



Meatless Day

NOVEMBER, 2018 NEWSLETTER

Remember It's November!

Animals— Children of the One Universe

SADHU VASWANI



Sordid, alas, and blood smeared is this “civilisation”. For still we shoot birds and still we enslave beasts of burden and still we slay animals to eat their flesh. This civilisation is built in the blood of creatures and the patience of the poor. This civilisation must give way to something bigger than secular socialism— to a new vision of the One Life in All. Our urgent need is a Religion of Reverence for all life!

I plead for mercy to animals. Can I, indeed, truly love God, if I do not love all things, all beings that God loveth? Sometimes, sadness fills my heart, as I think of how so many of us live thoughtlessly, even when we see ourselves surrounded by suffering. How oft we forget that creatures groan in pain!

*Every Thought Counts,
Every Click Matters.*

*Thoughtlessly, we spend hours
Surfing the internet to no avail.
Come November, pledge to ignite a flame,
A flame of love, of compassion and of change.
One heart changed is one life saved,
A change no matter how small
Contributes in a big way.
It's November, remember?
It's time to go meatless.*

*Pledge for life and save lives..**

Learn to Say No!!!

DADA J. P. VASWANI



Very often, I am told, people pledge to be vegetarians, but when a plate of *kebabs* appears before them, they are tempted to eat it in spite of taking the pledge! Who are we to judge them? They must be answerable to their own conscience. Such men and women lack the courage to say NO. Faced with a platter full of the food they have abjured, they do not have the inner strength to say, “Take it away from here, I will not eat it. I have pledged to stay away from this food.”

Learning to say ‘No’ to yourself, to material desires and the craving of the senses, is the first step towards perfection. It can take you forward in your spiritual life. Each one of us must strive to become a perfect human being. Do not wait for tomorrow. Make the beginning today, now, so you can move closer to Liberation in this birth. The more you give in to your desires, the more you wander, the longer it will take for you to make that crucial U-turn and get back to the source. Be firm in your resolution. Learn to say NO.



LEARN
TO SAY
NO

*Use the power of your touch, Save lives this November,
Make a difference, a contribution, Pledge to go meatless now!*

DOWNLOAD THE SIMPLY LOVE APP TODAY





Are Vegetarians Smarter?

A 2006 study from the University of Southampton in Britain, which followed more than 8,000 people for 20 years, found that vegetarians tend to have IQs about five points higher than those of meat-eaters. The IQs were measured when the subjects were children and again as adults. Of the adults who had become vegetarians (about four and a half percent) their IQ measured around 105, compared to 100 for those who ate meat. Furthermore, they were more likely to have completed college and secured a well-paying job. Several explanations for these results are possible, many of which indicate that there is more involved than dietary choices.

With lower blood pressure and cholesterol, they are less likely to suffer heart attacks, diabetes or obesity. By focusing on a diet rich in fresh fruits, vegetables, plant proteins and whole grains, they ingest the strongest nutrients for building a healthy body and mind.

Vegetarians are more likely to get a lot of regular exercise and practise yoga which can be beneficial to both mind and body. They also argue that one of the advantages of diet is that it gives them more energy, so that they are overall more physically efficient and even sleep better, thus leading to effective use of your brain.

The Vegan Strongman



Former body builder Patrick Baboumian, 33, is a strongman competitor and a strength athlete who competes all over the globe to show off his immense power. Also known as Popeye, the Armenian German currently holds the world log lift record in the 105 kg category as well as the title of the 'Strongest Man' in Germany.

But he also has a surprising secret, as the strongman has followed a strict vegan diet for more than five years. "I just found myself thinking that if I would have to kill the animals I ate with my own hands I couldn't because I was too compassionate." "I felt that I was fooling myself eating meat considering my inability to kill an animal so I just thought I'd better be honest to myself and stop eating meat."

Baboumian is grateful to his diet; he has never been stronger. He added: "Why do I not eat meat? Vegetables give me all the nutrients I need to be a high performance athlete, including proteins." The difference with meat and animal products is that vegetables don't clog your arteries with saturated fat.

In 2012, he set a world record by lifting a 150.2 kg beer keg over his head and added 10 seconds to the fronthold record which involves holding a 20 kg weight with straight arms in front of the body.



*Don't Eat Less
Just Go Meatless.*

*Animals
Killed Yearly*

Meat Industry: 59,000,000,000 Worldwide
Science: 100,000,000 Worldwide
Fur Industry: 40,000,000 Worldwide

Hunting: 200,000,000 in U.S.A alone
Other {Shelters}: 4,000,000 in U.S.A alone

No price is too great to save a single life!
- Dada J. P. Vaswani



Meat-Eating Does More Harm Than Good...

• Draining the World's Oil



The western animal farming economy is based on oil, which is why there were food riots in 23 countries when the oil price peaked in 2008. Every link in the chain of events that brings meat to the table demands electricity, from the production of the fertiliser put on the land to grow the animal feed, to pumping the water they need from the rivers or deep underground, to the fuel needed to transport the meat in giant refrigerated ships and the supermarket shelves.

• Making Us Prone to Diseases



Animal waste contains many pathogens including salmonella, e. coli, cryptorchidism, and fecal coliform, which can transfer to humans are through water run-off or manure or touch. In addition, millions of pounds of antibiotics is added to animal feed a year to speed the growth of cattle.

