long as necessary. But should you be at a stage in life when romance is crucial to your life, please do not hesitate to say no to someone who is not even vegan and more importantly never refuse to be vegan yourself just to blend in with others.

Argument 117: We just take a bit of excess milk to 'relieve the cow' and then we consume it after her baby suckles. In dairy farms babies are fed soya milk instead of killing them, for some time, but human babies need cow's milk.

If you are not a calf, you do not need cow's milk when you are a baby and certainly not as an adult. If you want the flavor or texture of milk or milk product in a recipe, please insist on oats, cashew, almonds, hemp, rice, peanut, or whatever type of plant beverage as per taste. The only deficiency you will have will be of that of diseases. To forcibly breed (rape animals) or interfere in their life is morally wrong and completely unnecessary. To think that you are required as a human to find wild mammals and to relieve them of 'excess' breastmilk or consume their milk is obviously ridiculous. Nature was simply not designed that way.

Not killing a baby or mother immediately does not mean that rape or forced insemination should be normalised to breed babies and induce lactation, and to kill them later in life. This 'no kill' is an argument by some (very few) religious backyard farmers and breeders who have a few cows and their calves claiming their religion or state prohibits cow

slaughter. In most dairy farms worldwide including India, babies are separated and even killed as infants and mother's slaughtered at a young age after abusive breeding (rape) and milking, including torch flaming udders for hair removal. Milk production is artificially modified for abnormal lactation which is unethical. Labor and birthing is also abusively managed in farms. I have personally seen that dairy farmers in India prevent calves from feeding after just a couple of sips and restrict access to breastmilk to cater to their human customers while lying that calf has fed 'enough'.

In some religious cases when farmers breed cows and do not kill them (such as Hindu or Jains in India), the cows maybe transported cruelly to be slaughtered after being sold to merciless flesh and skin traders after she is weakened. Her lifespan is shortened by repeated rape and milking and at times calves die of malnutrition due to greed for THEIR mother's milk. She is not your mother even if you call her your mother.

As far as 'excess milk' is concerned, we wrongly think that other mammalian animals are different from humans in this respect. All infant mammals need their

mother's milk exclusively. When I was a new mother, I was specifically taught in a workshop that there is nothing like excess breastfeeding as wrongly devised by some medieval experts who are paid to peddle dairy formulas and other products. The intuitive or even telepathic connection between mother and baby is so naturally perfect and intense that breasts start dripping with milk as soon as baby starts to feel hungry and cries. A mother normally reads the signs of a baby's body language such as licking lips and dreaming of suckling in sleep and even before they start crying one must offer breastmilk to them. One must never offer a soother or artificial nipple to a baby to stop crying or even a false teat bottle as it leads to nipple confusion and rejection of mother's breastmilk. Mastitis or a painful infection of the breasts as well as painful overfull breasts are observed if the baby is not fed normally. I figured out that feeding is 'baby led' and the main thing is to breastfeed a newborn several times a day and especially at night when milk production is maximum. A mother begins to feel less sleepy at night while breastfeeding and does not miss a good night's sleep. The connection between mother and baby's sleep rhythm is perfectly synchronized during

breastfeeding. Burping (wind) are less common in breastfed babies who latch instinctively unlike bottle feeding where air is gulped.

There is no such thing as overfeeding a baby or 'excess breast-milk'. A baby knows how much the baby needs and mother's breasts of whichever size, are naturally endowed to produce the exact amount. Smaller babies need more of mother's milk. The emotional contact, constant bonding, and warmth from the body of mother is also crucial to baby's health and mental development. This was specially taught to me in an intensive 'inner child' therapy program.

I was also taught by midwives after childbirth multiple times that there is no need for anyone to interfere in mother's breastfeeding in any way. The only support you can provide if you are a father or another family member for example is to ensure mother is comfortable and well fed and watered and to leave it entirely to mother to complete feeding as many times a day and as many times at night too. To pull away a baby from mother, for others besides baby to decide how much breastfeeding is enough, or to force a mother to comply with demands of other family

members instead of baby, and to shame or 'sexualize' mother's breasts is wrong and I have felt this as a mother when I had a baby and others tried to gain control.

Colostrum and the rest of mother's milk are essential to the baby's health and well-being. Any substitute to mother's milk is not equally effective and can be harmful too, for example cow's milk is harmful to humans and specially to growing children being a possible cause juvenile diabetes, cancer, and many other diseases. In contrast your own mother's milk offers resistance from all kinds of diseases, even repels insects, builds up immunity and prevents cancer for both baby and mother. Similarly in case of cows feeding their babies, soy substitute for the baby is not as good for the infant's growth as breastmilk can be. Only rare cases if mothers are medically unfit or die, babies would need another willing, lactating mother or fortified plant formulae. In short please respect motherhood and leave a mother and baby alone with their natural environment and nutrition. Animals in the wild would be perfectly able to cater to the needs of their infants through plain intuition.

Dairy cows are sadly genetically modified and also injected with hormones and chemicals to overproduce milk. Their udders swell up painfully and cause them to crash to the floor due to their abnormally heavy milk content causing severe leg and bone injury. The excess milk of an interbred, raped female is a shame on humans who have created hell upon earth for females abused for milk, egg, meat and honey production as reproductive slaves.

Argument 118: Surely, we need zoos and petting farms to teach children about animals. Those animals live longer, are conserved, and treated well.

Veganism is against all manners of exploitation of sentient beings who deserve to be free.

All of us in the past have been programmed through education system to take trips to zoos and farms for petting animals and admiring their bodies. It may be exciting to watch these animals and to get close to them, as they are rarely seen amongst humans in ordinary life, but we do feel sad when we visit these places. The empty look in any gorilla's eyes and the caging of birds is a strong reminder that they are not home. How would you feel in place of these beautiful ones if you were imprisoned for no reason other than for others to look at you and have a fun day out while you suffer?

At the end of the day just because you get a small place to live and consume some food, or have some medical check-ups, will you be happy to spend your life that way in a zoo or a farm for becoming entertainment for children and families? Moreover, most animals need their natural wilderness to grow

and develop normally, for their physical as well as emotional well-being.

Even in the biggest and best managed zoos no wild animal will be emotionally well. It is common for these animals in zoos and farms to be rather depressed. Animals also need their own families for emotional warmth. Instead of being a subject of conservationism based artificial breeding that focuses on saving certain species from extinction, we need to respect the individuality of these creatures as we respect our own life, family, and freedom of choice.

