

**Be Veg ♥ Go Green**  
**Save Our Planet**



**“Everybody  
should realize that:  
Money is useless.  
House is useless.  
Power is useless.**

**Everybody will be gone. So we  
do what we can to make people  
realize that. We have to save  
the only planet that we have,  
and the most beautiful  
one that we know.”**

*Supreme Master Ching Hai  
World-renowned humanitarian and  
respected spiritual teacher.*

**[www.SupremeMasterTV.com](http://www.SupremeMasterTV.com)**

*Printed copies are available at [www.TheCelestialShop.com](http://www.TheCelestialShop.com)*

**The Survival  
of the  
World is in  
Your Hands.**



**So is The Solution.**



**“We have a climate crisis that is a planetary emergency.”**

**Al Gore** Environmental activist and former Vice President of the United States



**“The hour is late, it’s time to decide. I’m quite confident that you will make the choice wisely.”**

**Ban Ki-moon** Secretary-General, United Nations



**“It (Climate Change) is the only thing that I believe has the power to fundamentally end the march of civilization as we know it.”**

**Bill Clinton** Former President of the United States



**“Climate change is responsible for conflicts that can only deepen in the future if we don’t act as soon as possible.”**

**José Manuel Durão Barroso** President, European Commission



**“The doomsday clock of climate change is ticking ever faster towards midnight; we are simply not reacting quickly enough.”**

**Prince Charles** Prince of Wales

## The Crisis:

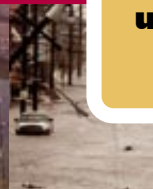


**“The Arctic Ocean could be nearly ice-free at the end of summer by 2012.”**

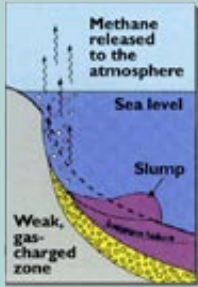
**Dr. Jay Zwally** NASA climate scientist

**“...this next year or two years are the critical time periods. ...beyond which it will be impossible to avoid climate change with far-ranging undesirable consequences.”**

**Dr. James E. Hansen**  
Director of NASA Goddard Institute for Space Science







If global temperatures continue to rise, massive amounts of methane gas could be released from the 10,000 gigaton reserves of frozen methane that are currently locked in the world's deep oceans and permafrost.

**“This is a major concern because it's possible that only a little warming can unleash this trapped methane. Unzipping the methane reservoir could potentially warm the Earth tens of degrees, and the mechanism could be geologically very rapid.”**

Professor Martin Kennedy  
UC Riverside

**“We have to save this planet, so that we will be able to stay. Because if the ice all melt, if the pole all melt out, and then the sea is warm, then the gas might be released from the ocean, and we might be poisoned. ... if they don't fix it, 4-5 years time, finito. No more. It's really that urgent.”**



Supreme Master Ching Hai  
World-renowned humanitarian and respected spiritual teacher.

## Climate changing faster than IPCC worst-case scenario.

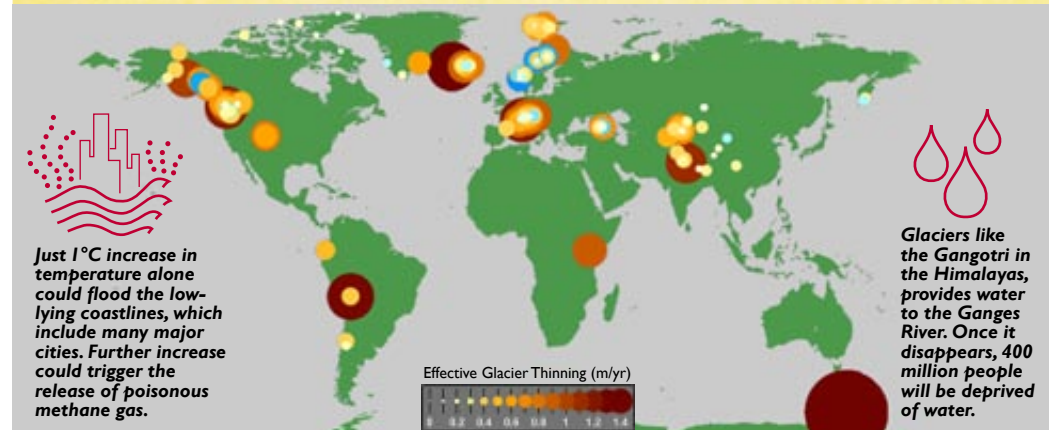
And the hard part is how to stop it - IPCC, United Nations



Polar ice reflects light from the sun.

As ice melts, less sunlight gets reflected into space.

NASA - In 2007, Arctic summer sea ice reached its lowest extent on record... With Arctic Ocean ice melting rapidly, less sunlight gets reflected back into space, heat is absorbed into the oceans and land instead, raising the overall temperature, and fueling further melting. Gerston (GSFC).



Just 1°C increase in temperature alone could flood the low-lying coastlines, which include many major cities. Further increase could trigger the release of poisonous methane gas.

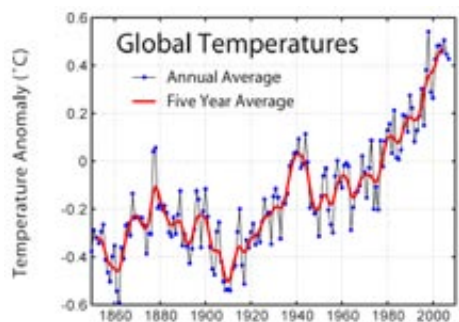
Glaciers like the Gangotri in the Himalayas, provides water to the Ganges River. Once it disappears, 400 million people will be deprived of water.

