

Interfaith Vegan Coalition

BUDDHISM KIT



DEMONSTRATING THE BUDDHIST IDEALS OF HARMLESSNESS AND UNIVERSAL LOVING KINDNESS

RESOURCES

DHARMA VOICES FOR ANIMALS RESOURCES



Below are specific resources from Dharma Voices for Animals (DVA), an organization of those committed both to practicing the teachings of the Buddha (the Dharma) and to speaking out when animal suffering is supported by the actions of those in Dharma communities and by the policies of Dharma centers.

www.dharmavoicesforanimals.org

[Animals & the Buddha](#)

DVA [page](#) on right eating.

[Quotes](#) from the DVA 8-page brochure (see the section entitled, "Buddhist Monks & Teachers Speak Out")



DVA [Resources](#)

Detailed [discussion](#) on vegetarianism in the Mahayana sutras

[“Universal Compassion, Buddhism and Animal rights”](#)

by Norm Phelps

[Buddhism – An overview by Dharma Voices for Animals](#)

[On the Bodhisattva path I stopped off for a burger](#)

QUOTE

Thich Nhat Hanh’s Call for Compassionate Eating

In his famous 2007 Blue Cliff letter, Thich Nhat Hanh wrote:

Lay communities should be courageous and give rise to the commitment to be vegetarian, at least 15 days each month. If we can do that, we will feel a sense of well-being. We will have peace, joy, and happiness right from the moment we make this vow and commitment.

We only need to be vegetarian, and we can already save the earth. Being vegetarian here also means that we do not consume dairy and egg products, because they are products of the meat industry. If we stop consuming, they will stop producing. Only collective awakening can create enough determination for action.

As a spiritual family and a human family, we can all help avert climate change with the practice of mindful eating. Going vegetarian may be the most effective way to stop climate change.

BOOKS

Bussineau, John. *The Buddha, the Vegan, and You: From Carnism to Compassion*. Calm Water Publishing, 2015.

Chapple, Christopher Key. [Nonviolence to Earth, Animals, and Self in Asian Traditions](#). SUNY, 1993.

Chatral Rinpoche. *Compassionate Action*. Snow Lion Publishing, 2007.

Dalal, Neal and Chloé Taylor, Eds. [Asian Perspectives on Animal Ethics: Rethinking the Nonhuman](#). Routledge, 2014. Sources on Buddhism, Jainism, Hinduism and Confucianism.

Kapleau Roshi, Philip. *To Cherish All Life: A Buddhist View of Animal Slaughter and Meat Eating*. Harper & Row, 1981. Free PDF Version [here](#)

Lodrick, Deryck O. *Sacred Cows, Sacred Places: Origins and Survivals of Animal Homes in India*. University of California Press, 1981.

Page, Tony. *Buddhism and Animals: A Buddhist Vision of Humanity's Rightful Relationship with the Animal Kingdom*. London: UVAKIS Publications, 1999.

Ricard, Mathieu. [*A Plea for Animals: The Moral, Philosophical, and Evolutionary Imperative to Treat All Beings with Compassion*](#). Shambhala, 2016.

Sakya Trizin. *A Buddhist View on Befriending and Defending Animals*. Portland, Ore.: Orgyan Chogye Chonzo Ling, 1989.

Shabkar. *Food of Bodhisattvas: Buddhist Teachings on Abstaining from Meat*. Shambhala, 2004.

Tashi, Phurbu (Foreword Dalai Lama). [*The Lamp of Scriptures and Reasoning: The Tibetan Buddhist Perspective on the Faults of eating Meat*](#). Gampopa Press, 2004

Walters, Kerry S. and Lisa Portmess, eds. *Religious Vegetarianism: From Hesiod to the Dalai Lama*. State University of New York Press, 2001

VIDEOS:



[**VeggieDharma**](#) - Buddhist Video channel with a variety of resources

[**Thich Nhat Han's Engaged Buddhism and Plum Village Vietnamese Vegetable Salad**](#) - Mindful Vegan Cooking Retreat – 2016

[**Monastic teaching on Veganism at retreat**](#) (Blue Cliff Monastery New York 2017)

[**Thich Nhat Hanh on Veganism**](#) (6 min.)

[**Matthieu Ricard for Peta**](#) (3 min.)

OTHER BUDDHIST WEBSITES FOR ANIMAL RIGHTS AND VEGANISM

[Diverse resources from all Buddhist Traditions](#), published by Tibetan Buddhists

[Vegan Activism in the Zen Tradition of Thich Nhat Hanh](#)

[Tibetan Tradition](#), facebook link [here](#)

ARTICLES

Introductions to the topic

Resources can be found [here](#) and a list of Classical Sources including pdfs are available [here](#).

Anderson, Bill. "The Use of Animals in Science: A Buddhist Perspective." *Zen Bow Newsletter* 6, no. 2-3 (summer-fall 1984): 8-9.

Balsys, Bodo. *Ahimsa: Buddhism and the Vegetarian Ideal*. New Delhi: Munshiram Manoharlal Publications, 2004.

Chapple, Christopher Key. *Inner Peace, World Peace: Essays on Buddhism and Nonviolence*, ed. Kenneth Kraft. State University of New York Press, 1992) 49-62.

Ho, Mobi. "Animal Dharma." In *Dharma Gaia: A Harvest of Essays in Buddhism and Ecology*, ed. Allan Hunt Badiner, 129-35. Parallax Press, 1990.

Jaini, Padmanabh S. "Indian Perspectives on the Spirituality of Animals." In *Buddhist Philosophy and Culture: Essays in Honour of N. A. Jayawickrema*, eds. David J. Kalupahana and W. G. Weeraratne, 169-78. Colombo: N. A. Jayawickrema Felicitation Volume Committee, 1987.

Kapleau, Philip. "Animals and Buddhism." *Zen Bow Newsletter* 5, no. 2 (spring 1983): 1-9.

Karunamaya. "The Whys and Hows of Becoming a Vegetarian." *Golden Drum: A Magazine for Western Buddhists*, August-October 1989, 12-13.

Kaza, Stephanie. "[Eastern and Western Buddhist Motivations for Vegetarianism](#)." *World-views: Environment, Culture, Religion* 9, no. 3 (2005): 385-411.

Kaza, Stephanie. "Keeping Peace with Nature." In *Buddhist Peacework: Creating Cultures of Peace*, ed. David W. Chappell, 81-91. Boston: Wisdom Publications, 1999.

Lawrence, Kate. "[Nourishing Ourselves, Nourishing Others: How Mindful Food Choices Reduce Suffering.](#)" in *Mindfulness in the Marketplace: Consuming with Compassion*, edited by Allan Hunt Badiner. (Berkeley: Parallax Press, 2002).

Lesco, Phillip A. "To Do No Harm: A Buddhist View on Animal Use in Research." *Journal of Religion and Health* 27, no. 4 (winter 1988): 307–12.

McDermott, James P. "Animals and Humans in Early Buddhism." *Indo-Iranian Journal* 32, no. 2 (1989): 269–80.

Nagabodhi. "Buddhism and Vegetarianism." *Golden Drum: A Magazine for Western Buddhists* (August-October 1989): 3.

BUDDHIST FOOD BLOGS AND TRADITIONAL RECIPES

Zen Tradition

A very active online vegan community

Zen Monastic food

Japanese Temple Cuisine

Recipes can be found [here](#) and [here](#).

Additional recipes are available at this [link](#).

Chinese

Vietnamese

Indian

Korean

Western Buddhist food blog

Taiwan

Japan



Follow-Up Support for You

For ideas, support, advice, please email:

veganspirituality@idausa.org

activistsupport@idausa.org