As far as farms for petting animals are concerned, as good as they might look from the outside when you evaluate a 'fun day out' with your children, these are farms and are as unethical as any other. Unless the place were a sanctuary or refuge for rescuing animals from slaughter, chances are they will be killed in no time, or abused for dairy and eggs before being turned into meat.

Children need to know that animals are from the wild and not from zoos and farms. Once children realize what happens to the sweet chickens and fish, the pigs and lambs that resemble their cuddly toys or their

favorite storybook characters, they will be completely let down and in an ethical dilemma about why this is allowed. This is not actually good for their mental health as they will live all their life with their cognitive dissonance about human rights versus animal rights, treating animals like objects to be studied or petted against their will and eaten up, and they will be coerced to not think about the ethics of food and animal exploitation in the mass speciesistic system that enchains the human world.

Argument 119: I have heard you need to shear sheep else they get too hot.

In a natural habitat without human intervention, it is obvious that sheep do not require us to find them and shear them regularly for their welfare. The reason why they grow so much excess wool is due to irresponsible methods employed in standard animal farming where sheep are abnormally bred to produce excessive wool that does not shed. Moreover, the shearing process often leaves sheep battered and bloodied. What most people do not even know is that a process called mulesing is painfully performed on little lambs to remove the skin around their anus so that their faeces does not stick to the wool. Imagine the cruelty!

Sheep need their wool, you do not. The sad fate of all domesticated sheep is also the same - the hellish slaughterhouses where they are systematically beheaded. 'Baba black sheep' of nursery rhymes is unfortunately not happily giving us bagsful of wool and feeling merely ticklish, thanking us for 'giving her a haircut'. These lies are spread all over the world using media and education system by a cruel industry that relies on public brainwashing.

Argument 120: Don't silkworms just leave the cocoon behind and 'give us' silk.

When I was in year 2 of primary school my class teacher explained to me that silkworms are boiled alive after their 'cultivation' (sexual abuse or rape) so that silk can be obtained from them. Imagine being boiled alive.

It is a misunderstanding that insects do not feel much pain. We all know insects are sentient as we can see how they struggle to escape when we chase them, and how they clearly suffer when they are killed, fighting for dear life till their last breath. Approximately 10,000 silkworms are cruelly killed for just one Indian sari. Yet, families continue to value silk as a status symbol.

Some rare manufacturers claim to develop the expensive 'ahimsa' silk or peace silk where they breed silkworms and allow them to hatch and leave the silk behind, but the problem is not only viability but also that any kind of breeding is always 'himsa' or violence and exploitation and therefore not vegan. Animal rights organizations such as PETA mention milkweed seed pod fibres, silk-cotton tree and ceiba tree

filaments among other alternatives. Even synthetic fabrics or natural cotton, hemp, jute, or any other fabric that is vegan is far better than silk from boiled cocoons when it come to the ethics of exploitation and abuse of a living sentient being.

Argument 121: Milk is an intrinsic part of Indian festival and worship and symbol of abundance (Laxmi).

From Christmas to Diwali, how the wicked matrix of religions is used to fool us into consumerism - Lakshmi, goddess of beauty, fortune, and prosperity, apparently rose from the Ocean of Milk (and is honored in autumn at the Diwali festival). The cow of plenty - Kamadehnu is another form of earth who gives us 'abundance'. Economic prosperity being linked with animals is the best way of brainwashing us into consumers. A true Shiva controls his own energy (own nature or behaviour, Shakti). We are arrogant if we exploit our mother earth and use animals for personal gain in an irresponsible way.

Rivers of milk and honey are visualized in heavenly realms to symbolize prosperity as if animals just 'give' milk and honey and are never raped or abused. Indeed, rivers of milk are found in India, as milk is even released like water over idols and phallus shaped statutes in temples during worship. This is evil or Tamasic. However, there are no takers in the Vegan world of the ocean of cow's milk for nourishment simply because milk production can only occur in

nature if a female gives birth. To profit from this will always require sexual abuse, child abuse and exploitation. There is also tremendous violence of slaughter in dairy industry including that of mothers and male bulls or calves.

Sadly enough, no festival seems complete in India without rape or abuse of cows and buffaloes for manufacturing sweets that can easily be prepared without animal exploitation using plant-based alternatives. Dairy farmers heavily rely on false projection of Krishna and other deities to sell cow and buffalo milk.

No REAL god or goddess is creating abundance and prosperity for human businesses through products of exploitation and abuse of innocent non-human animals. If you venerate a female as a goddess in the form of cow or as a symbol of prosperity and 'milk' to provide you profits, we must remember that the plight of human females in such lands of milk and goddess worship is nothing to be proud of, while that of female animals is far worse. Both domestic abuse of female humans and domestication and breeding through rape of farm animals are interconnected.

Argument 122: I cannot get my head around all ingredients or check everything. I buy what is labelled as natural ingredients and free of artificial flavors.

Did you know that thousands of crushed up insects are added to food color called natural red, Carmine red or Cochineal (E 120) to flavor soft drinks, ice-creams, yoghurt, candies, some red velvet cakes, and many more popular international products including red lipsticks? Poop from insects is used for Shellac, for coating jellybeans and even nail polish. They would not dare to write insect red or insect poop prominently on the package of red juice or gingerbread candies. In-fact they do not even mention the origin of such ingredients and use vague terminologies and E numbers.

Anal gooey secretions called Castoreum are the butt juice of beavers used for vanilla, strawberry, and raspberry flavorings of some foods. Children's candies and gelatin sweets usually come from immoral slaughter of cows and pigs. Natural flavorings may also include animal milk, eggs, and flesh derived ingredients and not necessarily plant based as imagined. L-cysteine is usually animal hair of abused

animals or even human hair in breads and bakes. Bone whitener made of abused animals is at times used for toothpastes and even white sugar. A complete list of horrible ingredients is hard to type in due to its length.

If you really get confused about the plethora of ingredients that are disgusting as well as cruel, you are better off sticking to products labelled as Vegan and purchase your candies, vegan gelatin, and food-colored items without feeling guilty and throwing up.

You may still like to check ingredients or E-numbers for health risks associated with certain additives and colorants. Of course, using whole and fresh vegan and organic ingredients at home is the best way to relax your mind and prepare your own delicious goodies.

Argument 123: I just want to be happy. Happiness is the goal of life. So why bother to focus on animal suffering that depresses us.

Is Happiness our Goal or Truth our goal?

Sadly, society and family expect us to maintain a cheerful although fake disposition (and to maintain high standards of fake human and animal welfare). No one likes a vegan who is always angry and disturbed right? However today a lot of people are realizing the value of authenticity. To really feel is to really heal.