Besides the Arctic ice, the ice of the Antarctica and the mountain glaciers worldwide are also melting rapidly. This reflects the alarming rate greenhouse gases are increasing in the Earth's atmosphere. Global warming is now the most serious threat ever faced in human history.



**Natural disasters have doubled in the last 20 years. And most are linked to global warming.**

*United Nations*



**Scientists agree that human activities is causing our planet to warm up.**

Earth's temperature hasn't varied by more than 1.8°F (1°C) in the past 10,000 years. But in the last 100 years alone, it has increased by 1.1°F (0.6°C). And it leads to catastrophic disasters all over the world.

- 2001** Britain experienced the wettest winter in 270 years • Florida had the worst drought in 100 years • 1.5 million farmers in Central America had no crop
- 2002** 1,000 people died from a spring heat wave in India • Wildfires consumed more than 5 million acres in the western United States • 235 million people went without electricity when hydroelectric sources dried up • 12 million people in South Asia were displaced by flooding
- 2003** France: 11,000 dead in heat wave • 1,400 people died from a heat wave in India and Pakistan • US experience a record 562 tornadoes in the month of May • Heat wave in Britain set new temperature record • Portugal's worst forest fires in fifty years
- 2004** In Haiti 1,000 people killed in flood town • Hurricane Jeanne left more than 1,050 dead in Haiti • Storm killed 1,000 in Philippines
- 2005** In New Orleans, USA, Hurricane Katrina lashes coast and 1,836 people lost their lives • Wildfires consumed more than 5 million acres in the western United States • 12 million people in South Asia were displaced by flooding
- 2006** Philippines: Typhoon killed 388 • Indonesia: Flood killed 200
- 2007** Bangladesh: Cyclone Sidr death toll surpasses 3,000 • India: Monsoon killed 2,000 and left 19 million people stranded • China: Millions fled from typhoon • Mexico: Floods stranded 300,000 • 1 million people across Africa hit by rains which destroyed crops, burst dams and left dozens dead • Southern California: 500,000 fled wildfires
- 2008** Myanmar cyclone death toll above 100,000 • Britain have the warmest May since 1772, accompanied by raging wildfires and flash floods...



# IPCC recommendation: Don't eat meat.

(IPCC: The United Nations panels of over 2,500 scientists and other experts on Climate Change)



PARIS (AFP) — Don't eat meat, ride a bike, and be a frugal shopper -- that's how you can help brake global warming, the head of the United Nations Nobel Prize-winning scientific panel on climate change said.

"Please eat less meat -- meat is a very carbon intensive commodity," Rajendra Pachauri said, adding that consuming large quantities was also bad for one's health.

Studies have shown that producing 1 kg (2.2 lbs) of meat causes the emissions equivalent of 36.4 kg of carbon dioxide.

In addition, raising and transporting that slab of beef, lamb or pork requires the same amount of energy as lighting a 100-watt bulb for nearly three weeks.

**"The picture is quite grim -- if the human race does not do anything, climate change will have serious impacts."**

*he warned.*

Since the Nobel was awarded in Oct. 2007 to the IPCC and the former US vice president Al Gore, Rajendra Pachauri has criss-crossed the globe sounding the alarm on the dangers of global warming.

**Meat consumption has increased fivefold in the past fifty years.**



**“This is something that the IPCC was afraid to say earlier, but now we have said it.”**

*Dr. Rajendra Pachauri  
Head of IPCC*

# Livestock: a major cause of global warming.



**1.** Livestock raising drives 1/3 of the world's deforestation. It uses up 3.4 billion hectares of land for animal grazing and for growing crops to feed the animals.

**2.** Livestock's gas and waste produces the no.1 source of nitrous oxide and methane, which are 310 times and 72 times more power than carbon dioxide respectively.



**3.** Livestock industry produces more carbon dioxide than all the world's cars, trains and planes combined - by raising the animals, transporting them to the slaughterhouses, the slaughtering process, refrigerating and transporting their carcasses all over the world.

# Greenhouse gas in perspective.

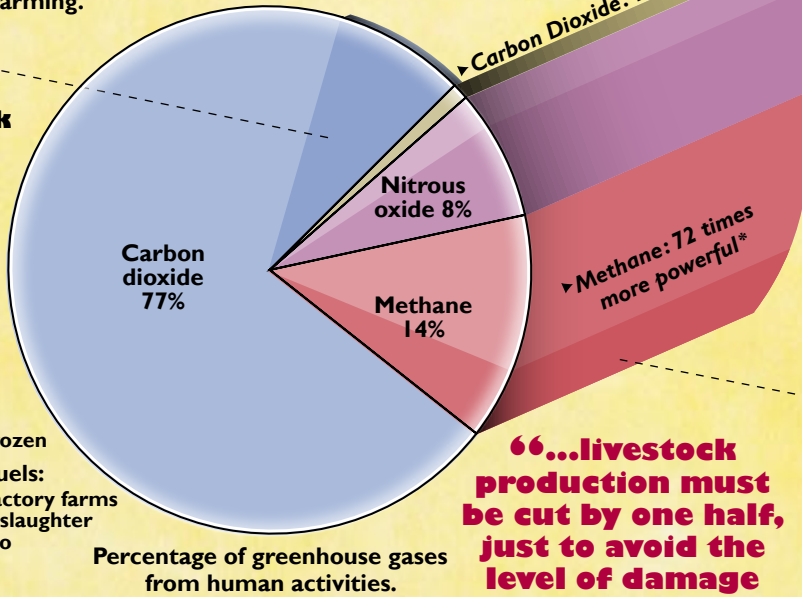
Greenhouse gases trap heat keeping Earth from cold. But drastic increase in greenhouse gases from human activities have caused global warming.