• Ruining the Air



Nearly two thirds of the man-made ammonia—a major contributor to acid rain—is generated by livestock. In addition, concentrated factory farming of animals contributes to ozone pollution. Aside from greenhouse gases such as methane and carbon dioxide, cows and pigs produce many other polluting gases.

• Spoiling the Oceans



The present oil pollution disaster in the Gulf of Mexico is not the only problem that the region faces. Most summers, an area of roughly 13,000 - 20,000 sq. km. of sea at the mouth of the Mississippi becomes a “dead zone”, caused when vast quantities of excess nutrients from animal waste, factory farms, sewage, nitrogen compounds and fertiliser are swept down the mighty river.

• Eating Up Land



A human population expected to grow by 3 billion, a shift in developing countries to eating more meat, and global consumption on track to double in 40 years point to the mother of all food crises down the road. Nearly 30% of the available ice-free surface area of the planet is now used by livestock, or for growing food for those animals. One billion people go hungry every day, but livestock now consumes the majority of the world's crops.

• Causing Deforestation



Global agribusiness has for 30 years turned to tropical rainforests— not for their timber but for the land that can be used to graze cattle or grow palm oil and soya. Around 6 hectares of forest land— an area equivalent to Latvia or twice the size of Belgium— and a similar acreage of peat and wetlands elsewhere, is converted to farmland a year. Of that, it says, most goes to livestock or to grow the crops to feed the cattle. As soya becomes the world's major crop for chicken feed, so the industry is driving cattle ranching deeper into the forests.



Question the Mind!

1. Why hinder peace?

- For a few pieces of meat
- For taste bud's pleasure?
- To serve world hunger?

2. Why turn vegetarian, and go meatless?

- To be healthy in mind and soul
- To live longer
- To save planet, humanity and life

3. Why love all creatures?

- We all are children of Earth
- Each life is precious
- Hands are given to help and save and not to harm and slaughter



Watch at
[youtube.com/svmission](https://www.youtube.com/svmission)

Meatless Day Campaign Gathers Momentum



On October 4, 2018, a drawing and painting competition was organised in order to celebrate “International Meatless Day” and Gurudev Sadhu Vaswani’s 139th birthday. About 42,000 children from 58 schools of Pune, participated showcasing their artistic talents and creative skills. The theme of this competition was different for students studying in different classes. For class I ‘*animals are a part of my family*’; the theme for class II was “*To love God's Creation is to love God*”! Classes V to VIII and the handicapped had to choose from the options, “*These hands are given for— Help, Heal and not for Harm or Hurt Animals*”, “*Animals are my friends and I don't eat my friends*”, “*Eat Cruelty free food, have pain free life*” and “*Give animals a voice... stop animal abuse*”. A slogan writing competition with a pictorial representation was given the topic for classes IX to Senior College.

Set Them Free...

As a child, I would often visit my neighbours and family-friends. I enjoyed being in their company. One such family-friend was Diwan Gopaldas. He was a proud owner of a beautiful parrot.



One day, I went to visit him. On my arrival, he held my tender hand and eagerly led me to his parrot. I saw the beautiful parrot which was his prized possession. He doted on it. He was sure I would be fascinated by it. Instead of being attracted, I felt sorry for the imprisoned bird which had been separated from its family, its own kith and kin. The piercing glitter that arose in the eyes of the parrot touched me. I could not control myself. Humbly I asked the Diwan, "Why have you confined this lovely parrot?" He condescendingly patted me on my head and explained, "I provide the parrot with all the delicacies it likes. It loves chillies and it relishes guava. The parrot is very happy and contented in this cage."



Gently I disagreed and said, "The greatest treasure of every living being is freedom and you have deprived the parrot of it. He is bound to be unhappy." The Diwan insisted that the parrot had been with him since years and this cage was now his home. "His home is in the canopy of tall trees. The sky is his roof" I appealed. Seeing my crest-fallen face, the Diwan gave in to my pleading and said, "Alright Jashan, to make you happy, I permit you to set it free. But please, take great care of it. I do not want it to be devoured by other animals."

Joyfully and carefully I rushed up the stairs and went to the terrace. With great anticipation I opened the door of the cage, expecting the parrot to immediately hop out of it. Instead, it stayed cowed and uncertain in the cage. I gently lifted it out, but it would not fly. I carefully prodded it and ruffled the feathers of its wings to encourage it to fly. It hopped around a bit. Then it flapped its wings a little, flew a little and then again sat still. This went on for a while.

Finally, its inert wings were revived with enough strength for it to jump on to the parapet. Just then a herd of parrots flew by, speeding by with their flapping wings. Seeing them the energy within the parrot grew and it took a big leap and then flew away.



News Section

Animals Revered Worldwide...

Citizens of the Malaysian city, Penang, are hosting the International Meatless Day Charity Carnival 2018, on Sunday, December 2. Celebrated in honour of the benevolent saint Sadhu Vaswani, this festival pays a tribute to the ceaseless efforts by Revered Sadhu Vaswani to stop all slaughter of our fellow beings.



Students Pledge to Go Meatless!



On October 12, 2018, the K.C. College, Mumbai, celebrated 'Meatless and Animal Rights Day'. An inter-college quiz competition, poetry competition and singing competition were organised. Thought-provoking and gripping clips were shown as the event was attended by students of prominent schools and colleges.

The auditorium brimming with students was also enchanted and mesmerised by the songs of Mr. Amrish. The event concluded with the prize distribution ceremony where the winners were awarded certificates and cash prizes. Most importantly, students pledged to go meatless on November 25th with all their heart.

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