The wrong type of spiritual and cultural beliefs have taught us that we need to be in a neutral state, make our head blank, to not be bothered with anything, to be zoned out, to merely breathe and smile and to be 'agreeable with everything and everyone' and to stop feeling anything 'negative'. This is simply lack of authenticity and such a belief is unable to help us in healing or spiritual transformation. What you cannot see you cannot heal.

To be authentic, is the right spirituality. Truth is not about closing our eyes permanently and not listening to ourselves. To really meditate is to go within and

feel your own heart's voice, your inner truth that helps you be free in a more real way.

To pretend we are free and in a perfect universe is falseness and not spiritual. The truth needs acknowledgement of all facts and is free of any false beliefs or pretenses. No manipulation is necessary. Mindfulness is not mindlessness.

We can of course say affirmations, use visualization skills and positive magic to manifest a better world. This requires EMPATHY first. And an actual positivity in your own actions, actual good karma which means being Vegan too.

Empathy is impossible if you refuse to see what happens on a dairy farm, if you refuse to witness the suffering of animals in gas chambers, if you decide to be neutral to a slaughterhouse. If this were spirituality, then we are better off without such spirituality. At least we would do something physically to help the victims. Condoning evil and to not doing anything about it is Tamasic (ignorance), not Sattvic (truth) and Sattva is the goal, not just an illusion of happiness or glory.

Spirituality is about going beyond physicality to send healing, love and kindness to the victims which can only happen if you witness their condition first. Imagine going to a doctor who refuses to examine you. In spiritual therapy and meditation, you need to use your psychic and spiritual skills with empathy to feel the pain of another being. When you channel the emotional energy of others you realize the oneness of all there is. The blank state of 'no mind' is helpful only to the extent that you are ready to receive the messages of the universe and higher self, to accept heavenly guidance and angelic healing and send it to those who need it including the other species you share your reality with. This begins the process of transformation of the universe into a happier universe.

If the universe is within us the suffering of each being is our own suffering and their healing and happiness is our own healing and happiness. Not the myopia of cancelling out the negative feelings and images associated with animal suffering to focus on a false personal bubble of fecundity and mental joy.

Argument 124: In my religion 'God' gave us animals for he loves man so much and allows us to eat animals after killing and raping them for food. It is love.

In western religions people argue that God loved man and gave him animals to eat for food. According to these religious 'believers' (believers of religion, not God) God does not mind you killing animals yourself or through others for food or raping them for breeding purposes so that you get a supply of animal flesh, their periods, and their breastmilk. Do you think any real God would consider rape and murder okay and call it love?

Some religions are literally 'hell-bent' on justifying human superiority over other species. Anyone could have created a religion and added whatever they wanted in scriptures and after thousands of years they knew it would be antiquated or treasured as any rubbish including pottery and fossilized poo excavated from the past is. It is very hard to argue with people who believe in scriptures instead of personal awareness or inner consciousness.

For these people who believe God loves them (humans specifically) over and above other animals (of other species) they need to know one fact. Even as per their beloved book of Genesis in Bible (which they believe to be from God) in the Garden of Eden our sin was to 'eat the fruit of knowledge of good and evil' which means learning good and evil things both. Instead of following God and sticking to the good path which was plant-based living at first (which is clearly mentioned in the first chapter as God says 'I have given every green plant for food'). This was so 'until the serpent deceived us' and we went on to learn good along with evil. Those who have digressed from plant-based living and food are the followers of the serpent, Satan, and his reptilian matrix into which we have descended in our consciousness, a world where good and evil go hand in hand, where killing and rape take place day after day. Not only that the future chapter of the book have also changed God's statements after he saw that human was inherently evil and decided to end earth through the floods and later placed Noah and his ark of selectively to-be-bred animals in a new system instead of Eden (a new simulation instead of the old, more perfect Matrix). In this version, he allowed evil and allowed everything to

be food knowing that humans are more likely to be more comfortable in a negative reality (just as the Architect explains in the Matrix trilogy).

As senseless or irrational as it sounds to these religious people that is the film-like storybook 'logic' they are applying and need to reapply after understanding Genesis, the first chapter.

Frankly, in my opinion there is no such 'God' putting us anywhere and giving us anyone or anything. It is more likely that we have created these gods in our image and mentality (likeness) rather than the other way round. All over the world different stories are created in past to keep us 'occupied' in the matrix and to convert us. These religions thrive on keeping people foolish and to make them do whatever these religions have wanted them to do, including to promote animal farming which was a very important trade or business added to human society thousands of years ago. These businesses are truly works of the devil and are exactly what the religiously inspired system of the matrix fights to protect using the irrationality of people who continue to be after religious teachings. Ancient scriptures are replete with references to intercourse and sensual

gratification in any case including killing for food which is what the Matrix HEAVILY relies upon, the temptation or 'sinful' allure of the senses to generate a mental, artificial reality based on neural simulation. That however is not something most humans are ready to understand quite as yet.

Argument 125: We need to work with farmers to convince and support them in transitioning gradually to plant based system.

How does one work with or convince sworn rapists and murderers to changing their ways? Sounds bizarre! When there is a crime as ghastly as rape or murder, why would you not ban it immediately and force people to stop doing it?

On what basis do people argue that people should gradually change their ways and be supported with incentives or bribes to make changes?

Animals Slaughtered Every Year · More than 150 billion land animals (Animal Slaughter Kill Counter 2020 from thevegancalculator.com). Food, fur, leather, other trades and animal testing, rape, or other injustices by human animal towards animals of other species are enormous. Not only that plant-based food and non-animal products have advantages.

We should not wait even one second more. Not if we are in a sensible world with sensible governments and public.

The level of evil we have condoned or even enjoyed in society is impossible to fathom unless we were monsters in hell. There is no reason we should not be outlawing these outdated and corrupt animal farming systems immediately. We should all be signing petitions all over the world to completely outlaw animal farming and go on streets to protest out loud, and hold politicians accountable to pass a bill, instead of waiting for gradual transitions while innocents are suffering by the trillions every year even as we argue and try to placate the criminals.

The reasons we have laws are clear ones, but primarily because criminals or demons seldom change, they lack empathy and insight, argue endlessly, have no shame, or interest in self-transformation, and require laws to control them. No matter how many videos you show them, they laugh and eat animals and consume dairy and other animal products continually.

The time has come for real action and initiatives by animal rights organizations and individual vegans to come together and manifest real change by demanding lawful ban on animal agriculture, animal products, breeding, slaughter, hunting, exploitation, and testing.