Although carbon dioxide is the most prominent, other gases are much more powerful in trapping heat. While it is becoming better known that methane is 25 times more powerful than carbon dioxide, it is based on the calculation of an average of over a 100 years period. Because methane is more potent in its initial stage, during this critical 20 years, methane is actually 72 times more powerful!\*

Beside being a leading source of greenhouse gases, together with its combined Global Warming Potential\*, the livestock industry causes the alarming majority of global warming.

## 9% of carbon dioxide come from livestock

- Land use:
  - For livestock
  - Growing crops for livestock
- Energy use:
  - Growing crops for livestock
  - Operate factory farms
  - Operate meat-processing plant
  - Keep the meat refrigerated or frozen
- Transportation fuels:
  - Deliver feed to factory farms
  - Truck animals to slaughter
  - Transport meat to grocery stores



**“...livestock production must be cut by one half, just to avoid the level of damage worsening beyond its present level.”**

United Nations

## perspective.

► Nitrous Oxide: 310 times more powerful\*

► Fluorocarbons: 12,000 times more powerful\*

## 73% of nitrous oxide come from livestock

The number 1 source.

- Crop growing practices to raise animals (More than 3/4 of all nitrous oxide are from agriculture soil. And about 90% of its crops are used for feeding livestock).
- The rest is from animal waste management.

## 37% of methane come from livestock

The number 1 source.

- 85% of which are produced in the digestive processes of livestock.
- 15% of which are released from the massive animal waste “lagoons”.

**“A vegetarian lifestyle is almost all that we need right now to stop the global warming, to balance the scale of the negative consequences. Even physically speaking, most of the pollution will be stopped by all the people on the planet being vegetarian.**

**I really mean it. 80% of the global warming will be stopped if all people begin to be vegetarian.”**

Supreme Master Ching Hai

\*Global Warming Potential measures a greenhouse gas relative to that of the same mass of carbon dioxide (GWP: 1).



# Be Veg. Go Green.



For example, if every American go on one meat-free day per week, it would be the same as taking 8 million cars off American roads!

Leading health experts agree that going vegetarian is the single best thing that we can do for ourselves and our families.



Animals are intelligent beings that love life and feel pain too. Stopping the killings is the noble and compassionate thing to do.



Going veg saves over 80% of world's crops (from feeding livestock). It is the solution to stop world hunger. Do the right thing. Join us.

# And preserve a future for ourselves and our children.

**“If the future of the world and of human beings depended on me, what would I do?”**

*Buckminster Fuller*

The human population is rising to the equivalent of the population of Turkey each year. If we don't stop the current trend of meat-eating, once the tipping point is reached, we will all be heading towards disasters, ones that are worse than what many people in the world are already facing right now.

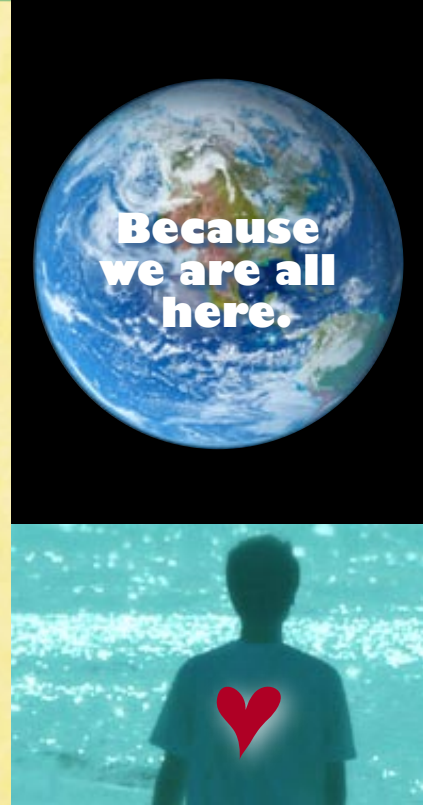
Going veg is the most effective and the easiest way to stop global warming.

The climate crisis is staring at us right in the face. Can we, as the human race, react fast enough to save ourselves? Since we are all part of the problem, we all have to be part of the solution, in order to save our planet. Unless everyone do their part, we cannot move away from the crisis as one.

Follow your logic and your heart.

**Change your Life.  
Change your Heart.  
Change your Diet.**

**危机** The Chinese expression for 'crisis' consists of two characters: 'danger' and 'opportunity'. Our present crisis may be the ultimate opportunity to touch our hearts and make us realize that love is the only answer: that world peace is indeed possible when we all unite and do our part to stop the killings in this planet.



# You can make the difference:

**'Be The 100th Monkey'**



The 100th Monkey story illustrates the concept of morphogenetic fields.

In 1952, on the island of Koshima scientists were providing monkeys with sweet potatoes dropped in the sand. One monkey found that by washing the sweet potatoes in the stream, they tasted better. She taught this radical new trick to another in her group. Soon, little by little, the behavior spread. When a critical mass was reached with the 100th monkey, the field of awareness suddenly spilled over to other and larger groups.

The research suggests that when enough of us make the efforts to translate our positive ideas into action, the expanding energy field creates the evolutionary breakthrough that can change our cultural habit.

