

Events

Join our Vegan Spirituality Online Gatherings with guest speakers who are leaders in the vegan spiritual movement.



Attend our local gatherings with vegan potlucks and unique spiritual activities. Find a group near you on our website!



Participate in Vegan Spirituality Retreats with yoga, meditation, vegan food, speakers, community rituals, and animal blessings.

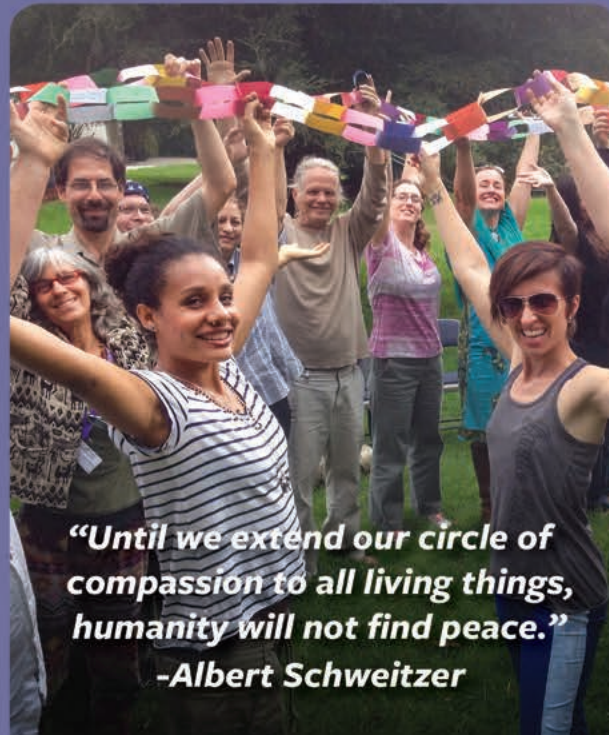
VeganSpirituality.com
Idausa.org/SustainableActivism

Contact Us

*Learn how to start a
Vegan Spirituality group
in your area!*

VeganSpirituality@idausa.org
VeganSpirituality.com
IDAUSA.org/SustainableActivism

Facebook:
Vegan Spirituality Community
Instagram:
@VeganSpirituality



***“Until we extend our circle of
compassion to all living things,
humanity will not find peace.”***

-Albert Schweitzer



***Is compassion for
all living beings
fundamental to your
spiritual beliefs?***

Honor your vegan ethics and nurture your spiritual self by joining our Vegan Spirituality Community



Do you feel passionate about being vegan for ethical reasons?

Vegan Spirituality is a project of In Defense of Animals (IDA), providing spiritual tools for animal activists through IDA's Sustainable Activism Campaign. We explore veganism as a spiritual practice via monthly spiritual gatherings, annual retreats, and online forums. Join our thriving Vegan Spirituality communities in cities around the world. VeganSpirituality.com



Spiritual Roots of Activism

Many social justice activists see their activism as a logical extension of their own spiritual path. The same is true for vegans. Vegan Spirituality includes the Vedic principal of Ahimsa, translated as “dynamic harmlessness,” or trying not to harm any living being. Following Ahimsa, we practice reverence for all life.

The combination of prayer and action can heal the world and liberate animals. Imagining a world in which animals are free to live their own lives can manifest this vision like a magnet. When more people set this intention and feel the joy of it coming to fruition, the intention magnifies. Together, we can reach a spiritual tipping-point for animal liberation!



Vegan Spirituality Helps Activists and Animals

- ▶ *Develops* mindfulness and inner peace
- ▶ *Promotes* nonviolence and forgiveness
- ▶ *Builds* supportive activist communities
- ▶ *Empowers* activists to manifest animal liberation
- ▶ *Reaches* spiritual people with the vegan message
- ▶ *Comforts* animals through prayer, ceremonies, vigils, & memorials
- ▶ *Creates* an energy field of compassion that uplifts all life

An endless well of peace and joy comes from opening our hearts to animals. Grief, despair, loneliness, and burnout arise as we witness endless animal suffering. Advocating for animals takes vision, faith, love, compassion, inner strength, imagination, and community.

Vegan Spirituality offers spiritual tools and self-care resources such as meditation, yoga, and community events. Time spent reflecting, contemplating strategies, and weaving sacred ritual into activism empower activists and nurture resilience.



What is Vegan Spirituality?

Our community is part of a larger movement of spiritual vegans who adopt this way of life to foster world peace, practice nonviolence, and end the suffering of nonhuman animals. Our vision is to liberate animals, raise the consciousness of human beings, and create community based on compassion for all sentient beings. We offer spiritual support to animal activists working to free animals from human exploitation.

Veganism and spirituality are deeply intertwined. Spirituality is the unseen, but deeply felt, love that dwells in our hearts. Vegan Spirituality is love in action for all life. Spiritual vegans help manifest animal liberation through positive focused thought, setting intentions, and prayer.



“Supplication, worship, prayer are no superstition; they are acts more real than the acts of eating, drinking, sitting or walking.”
- Gandhi