Argument 126: Hitler was vegetarian, but Mother Teresa was non vegetarian. Veganism has nothing to do with compassion.

It is of course a misinformation that Hitler was vegetarian, he was not one and certainly not a vegan. He had irrational and extreme beliefs that included violence while veganism is about nonviolence.

As for comparison of Hitler being vegetarian versus Mother Teresa being non-vegetarian, the comparison is unjust. She may have conducted excellent work for human welfare. She is known to have helped a lot of people in poverty and illness although some criticize it to be a religious conversion drive or agenda. But that does not mean that hurting animals who are forced to be farmed, abused, sexually and mentally assaulted, physically hurt, and killed is to be ignored as far as compassion goes. Helping a billion humans may be wonderful indeed. But killing or rape of any individual is not forgivable either. Good karma does not cancel out our evil.

Good deeds towards humans do not justify evil ones towards non-human animals and vice-versa.

Argument 127: Veganism is not necessary for personal lifestyle ascension and spiritual wellness, only plant-based food is. The vegan movement of animal rights is only to keep us busy in the matrix.
(Heard recently from someone who is super-enchanted by a spiritual Indian ascension yogi - as usual and believes coronavirus affecting humans is a real thing but animal suffering is not)

Ascension has today become a hot buzzword for a lot of psychics, mediums, gurus, meditation masters, artists, healers, UFO-ologists, Reiki light-workers and even drug-peddallers. Of course, we are all interested in how to escape from control in an artificially simulated world (or maybe not, for most people who love illusion instead of truth, except some individuals who wish to pursue real freedom.)

As we can clearly see, no matter how good you are in chanting and chakra work, in singing, painting your angels or researching on UFO conspiracy theories, Reiki channelling, or in speaking to spirits or even in cannabis usage if that is your domain.... we are still HERE. We still observe around us the world. Even if you get highly spiritually disciplined, wake up at 4 am and bathe in salt-water, wear only hemp robes and

avoid tea and coffee like plague, surviving only on cucumbers and berries, we are still HERE.

We still see and feel the suffering of animals daily as vegans who are empathetic, and not just that of rich humans suffering from pandemic lock-down crisis just because they couldn't party. Perhaps personal meditation builds a kind of stonewalled narcissism in some people who cannot look beyond their own free will and into that of others.

From what we can see, it appears that humans are controlling the planet, no saying who they are from inside - demons, reptilians or aliens or AIs - I leave that to spiritual awakening and self-discovery. But certainly, it is those appearing in human bodies that are the cause of tremendous suffering of animals, of the planet, climate change, polluting vehicles, crimes, racism, sexism, domestic abuse, terrorism, wars, diseases, economic control of land, water and minerals, deforestation and just about EVERYTHING negative in the world. We do not need to be a psychic to see that.

If your body is 'real, your chakras are 'real'' (imaginary - my spirit team corrects me even as I type -

imaginary), and your surroundings are 'real' (same - they say), how dare we minimize the suffering of those who we can see are in pain, of the ones murdered for human pleasure, of those whose heads are chopped off by the thousands every second and of the females sexually abused every day - just because they are not human?

In a way everything is connected, all is one, we all are in Maya or illusion, all that is real is not real - the entire universe, but then we need to be equanimity based and not choose our comfort and well-being over that of the crucial social issue - the suffering of other species, while expecting that we will be specially selected for ascension based on how brightly our chakras are spinning individually on a plant based diet.

Argument 128: But I am not a vegan. (Restated by a proud British woman who obviously thinks vegans are a different specie).

Veganism is not a race. You do not have to defend your non-veganism the way you defend your racial orientation.

People all over the world identify with cultures, language, caste, or race that they were born into, acquiring taste preferences and food habits through time since childhood. We believe that we are a particular culture, caste, state, language, or genotype. . It also appears very difficult to convince racists to respect animals of other DNA than theirs.

We may not be able to permanently switch our eye color, or skin tone, or hair colour at our will in a matter of seconds (without chemicals or medical transformations, unless you are something like X-men of Hollywood). But we can easily change our behavior. We can within this VERY minute say yes to veganism. It is not something like a sex-change operation.

If you are against rape, abuse, and murder of sentient animals - then you need to be vegan. In our mind we might be against these crimes, , but in our hearts, we

appear indifferent if we remain a victim of our taste-buds. Veganism is about aligning your beliefs and moral values of non-violence with your own personal behaviors through simple choices such as the products you consume.

Of course, if you are NOT against rape, abuse, and murder, then probably you need to work out why you are so defendant of your negative beliefs and so interested in demanding rape and murder daily for your personal enjoyment.

Argument 129: Slaughterhouses are so far away from sight. It does not affect me. (Common misconception)

If you are given a beautiful little child with innocent eyes, someone who loves cuddles, runs to you for providing them food when he or she is hungry, and goes on playing in the sun all day, would you kill that child in front of everyone, or far away where no-one sees them? Sounds psychopathic right? Yet this is what happens merely for food, especially for you.

We let the most horrible things happen to other creatures, simply because we think we will escape that fate. Truth is different. People who are barbaric and align with barbarism (non-vegans) are everywhere. To be a safe world we need to be a vegan world as early as possible.

Crimes in society are not accidental, they take place because people believe in them and feel no remorse. Think about it - if someone can kill an animal such as a cow or duck or any other, in cold blood take their body parts or secretions and sell them and you approve of this and pay for it, won't you be the cause

of the crime. If you consume those remains, how can we have a violence free society?

Examples: It has been speculated by published research reports that Jack the Ripper, the infamous London villain who sexually assaulted and sliced his victims into half and fried their kidneys to eat them while sending body parts to police as a trophy, was most likely a slaughter-house worker.

As Quoted: According to the Food Standards Agency, 90% of British slaughterhouses now have CCTV installed. However, the footage is not monitored independently of the slaughterhouse business operator, and even the official veterinarians required to oversee the slaughtering and processing process are commonly refused access to it. It is highly likely that Jack the Ripper honed the physical skills, and the psychological and behavioral attributes employed on his victims to such devastating effect, during his employment as a slaughterhouse worker... the vast, impersonal, mechanized killing operations of the twenty-first century being desensitizing. Additionally, a considerable weight of recent sociological evidence indicates that those who commit violence towards animals are more likely to target people, and that rates of the most

violent crimes are increased in communities surrounding slaughterhouses. Accordingly, the acceptability of animal slaughter should also be profoundly questioned based on its potential human and societal impacts. REF: Knight A, Watson KD. Was Jack the Ripper a Slaughterman? Human-Animal Violence and the World's Most Infamous Serial Killer. Animals (Basel). 2017;7(4):30. Published 2017 Apr 10. doi:10.3390/ani7040030

There are other countless examples of gory cannibal serial killers and clear evidence that crimes to humans and towards other sentient animals are both very deeply connected, for example domestic violence. Ed Gines was another psychopath who turned his human victims' skins into leather. How is that any different from the conventional leather industry?