**"When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bounds: Your mind transcends limitations, your consciousness**

**expands in every direction and you find yourself in a new, great and wonderful world."** *Yoga Sutras by Patanjali*



## The time to act is now!

*Our planet is well on the way to 1°C rise in temperature and beyond.*



*Global temperatures are expected to rise a further 1.8 - 4.0°C (3.2 - 7.2°F). IPCC, United Nations*

What exactly is going to happen as Earth heats up? Here is the degree-by-degree guide:

**1°C increase**  
Ice-free sea absorbs more heat and accelerates global warming; fresh water loss from a third of the world's surface; low-lying coastlines flooded...

**2°C increase**  
Europeans dying of heat-stroke; forests ravaged by fire; stressed plants beginning to emit carbon rather than absorbing it; a third of all species face extinction...

**3°C increase**  
Carbon release from vegetation and soils speeds global warming; death of the Amazon rainforest; super-hurricanes hit coastal cities; starvation in Africa...

**4°C increase**  
Runaway thaw of permafrost makes global warming unstoppable; much of Britain made uninhabitable by severe flooding; Mediterranean region abandoned...

**5°C increase**  
Methane from ocean floor accelerates global warming; ice gone from both poles; humans migrate in search of food and try vainly to live like animals off the land...

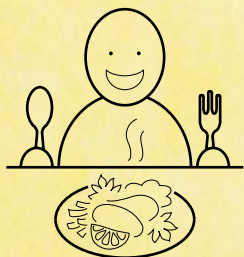
**6°C increase**  
Life on Earth ends with apocalyptic storms, flash floods, hydrogen sulphide gas and methane fireballs racing across the globe with the power of atomic bombs; only fungi survive...

Extinction.

*'Six Degrees: Our Future on a Hotter Planet' by Mark Lynas. Based on authoritative scientific articles, the latest computer models, and information about past warm events in Earth history.*



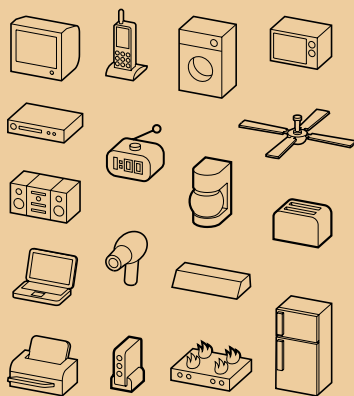
# 1 person going veg for 1 year:



**Reduces**  
3,267 pounds of CO<sub>2</sub> emissions

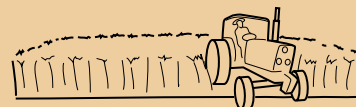


Equivalent to savings from not using  
all the equipments below for 1 year:

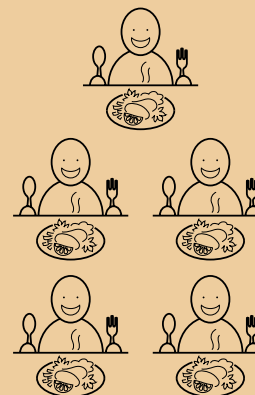


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**Stops**  
5 people from starving



We can feed 5 times more people if  
we use the land to grow crops directly  
for human instead of growing crops for  
livestock and then eating their meat.



+

**Saves**  
25 lives



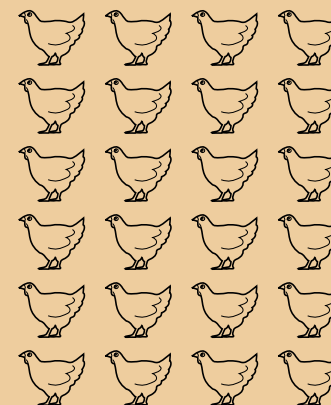
0.4 cow



0.5 pig



0.1 sheep



24 chickens



**“If anyone wants to save the planet, all they  
have to do is just stop eating meat. That’s the  
single most important thing you could do.**

**It’s staggering when you think about it. Vegetarianism  
takes care of so many things in one shot: ecology,  
famine, cruelty.”** Sir Paul McCartney *Musician and composer*

If the whole population  
of United States of 301 million  
people eat 2/3 less meat:

=

655 billion pounds  
of CO<sub>2</sub> emissions could  
be saved.

+

1 billion  
of starving people  
could be fed.



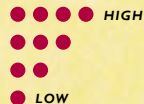
+

5 billion  
of animal lives  
could be spared.

# Save our planet the smart way.

Effectiveness vs. Convenience

(Ratings take into consideration how much an individual can do on the average)



**“Refusing meat is the single most effective thing you can do to reduce your carbon footprint.”**

*The official handbook of the Live Earth concert that Al Gore helped organize.*

Going Veg is something everyone of us can do easily every day to save our planet. And it's much healthier too.

*The World Cancer Research Fund says: “Eat mostly foods of plant origin.”*



**GO veg**

Effectiveness ●●●●●  
Convenience ●●●●●

- Install alternative energy like solar panel and windmill.
- Change to compact fluorescent bulbs.
- Take a shower instead of a bath.

**You save more water by not eating 1 pound of beef than by not showering for at least 6 months!**



**Save** resources

Effectiveness ●●●  
Convenience ●●●



Trees revive the atmosphere by replenishing oxygen while removing carbon dioxide, methane, and other greenhouse gases.

**The livestock sector drives 1/3 of the world's deforestation and uses up 3.4 billion hectares of land!**

**Plant** trees

Effectiveness ●●●  
Convenience ●●●

- Use public transportation, ride a bike or share a car.
- Buy hybrid model if you are shopping for a car.

**Producing 1 fast-food hamburger uses enough fuel to drive a car for 20 miles!**



**Travel** efficiently

Effectiveness ●●●  
Convenience ●●●

- Be a frugal shopper.
- Reduce • Reuse • Recycle.

**Vegetarians do much more for the planet than meat-eaters who recycle!**



**Recycle** things

Effectiveness ●●●  
Convenience ●●●



# Go Veg. For healthy planet

# & healthy life.

## Stop Global Warming:

- Stop 80% of global warming
- Save 4.5 tons of emissions per US household per year

## Save Resources:

- Conserve up to 70% clean water
- Save over 70% of the Amazonian rainforest (3,433 billion hectares of land)
- Free up 760 million tons of grain every year (half the world's supply)
- Free up 85% of the world's soy
- Free up 43% of the world's cereal
- Consume 2/3 less fossil fuels of those for meat product

## Stop Pollution:

- Stop deforest the lungs of the Earth
- Reduce pollution from untreated animal waste
- Maintain cleaner air
- Maintain cleaner water bodies

## Solution for world Problems:

- Stop world hunger
- Revive world economy



**Leading** health experts agree that going veg is the single best thing that we can do for ourselves and our families. Plant-based diet provides us with all the nutrients that we need, minus the saturated fat, cholesterol, hormones, antibiotics, and contaminants found in meat and dairy products.

**Increases life expectancy by up to 15 years**

**Lowers blood pressure**

**Lowers cholesterol levels**

**Prevents stroke conditions**

**Reverses atherosclerosis**

**Prevents Infertility**

**Stronger immune system**

**Prevent animal diseases**

**75% of new diseases come from animals.** Meat risks contamination with animal diseases like the H1N1 (Swine flu), Bird flu, Mad cow disease, Blue tongue disease, E coli, Salmonella, etc.

## Reduce Heart disease

- Reduces heart disease risk by 50%
- Reduces heart surgery risk by 80%
- Over 17 million lives lost globally each year
- Cost of cardiovascular disease is at least US\$1 trillion a year

## Prevent Cancer

- Prevents many forms of cancer
- Over 1 million new colon cancer patients diagnosed each year
- More than 600,000 colon cancer-related mortalities annually
- In the United States alone, colon cancer treatment costs about US\$6.5 billion
- Millions of people are newly diagnosed with other meat-related cancers every year.

## Reduce Diabetes

- Reduces Type 2 diabetes
- 246 million people are affected worldwide
- An estimated US\$174 billion spent each year on treatment just in the United States

## Prevent Obesity

- At least 2.6 million people die annually from problems related to being overweight





# *Go* **veg** and start your lifetime of good health.

Concentrated multi-vitamins tablets are also a good source vitamins, minerals and anti-oxidants.

A plant-based diet rich in complex carbohydrates, protein, fiber, omega 3 fatty acids, vitamins and minerals provides optimal nutrition for both children and adults.

Almost everything contains protein. It's almost impossible to eat as many calories as you need for good health without getting enough protein; unless you eat nothing but junk food. Healthy sources include whole-wheat bread, oatmeal, beans, peanuts, peas, nuts, mushrooms, and broccoli. All grains, legumes, vegetables, nuts, and seeds provide all the essential amino acids.

Many top athletes like Paavo Nurmi (Long-distance runner, nine Olympic medals & 20 world records), Ruth Heidrich (Six-time Ironwoman) and Chris Campbell (Olympic wrestling champion) are vegans. Many of the biggest and strongest animals in the world like the elephant and the horse are vegans too.

Meat substitutes made from wheat gluten and soya are high in protein. They taste good without killing.

Fruits and vegetables are full of vitamins, minerals and anti-oxidants. They also contain quality fiber for good health and long life.



Beans, nuts and seeds contain high percentage of protein.





# The Vegan Solution.

It's simple and powerful.

## **Bypasses politics.**

To cut CO<sub>2</sub> involve fighting powerful business interests. Environmental groups have been lobbying for years without success. It takes decades to change our massive infrastructure of cars and power plants.

## **The fastest & healthy way.**

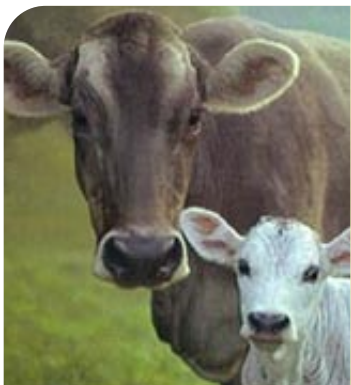
Whereas plant-based food is healthy and readily available. It cuts greenhouse gases with every bite.

## **Everyone can act.**

Going Veg is something every person can do every day to effectively combat global warming. More and more people in the world are now turning vegan to help.



"We should treat every being as we ourselves would like to be treated.  
Then our lives will be blessed with grace, longevity and wisdom."  
*Supreme Master Ching Hai*



Cows are intelligent, loyal animals who enjoy solving problems. A cow was known to have walked 7 miles to be reunited with her calf after being sold.

*Cows are stunned, have their throats cut and then skinned. Some remain fully conscious throughout the entire process.*



Chickens are inquisitive and interesting animals with individual personalities. They are as intelligent as cats, dogs and even some primates.

*Chickens suffer from broken wings and legs by the time they are packed to the slaughterhouse. They are then hung by their feet and dragged painfully into electrically charged water bath.*

[www.goveg.com](http://www.goveg.com)



**We have ceased to know what we eat, or what has been injected into factory-bred animals, or what toxins are released by those terrified animals as they die in a mechanical steel box. All we know of the dead flesh is that it comes in clean plastic packs, nicely, and for us, emotionally sterilized with a guarantee that we have no responsibility whatsoever for taking that animal's life. We have lost touch with our reality. This is the world in which we live and our style of life.**

*In the last hundred years, man have exterminated over hundred and twenty million of our fellow human beings. Can this be considered as sufficient evidence that our species have taken a wrong turn?*

*'Unknown Man' by Yatri*



Pigs are curious and insightful animals considered smarter than 3-year-old human children. A pig once saved a boy from drowning.

*Many pigs are still alive after their throats are cut. And they are thrown into the hair-removal tanks to be scalded to death in boiling water.*

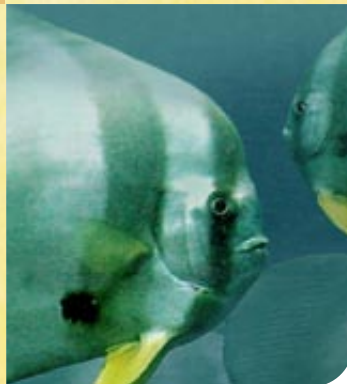
# Do you know?

**55 billion animals are slaughtered for food every year.**



Fish are smart, sensitive animals. They have excellent memories and recognize their mates. Fish have a nervous system and pain receptors like all other animals.

*Removing a fish from water causes pressure to rupture its bladder, pushes its stomach and eyes out, before it dies in pain.*



Slaughterhouse Planet



**“As long as there are slaughterhouses, there will be battlefields.”** *Leo Tolstoy*





Supreme Master Ching Hai shared Her views on the dire situation in teleconferences.

**“I’m sorry, I have to be blunt. I’ve been too polite all these years, it doesn’t work. Now the thing is, most often the world is doing things that are second or third important in line. Now the number one thing that is important is non-violent. Non-violent to humans and animals. Of course, that means vegetarian diet.**

That means completely abstain from all animal products. That is the thing that has been ignored up to now. I mean, some people have spoken out. Even some government officials and some organizations have spoken out about that, but too little. If we stop killing, if we practice non-violence, non-violent to humans, non-violent to animals, **if we stop all the killing, then all bad effects will stop, almost instantly.** There will be no end to happiness and freedom, of any aspects, body and mind, if we stop the main cause of disaster, that is the killing.

The main cause of disaster is the violence of the people, mostly from the people. We have to stop all this. We have to stop all the killings. I keep telling again, and again, and again. We have to live and let live. We have to respect and save lives. But tell me, who will be wise enough to listen? And who will be strong enough to carry this out? That’s the point. Perhaps everybody knows this, one way or another. But need a strong will to carry out. Not just knowing. Practicing. Practicing is very important.

We have to respect all lives, including that of our so-called enemies even. Directly or indirectly, we have to stop the killing. We have to be all vegetarian and abstain from all animal products. And that’s how the killings will stop.

**Everything else is secondary.”**

.....

*Q: Do you have a message for the leaders of the world?*

**Supreme Master Ching Hai:** I would say to them to use their mighty power to change the diet of the planet. And adopt immediately, renewable energy. And set an example by themselves by becoming a vegetarian or vegan. They first have to be vegetarian and then they use their power truly. Like the way they forbid smoking. They could do that in forbidding meat as well. By citing all the harm that meat would do to humans and the planet.

**It’s not just the technologies. Because the karma is more important than just the technology.** So we have to meditate on vegetarianism, you know, for all the people to have peace and to be vegetarian and the technology add into it as well.

.....

*Q: Are the recent disasters around the world somehow connected with the billions of animals slaughtered every year for human consumption?*

**Supreme Master Ching Hai:** Of course it is.

**“As you sow, so shall you reap.” “Like attracts like.” Scientifically speaking, spiritually speaking, we have been warned.**

So, all the disasters that have happened around the world, of course, are connected with the human unkindness to the co-inhabitants. That was the price we have to pay for what we have done to the innocents, who have done us no harm, who are also the children of God, who have been sent to Earth to help us and to cheer our days.

Q: Hallo. Master, if the world were to go 100% vegetarian right now, what kind of Earth would we live in and what effect would this have on the world economy and also how great the changes would be and how long would it take to see the effects of these changes on our environment?

**Supreme Master Ching Hai:**

**If the world were to go 100% vegetarian right now, the good effect of it would be seen within more or less 60 days.**

In 8 weeks, we could see immediate effect. Of course, you also see immediately, it's almost immediately, but to see the whole big picture, you can realize it within 8 weeks.

8 short weeks, yes. And what kind of Earth would we live in? It would be Eden again. Yes. And we will have sudden peace, and sudden realization of sameness between all nations, between all humans and between humans and animals.

Things would be more lushful, abundant. People will feel happier, even without reasons. They will not know why they feel happy. And food will be enough everywhere. Rivers will run, plentiful again. Disasters will cease. Heaven will smile on humans and good wishes will be fulfilled. That is a kind of Eden, yes. If we are to be vegetarian, all of the humans on the planet, yes? That would be the effect. Yes, that's what we wish to have, hey?

[www.SupremeMasterTV.com](http://www.SupremeMasterTV.com)

VIDEO RECOMMENDATION:

## Earthlings.

A powerful, informative and thought-provoking documentary narrated by Academy Award nominee Joaquin Phoenix. Using hidden cameras and never-before-seen footage, it chronicles the practices at some of the largest industries in the world, which rely on animals for profit. [www.Earthlings.com](http://www.Earthlings.com)



## Understanding Meat-eating, Killing and Karma.

Karma means "As you sow, so shall you reap." If you kill, you will get killed, that is the meaning of karma. If we hit someone, later we will get beaten. That is called karma.

.....

Meat is the cause of all wars and suffering in this world, as well as in your personal self. To refrain from meat is to contribute peace to this planet. If we terminate the cause of killing, we will not reap the result of being killed or being wounded.

.....

We respect all lives in the creative Plan of God. We can see by ourselves that all lives resist suffering and resist death. Therefore, when we kill or see animals being killed, they are suffering and they try to run away. That means God empowered them with the instinct of wanting life. If we interfere and force their lives away, we interfere with God's will. We should treat every being in the same way as we ourselves like to be treated. Then our lives will be blessed with grace, with longevity and with wisdom. "As you sow, so shall you reap." Then we will never blame God for any misfortune.

.....

Refraining oneself from killing also means not eating animal flesh because although we do not kill it ourselves, others have to kill so we can eat it. This is indirect killing. Whenever we eat meat, it is unavoidable that some of the hatred, anger and frustration in the animal's heart caused when it departed, will be imprinted upon our consciousness, and then we will feel uneasy inside. Therefore, when we sleep at night we have nightmares, when animals see us they are frightened of us and run away. And when we are sick, it is difficult to heal ourselves because of all this hatred, this angry atmosphere which hangs around the meat that we eat.

*Animal slaughtering has increased fivefold in the past fifty years.*

**Supreme Master Ching Hai**

VIEWERS' COMMENTS:

“I am in utter disbelief, and I am saddened that I wasn't educated earlier. Upon watching this movie, I instantly became a vegan. For me, there was no other option.”

“What we do to animals is wrong, most of us just won't say it out loud.”

“For those of you who are too afraid to see this because of the graphic animal abuse, just remember that they have to live through this violence each and every day, every minute and every second. We owe it to them to see it.”



“To every human in the modern world this documentary should be watched. So rare do we get the chance to look in directions others would rather us not see to protect their own ends.”

“The truth is not pretty, make yourself aware and decide your own opinion.”





### BAHAI FAITH

“Regarding the eating of animal flesh and abstinence therefrom, know thou of a certainty that, in the beginning of creation, God determined the food of every living being, and to eat contrary to that determination is not approved.” ~ The Bahá'í Writings



### CAO ĐÀI

“...The most important thing is to stop killing... because animals also have souls and understand like humans... If we kill and eat them, then we owe them a blood debt.

~ Teachings of the Saints,  
About Keeping the Ten Precepts

### HINDUISM

Since you cannot Muhammadans [and others] cannot bring killed animals back to life, you are responsible for killing them. Therefore you are going to hell; there is no way for your deliverance.”

~ Adi-lila, Chapter 17, verses 159-165



### ISLAM

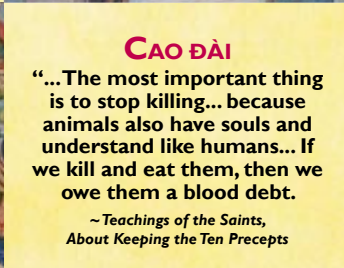
Do not allow your stomachs to become graveyards of animals!

~ Prophet Muhammad, Hadith

### BUDDHISM

...All meats eaten by living beings are of their own relatives.

~ Lankavatara Sutra  
(Tripitaka No. 671)



### JUDAISM

And whatsoever man there be of the house of Israel, or of the strangers that sojourn among you, that eateth any manner of blood; I will even set my face against that soul that eateth blood; and will cut him off from among his people.

~ Leviticus 17:10, Holy Bible  
\*blood=flesh



## Vegetarianism in Religion.



### CHRISTIANITY

Meats for the belly, and the belly for meats: but God shall destroy both it and them.

~ 1st Corinthians 6:13, Holy Bible



### SIKHISM

Those mortals who consume marijuana, flesh and wine – no matter what pilgrimages, fasts and rituals they follow, they will all go to hell.

~ Guru Granth Sahib, page 1377



### TAOISM

Do not go into the mountain to catch birds in nets, nor to the water to poison fishes and minnows. Do not butcher the ox that plows your field.

~ Tract of the Quiet Way

### CONFUCIANISM

“All men have a mind which cannot bear to see the sufferings of others. The superior man, having seen the animals alive, cannot bear to see them die; having heard their dying cries, he cannot bear to eat their flesh”

~ Mencius, King Hui of Liang, Chapter 4



### ESSENES

I have come to end the sacrifices and feasts of blood, and if ye cease not offering and eating of flesh and blood, the wrath of God shall not cease from you.

~ Gospel of the Holy Twelve



### ZOROASTRIANISM

“Those plants, I, Ahura Mazda (God), rain down upon the earth, to bring food to the faithful, and fodder to the beneficent cow.”

~ Avesta, Venidad Fargard 5-20



## Human Rights

(1860s)

Declaration that slavery was wrong. All human beings should be free. And no man should suffer under other human being.



## Woman Rights

(1920s)

Equality under the law, women had the rights to vote. Women also had better access to education and employment.



## Animal Rights

(1980s)

Become accepted that animals suffer and feel pain too. While 'controls to ensure they do not suffer unnecessarily', animals still die. In pain.



## Earth Rights

(2008)

More people are going veg in this world crisis now, believing that not just the animals, and not just our children, but all lives on earth have the rights to live.



**“Nothing is as powerful as an idea whose time has come.”**

**Victor Hugo**  
(1802-1885) French writer

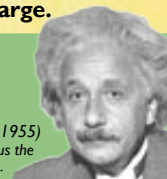
What we take for granted today were taboos yesterday. History has shown when we expand our love and understanding to include all beings, it would ignite and catch the imagination of our societies at large.

**“Nothing will benefit human health and increase chances for survival of life**

**on Earth as much as the evolution to a vegetarian diet.”**

**Albert Einstein** (1879-1955)

*The most well-known scientist of the 20th century. He had shown us the power within the atom and changed the way we understand the universe.*



## 1750 to 1950

### Beginning of the industrial age.

The more we mapped and named the physical phenomena in the universe, the more we could feel the world in which we lived was explained, predictable, secure, even ordinary and mundane. But in order to sustain this illusion we had to constantly screen and psychologically repress any that reminded us of the mystery of life. The agreement to avoid religious phenomena grew into an outright taboo...

## 1950 to now

### Waking up to the mystery.

The science of physics itself began to revise

the materialistic view it had instituted. The universe was known to be not materialistic at all, but an interwoven pattern of energy systems where time could speed up and slow down, where the same elementary particle can appear in two places at the same time, and where space is curved and finite but still unending and maybe multidimensional...

... other sciences began to rock our worldview, revealing the environmental damage resulting from the exploitation of the earth's resources. Pollution was steadily poisoning our biological life support systems. Clearly we were destroying the very world we hoped to improve with our progress...

*James Redfield & Carol Adrienne*

**“The root of our problem is that we have been unkind to our co-inhabitants: the living, feeling, walking, acting, loving beings, like animals of all sizes and shapes. And we have also been unkind to our environment. We have been massacring our co-inhabitant animals, and we have been destroying our environment, like deforesting and destroying the water and destroying the air.”**

*Supreme Master Ching Hai*

**“Love your neighbors; love everyone else; love the animals. When we love, we don't harm. When we love, we don't kill. The only religion is Love. One simple solution is Love, that's it. We have to follow our heart.”**

*Supreme Master Ching Hai*

**Be Veg ♥ Go Green  
Save Our Planet**



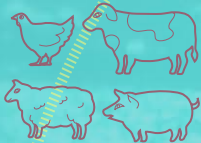
# Be Veg. Go Green. Save Our Planet.

## Recipe for Life



### Save human's lives

- 20% of the world's population, or 1.4 billion people, could be fed with the grain and soybeans fed to U.S. cattle alone.
- Millions of people across the globe are faced with hurricanes, heat waves, droughts, floods, wildfires and water shortages.
- Scientists predict that global warming would displace 150 million people over the next 50 years.



### Save farm animals' lives

- In the United States, 10 billion animals are slaughtered every year.
- In the European Union, the annual figure is 300 million cattle, sheep, and pigs, and 4 billion chickens.
- In Canada, 650 million are killed annually.



### Save our own lives

- Increases life expectancy by up to 15 years
- Reduces heart disease risk by 50%
- Reduces heart surgery risk by 80%
- Lowers blood pressure
- Lowers cholesterol levels
- Reduces Type 2 diabetes
- Prevents stroke conditions
- Reverses atherosclerosis
- Prevents many forms of cancer
- Stronger immune system



### Save our children's lives

- "We hold the future in our hands. Together, we must ensure that our grandchildren will not have to ask why we failed to do the right thing, and left them to suffer the consequences."

UN chief Ban Ki-moon



### Save wild animals' lives

- The disappearance of 65 amphibian species in Central and South America has a direct correlation to global warming.
- Animal species like antelopes, tortoises and birds found only on the southern tip of Africa cannot move farther south when warming becomes unbearable.
- Over two-thirds of bird species in Australia and more than one-third of those in Europe could simply be wiped off the face of the Earth.



### Save rain-forests' lives

- Livestock grazing leads to the destruction of rainforests. And with it, the extinction of over half of the world's animal and plant species.



### Save ocean species' lives

- Pollution from animal farms is destroying the world's oceans. Nitrogen from animal feces and fertilizer causes massive increase in algae, leaving little oxygen for other sea lives. In many areas, virtually all the sea animals and plants have died.
- Fish farms massive amounts of feces, fish carcasses and antibiotic is causing the ocean floor to rot and toxic.
- Pollution and over-fishing causes diminished food supply for sea animals. Whales are losing weight.



Global warming is causing catastrophic disasters with heavy loss of

human lives. And the rising temperatures could send more than a million of plants and animals to extinction.





# Recipes for life



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### Western Vegan



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### Asian Vegan

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*www.*SupremeMasterTV.com



Tom Yam Soup



Spaghetti Bolognese



Korean Red Bean Noodles



German Carrot Ginger  
& Summer Salad



Austrian Potato-  
Pumpkin Goulash



Supreme Master Ching Hai shares with us  
the art of cooking vegan cuisine.



Vienna Vegan Pizza



Fande Veggie



Oak Grove  
Vegetarian School



Pabellon Criollo



Korean Hot Pot



Puff Pastry with  
Asparagus Cheese



Interview with an  
Organic Tea Gardener

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- + Healthy Living
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*Supreme Master  
Ching Hai*

International videoconferences with the world renowned spiritual leader. She shared Her insights on the keys to saving our planet.



*Dr. James Hansen*

Interview with the top world climatologist at the recent interfaith climate summit. He explained what the goals would be for world leaders. He also left the message that going veg may be the best action for individuals.



*John Robbins*

Interview with the author of the internationally best-selling 'Diet for a New America'. Leading authorities in health and ecology have called his work among the most important of the century.

In English with German, French, Italian, Spanish, Persian, Arabic, Russian, Chinese, Korean and Aulacese subtitles.



# ASPARAGUS WRAP



## INGREDIENTS:

1. 3 burrito wrap
2. 8 sticks of asparagus
3. 2 large Portobello mushroom

## SEASONINGS:

- + Tsp salt
- + 1 cup vegetarian mayonnaise



*1. Scrap out the black gill of the mushroom with a metal spoon to prevent the leakage of the black juice from the gill that would taint the golden brown color effect of grilled mushroom.*



*2. Slice the mushroom and grill/fry with pan. