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

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

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

"Until we extend our circle of compassion to all living things, humanity will not find peace."
-Albert Schweitzer
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