Robert Pickton was a pig farmer who also was a serial killer of human females, preyed upon them during rave parties in his slaughterhouse and then he fed them to his pigs.

Sadly, such criminals include large landlords and millionaires, those connected to animal farming, trophy hunting, slaughterhouses businesses and

similar organized crimes. It includes you too if you eat a ham (a victim killed for you) or any other animal product. Charles Manson made others commit serial murders too. When you pay for others to provide you killed animals and their secretions or body parts, you are sponsor of the crime, directly.

Whatever is happening that is wrong in the world is here because somewhere deep inside, we are either evil ourselves or somewhat approving of evil, condoning it or totally ignoring it. An honest and deep self-examination is necessary to change the world into a better place.

There is no way out of a hell that we build with our own hands.

Argument 130: I do not want to be an angry vegan who cannot accept non veganism and adjust in society.

Being unhappy about and speaking against criminal activities is not the same as being angry. It is called being a responsible citizen.

Imagine if someone was paying for serial killing - for hurting, sexual abuse, or rape, chopping down body parts of other humans or cannibalism and that too ON A DAILY BASIS. Would we be friends with them or ask for authorities to stop those crimes immediately?

Would we not distance ourselves (protect ourselves and loved ones) from dangerous people who think violence is fine? Yet slaughterhouses, butchers and animal farmers line up our countryside by the millions. We are surrounded by these violent criminals and their employees as well as their clients - your next-door neighbor, maybe your relative or family member or your child's class-teacher.

Time has come to end specie-ism and treat violence as unacceptable. We do not have to adjust in a sick society made of terrible people who have made thriving businesses and an entire industry out of rape,

abuse and murder of sentient beings and corrupt governments who gain billions of dollars and pounds from those crimes. The magnitude of these crimes is enormous.

There is no doubt that daily we must raise our voices - not against individuals but society. We need to shout not at individuals but shout slogans, write letters, post on social media, display posters, sign petitions, march against animal farming, hold cubes of truth demonstrations of videotaped evidence and create a change. We need to try our best to show that we do not find it acceptable under any circumstance to kill, chew the bodies of abused raped victims and their babies.

Simply being a quiet and cheerful vegan who sits at home growing some tomatoes and eating delicious vegan food is not enough - in fact it is disgraceful if we could sit being happy and smug all day long every single day when millions are being violently abused and killed every day.

We need an enormous amount of activism, and WE MUST PROTEST even more - why is it so less?

Argument 131: It is all about raising our vibrations and kundalini that we are here for. Vegan activism and other non-spiritual activities trap us in worldly things.

Veganism is not a 'nonspiritual' or mundane activity but in-fact the starting point of real spirituality. Recently I have been realizing that sometimes kundalini-based spirituality of raising vibrations is also a kind of a reptilian system designed to keep us engaged with only human relations within the matrix. We cannot talk of world peace and unite with other human spirits while being heartless and apathetic towards the trillions of animals turned into products.

If we were a normal human being, we would immediately, just as a school child should, question the breeding and slaughter of animals daily and be very perturbed that rape and murder of non-human beings are considered normal. Veganism has helped me realize my inner child like self and stay detached from the very evil human world pulled over our eyes.

All the kundalini serpent energy we are raising is imagination. Our actual behavior is necessary for actual inner transformational work, not just mere

mental visualization. In spiritual circles people go plant based for health and continue to sleep and enjoy the matrix instead of awakening and activism. Some of them even believe that consuming animal products is a good thing as long as you are in a trance of 'joyfulness' and 'respect the animal in spirit' (imagination) when causing her rape and torture for cheese and sweetmeats. We shamanically drum over their dead rotten skins, exchange animal products such as dairy items for X-mas and Diwali and consider it compassion and spirit of giving. This is the devil's dance of Maya, not real love, and light.

We take no real action towards stopping the terrible atrocities that are part of the world, while vainly talking about 'compassion' and heart chakra - this is wrong.

We need to question ourselves as members of an evil human race, why have we manifested such a mammoth evil against other sentient beings in this world if all of us are one energy and everything and everyone is a projection or manifestation of our inner self. If we are all one, it should include all species and not just human spirits.

Veganism is a spiritual awakening as it helps us focus on true empathy and compassion within our own heart. To detach from the matrix of human consumerism and sensual pleasure or greed and to have empathy towards all beings, not just human beings is a very good start in our quest for truth and true spirituality.

Argument 132: How can I live without meat (or dairy or eggs) for all my life?

Imagine someone making a big deal about not eating parsnips or cabbage or black-eyed beans for 40 years when they can eat every other vegetable under the sun. How difficult can avoiding three things meat, eggs and dairy be when there are thousands of fruits, veg, nuts, grains, legumes, beans out there to consume? Stupid to complain about not consuming just a few casual items, isn't it.

Now, imagine someone complaining about not causing rape, exploitation, murder, and torture of sensitive beings for the rest of their lives. This time, it is not stupid, it is simply evil to complain.

Argument 133: Animal products are routinely present in every aspect of life such as movies and stories. It is impossible to change this.

We all know that dairy is a product of rape, bereavement, infanticide and ultimately leads to slaughter for beef and leather. Hollywood in 2019-2020 cinema Charlie's Angels has a dialogue by a spiritual expert in new age well-being practices of the west who serves cheese and wine to the ladies, 'Respect the cow (mentally while eating cheese) and the cheese will be good for you'. It is all about superficiality, glamour, and false 'positivity'.

They also continuously promote fur and leather jackets in every other film just like they promote cheese and meat, even in the Witches of Oz, Sister Act - coincidentally each Hollywood film I saw one weekend had fur promotion in a big way. What are the chances three movies back-to-back that I see in one weekend were both full of fur promotion, leather and animal foods just as multiple movies in the past have been. No change.

Hardly any Hollywood film is there without beheaded turkeys, chickens, and other animal products to

normalize gory violence? Harry Potter - what have you learnt in fictitious spiritual ('good magic to harm none') magical school Hogwarts anyway? Violence against human animal is not cool, but the same against other animals by humans is? Just because they have a different face, body type, language, or genotype?

Obviously big-time businesses are investors in both Hollywood, religion and in many animal products. Someone from India told me that Hare Krishna members heavily invest in dairy and unable to go vegan but promote vegetarianism aggressively. The fact is that movies and religion - all are based on fantastic stories surrounding violent themes that fascinate us and dictate our life by mentally controlling us since childhood.

I personally have decided to not watch a single mainstream cinema or film from now onwards and to unplug myself from unethical things. We should all ideally be boycotting cinema that endorses fur, leather, animal products, horse riding, zoos including animal food and demand that the industry moves with the times instead.

Argument 134: Live and let live.

This does not mean live and let die, or live and kill others. Live and let live is about respecting all beings and to be as non-violent as we all practically and possibly can. Going vegan is the least of the steps we can take in that direction if not the only one.

Argument 135: The best way to be vegan is to be friends with and party with animal abusers and speciesistic people. (Common misconception)

Would you hang out with racists?

Would you be friends with a murderer?

Would you date or marry someone who clearly enjoys domestic abuse?

Would you invite such people to your house for dinner?

Then why would you hang out with speciesistic folk?

Why would you be friends with those who like hunting and fishing?

Why are crimes against animals who are far more intelligent and intuitive than human dumb animals who are ruining the planet, acceptable in society?

Why are those who practice and enjoy crimes supported instead of being expected to change themselves?

Why are people aggressive against change and try to push away those who try to speak against crime?

Unless we make our stand clear, unless we call out the evil, unless we tell people they are wrong, why would they care to change?

You can be kind to them, by not harming them, you do not cook them in a pot like you do not cook any other animal?

But you do not have to be friends and hang out with them or be part of those groups that condone racism, specie-ism, gender discrimination and those who enjoy aggressive, violent acts of rape and murder of innocents.

Please treat animal abuse, animal murder and animal exploitation just as you would treat slavery, just as you would treat racism, just as you would treat domestic abuse - as a crime and let it be known that you are against it and do not support those who condone it.

You can hand out leaflets, write letters, send peaceful emails, organize outreach events to educate others who are speciesistic, you can teach or deliver a workshop, you can host a film screening of documentaries such as Dominion, Earthlings, Land of

Hope and Glory, Dairy is Scary and other wonderful films that are free on YouTube. That is kind enough.

But once you accept a crime as something, normal, you normalize violence, you make it socially acceptable, you treat those who do it as someone cool whom you enjoy being with, they will never get that feeling that they need to change themselves, that society needs to change itself.

This is not called being judgmental, because if you knew someone enjoys rape, serial killing, gory murder and domestic violence, avoiding being around them is not judgmental, it is simply common sense. The Liberation Pledge is a useful resource to consider not participating in dinners that include animal product consumption.

Argument 136: I consume only Halal meat (typical religious sentiment)

To understand the intricacies of this notion, let us understand the meaning of the term. Haram the opposite of Halal, means something that Harms (notice the interplay of letters in each word Harm and Haram both of two different languages but connected in meaning). The word Karma is also of similar origin. It refers to the virtuosity or morality of the deed or action you take.

Halal means your action must not harm anyone, basically something that is ethical or morally righteous, while Haram refers to something unethical or criminal, forbidden by morality. The term Halal or Haram need not be solemnly owned by one religion such as Islam alone or necessarily refer to technique of slaughter. For example, if you steal someone's money or goods that is Haram, if you work hard and earn your own cash it will be Halal, simply because stealing is an immoral act. So is rape and murder. Animal farming is Haram as it involves both crimes, killing unnecessarily and stealing and therefore paying for it is wrong too as you fund the industry.

When it concerns the slaughter of an innocent and sentient being, you are taking away someone's life itself, it does not matter how gently or softly it is done, it is stealing life that does not belong to you and the biggest form of stealing or Haram. Some people justify that as per scripture their God is stated to have 'allowed' it but use your own heart through which God speaks directly, your inner or higher conscience and your basic common sense. The fact that stealing another being's life is the biggest theft ever is a clear violation of the law, that makes any kind of slaughter - no matter how it is conducted an act of Haram. Not only that a lot of people share graphic images of what is commonly called 'halal slaughter' but it so turns out that it is unbearable and bloody to watch, with animals seeming to be conscious, in terrible pain and gruesomely injured to death.

When you go shopping it is very difficult to figure if your leather boots were made of baby animals slaughtered in one way or another. Vegan shoes will always be Halal by default as no animal is harmed for it. Any vegan food or any other product you use will by default be Halal. If you worry about pig meat but are okay with other animal's meat, vegan products

will not only be Halal by default if you consume a vegan sausage, but you also help you align with your own inner sense of ethics instead of relying on what someone told you about a book being the ultimate authority. Clearly it is best not to harm anyone at all is it not?

No religion ever forbids you to go over and above what books state and to be even more virtuous than the masters or prophets before you or to progress above yesteryears limitations.

Similarly, another test of our consciousness is about ridiculing or looking down upon an animal such as a pig as 'dirty' to be put into your stomach, and sparing them somehow, while being fine with the murder of others. To look down upon any animal is especially arrogant of a human being. Pigs are not always unclean and do not really eat excreta but can be very hygienic creatures who love baths and living in clean and cozy places and enjoy eating fresh and healthy vegetables. It is the way farmers keep and breed them that forces them live in their own filth and eat harmful substances that through their body become a health hazard such as tapeworms if passed to human.

Hundreds of germs from other animals are found in animal products, for e.g., viruses found in dairy that can actually cause cancer, and a plethora of pathogens in most meat and eggs, for example salmonella, Ebola, coronaviruses.... the list is endless. Therefore, to say that one animal species meat is Haram while others are clean is erroneous.

If you want to really practice the right virtues whether of Islam or of any other religion or of your own personal awakened spirit and be sure that you are not consuming or being party to any kind of Haram or evil or bad karma, or anything unclean (whatever your religion or personal spirituality may forbid) think clearly for once. Being vegan by default ensures you are in safe hands and practising Halal lifestyle, one of virtuous conduct and of good or at least neutral karma and of course free of pathogens or unclean substances.

Argument 137: Where do you get your protein?

The oldest and silliest of all arguments is the protein argument. We all know that amino acids are found in plants, and they provide proteins to animals who then are eaten by some other animals. Plant protein is a direct source of protein, animal protein is an indirect source of protein. You can thrive on plant protein, found amply in a variety of plants that substitute even the heaviest protein requirements. We know of bodybuilders and strongmen such as Patrick Baboumian who have powerfully proven that you do not need animal protein to be strong. The Game Changers documentary has all about it with numerous bits and pieces of information. So, it is surprising indeed that people are still living in ancient times when they had little knowledge of science and thought eating animals, dairy or eggs is the way to health and fitness. Today we know these dangerous animal products destroy your health and make you weak causing death instead of strength in body besides being completely inhumane. Just have some beans and lentils please, it is not just tofu that has protein. Why kill birds and rape hens for eggs just for some slimy protein?

Argument 138: I pay taxes. I am respectable as a non-vegan in society.

That you pay taxes and earn money has nothing to do with ethics and morality towards fellow human beings and other species. A lot of rapists, domestic abusers, cigarette dealers, alcohol sellers are taxpayers in a big way. Government mints money through these unhealthy and unethical trades. Pesticide companies are heavy taxpayers. Animal agriculture is no different either, they even get discounts, rebates, and exemptions. Animal products are cheap because law allows these unethical concerns to rape and abuse females and mutilate babies for raising them until they are slaughtered with a humane lie. You purchase these products, and you show off that you are paying taxes and contributing to the economy by buying from British farmers or whichever nation you pretend to support. Fact is you are causing harm to an animal, hurting someone, being immoral, having a share of your karma in rape and abuse and killing someone each time you use non vegan things. You may be respected by others who are similarly unethical in the world but that does not matter. Only your actions do.

Argument 139: Law allows me. Who are you to defeat me?

Law allows you because people who make these laws are uncivil, criminal beings who have not a single moral or ethical bone in their body. The animals who are killed and raped are not making these human laws. The laws are not from heaven or idealism. These laws are senseless and condemnable for being biased towards only humankind and created primarily to supply economy with consumer demand of unconscious and unethical consumers. Law should never allow rape and abuse or murder, but it does, and this is the whole point. Do not let laws define the morality of your actions. Ultimately a planet of Ogres, Monsters or Demons is going to be Hell and their lawyers, police agents, judges, parliamentarians, all will be demons. This is true of our planet. You are right that we cannot defeat demons easily, we know they have physical and mental strength beyond limits, and they are so many multitudes of demons that one person can hardly fight them and gives up. This is a shame. But try not to be a one of them who want to defeat vegans because you have law on your side. Laws can and should be changed for the better.

Argument 140: Don't 'sell me' Vegan.

By standing on the streets or sitting at a table and explaining veganism to someone we are not earning profits. We are not marketing veganism for money. We are not earning millions of dollars in charity funding by arguments. We are giving you our precious time because someone is being killed mercilessly and it is wrong. We know that rape and abuse cause immense psychological damage to an individual and that every fish, bird, or mammal who is exploited is a victim. We are not selling you Vegan any more than a child rights champion sells you child rights, women's right activist sells you feminism, or a LGBT supporter sells you common sense. And we are not selling you meat, dairy, eggs, leather, fur, silk, wool, honey, zoos, - we are asking you NOT to buy a long list of such unnecessary items which is the opposite of selling. You will eat plants such as bananas, cherries, potatoes, rice, and rocket anyway if you are human - we do not need to separately boost sales of that. Plants are available everywhere for planting and as food and each family buys them already.

Argument 141: It's not rape.

The definition of rape from United States Department of Justice website is, “The penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim.”

What happens to the animals is indeed rape if they are bred through conscious penetration into their anus or vagina as common in dairy industry, poultry, pig farming, and every other kind of animal farming. If they are impregnated without consent and that too repeatedly, each one of them is a repeat rape victim.

Argument 142: I eat locally sourced meat not factory farmed or imported brands from supermarket.

You locally sourced meat had a face and a body of their own. It is still a product of murder. Where the heinous act was conducted is immaterial and does not make it any less a crime if you save up on electricity or transport costs or support local businesses of crime. We are not talking about banana import versus growing native vegetables here, please do not compare crimes to normal morally legitimate businesses.

Argument 143: I choose to focus on Fossil fuels and CO₂ for activism to save the planet as it is the priority.

Veganism is not primarily focused upon the overall planetary climate change or environmental perspective although it plays a big part in that movement too. Not hurting or harming someone is a basic spiritual or ethical concept. If you do not even practice basic morality towards one individual and kill or abuse so many individuals daily, what use is it to pretend being a champion of planetary movement or a saviour of earth?

Frankly we need to save ourselves. Consuming animal products is also killing us even before climate change does the trick. Each animal product that is manufactured is killing the planet at incredibly high velocity, killing humans, and killing countless other species. That is the primary issue that we all need to awaken to and talk about first and foremost. It is animal farming that takes away tree foliage and deforests vast acres of land every minute contributing to CO₂ accumulation and global warming and not just by releasing greenhouse methane gases by way of animal manure.

Argument 144: I believe in Creationism and Jesus. I believe we are put here above other animals and I do not believe we have evolved from apes.

Ridiculous arguments such as these could only be the result of religious conditioning or brainwashing systems that are rapidly deteriorating intelligence levels of otherwise normal human beings. Through such false religious theories spread through churches and missionaries that run from pillar to post to promote their chosen brand of capitalism, rich people are ruling the planet by fooling the poor. Just about anything can become a legitimate belief, for example 'humans are placed upon earth to dominate and be insensitive to the core and hunt, kill, abuse and rape every other specie on the planet simply because God or Jesus loves us and allows us to do these things.' Similarly senseless religions also teach that females should listen to men, dress in such and such way, and children obey or honour their parents no matter how abusive. You do not have to believe that we have evolved from apes if you do not want to believe that, but at least do not believe in killing, rape and abuse of innocent victims. How can any religion to teach that these senseless acts of unkindness are not sinful?

Argument 145: Brain evolution of humans happened after we started eating animal meat.

'Our brain size became larger because of eating meat of animals' is a less common argument thrown at us insensitively. The size or proportion of our brain has no effect if we use less than 10 percent or even 5 percent of it and remain permanently dull and ineffective throughout our life. If humans had indeed evolved because of eating meat, should we not be having basic common sense, basic morality, and right ways of thinking? Why are we seeing destruction of habitat, loss of tree cover, rape, murder, trophy hunting, killing of over 150 billion animals bred for slaughter, when we are unable to even look after even 8 billion or less of humans on the planet properly and human children die of world hunger? We have done nothing but made life miserable for each other and abused our planet to a high degree throughout our temporary existence on earth. Consuming animal products such as meat has certainly contributed to loss of health, appetite, and intelligence to make us mentally and physically ill.

Argument 146: Earth Healing means soil healing, being close to earth means loving the soil and worshipping the ground. It does not matter if you kill animals too if it is done ethically and carbon neutrally.

Carbon and soil fertility can be very well tackled for environmental healing BUT earth healing is not the same as environmental manipulation. Earth is not just an object; it is a community of living beings who co-exist with mutual respect towards each other. An animal who abuses, troubles, hurts, rapes, or kills another animal is not an earth healer no matter how much manure he or she adds to the soil. Healing is a soulful act and not an indecent one.

Argument 147: Hunting is eco-friendly.

I have heard this argument from an insensitive woman in a TV clip I watched on YouTube in a Piers Morgan show. She maintains that she is helping the environment by hunting animals for keeping their 'population down' (as if they are taking over the planet and talking too much). Frankly we hardly see animals around us leave alone the imaginary need to hunt them and keep their population under control. She says hunting and eating meat is a lot better than purchasing meat from supermarkets as it reduces the carbon footprint of breeding animals for meat production. For the trillions of animals being killed every year that surely must be good news indeed - they will not be bred and killed but simply killed to supply dead meat to the 8 billion or so humans and growing. Not only is the argument poor in term of being impracticable due to the sheer numbers of animals that are bred and slaughtered annually to meet demand of immoral humans, but it is also proof of the shameless and cunning audacity of hunters and carnists who justify cruelty in the guise of 'eco-friendly' (in truth ego-friendly) attitudes to promote their evil business.

**Argument 148: Respect all temperaments and species
- herbivore and carnivores.**

That is of course possible without killing herbivores or carnivores. Those species have little or no control over their genetic programming or mind. They lack the consciousness or intellect to examine their behaviour and are limited in evolution. As a human you and I can and should respect other species. You are not a carnivore species. You are a human who can choose to be a plant eater or an animal product consumer. You can choose vegan fashion and vegan furnishing. You are not an animal who is dependent on your genetic programming of herbivore, carnivore, or omnivorous lifestyle. You yourself said it is a personal choice, so why are you a carnivore even now? You may be a Lyran feline spirit of a ferocious lion from another planet who has become a human being right now, or a Reptile being from another star system who has infiltrated human system? However, if you believe in respect towards all species, then begin by respecting each innocent victim animal's right to live and be free of abuse or control regardless of whether they are pigs, cows, fish, chicken, salamander, or tiger.

Argument 149: It is ego of vegans that makes them argue. I hate arguments. Why complicate life, just enjoy life?

It is a Satanic cult that teaches hedonism, eating animal products or violence just for personal ego or pleasure. Vegans are not being egoistic because they are fighting for rights to other species and beings, who do not pay them taxes, rent or money to us. Vegans are not arguing for the sake of awards or rewards or press coverage to fluff up our own egos. It is incredibly frustrating to be an unknown voice because not enough people will join your initiatives, campaigns or sign your petitions, and that is why some vegans get published or write in media or make some YouTube videos. Most of the time they are simply having a conversation reluctantly because they do not even know why someone will argue against not contributing to killing and abuse or being non-violent. Enjoyment of life can happen without violence; else it is selfishness. Let each being have a chance to be free and enjoy their own life instead of owning them and enslaving them for extracting products of meat, dairy, eggs, or skins out of their abused bodies. Is that called enjoyment?

Argument 150: I like arguments. I have nothing useful to say but I will just argue for the sake of it.

That is what all violent people like. Argumentation. Lies. Justifications. Showing off their intelligence. Questioning simple ideas. Bringing more and more complications into the picture. Wasting time instead of accepting what is a basic fact.

They like no peace, no love, no kindness, except for themselves. They have come into the world with a desire to fight and prove their ego, to establish their own rights, not to be able to help anyone but to win every battle and to dominate. Narcissism, psychopathy, delusional behaviour is as common as the next person on the street. If we keep arguing with every man or woman down the road, we will get lost in ego driven humiliating and mind-dulling cycles of abuse where others keep fighting with us and arguing with us shamelessly.

The only thing to say currently is - that there are no arguments necessary. Just stop abusing others. Period.

LINKS FOR MORE INFORMATION AND REFERENCE:

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2. <https://www.dominionmovement.com/>
3. <http://www.nationearth.com/>
4. <https://www.landofhopeandglory.org/>
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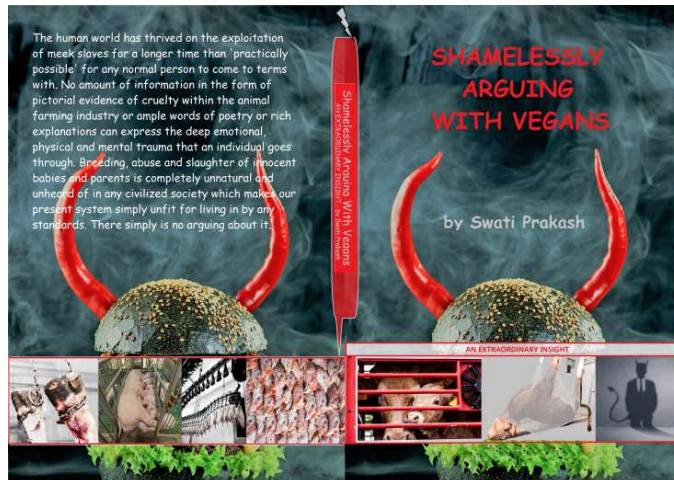
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Armed with a degree in Psychology and M.B.A. Swati Prakash was Managing Director of a reputed Public Relations firm in India at the young age of 22 alongside being President of Tarot India Network, focused on spiritual education, intuition, and the healing power of within. She launched India's First Wiccan Store Magick in 2008 and was featured in various episodes of The Chair UTV, Star TV Mano Ya Na Mano, Sambhav Kya and MTV Shuffle and interviewed in various press such as Femina, New Woman, and Times of India for promoting spiritual values of Non-Harming and Free Will. She now lives with her talented 10-year-old Vegan activist son Shaurya, in Britain. She has authored over 12 books on spiritual subjects including Veganism, Animal Rights, Planetary Ascension, Meditation, and Well-being.



<http://youtube.com/@earthhealingnetwork>

www.earthhealingnetwork.com



The human world has thrived on the exploitation of meek slaves for a longer time than ‘practically possible’ for any normal person to come to terms with. No amount of information in the form of pictorial evidence of cruelty within the animal farming industry or ample words of poetry or rich explanations can express the deep emotional, physical, and mental trauma that an individual goes through. Breeding, abuse, and slaughter of innocent babies and parents is completely unnatural and unheard of in any civilized society which makes our present system simply unfit for living in by any standards. There is simply no arguing about it.

Free Books, Articles and Media for the Animals, the Planet and Human Welfare at Earth Healing Network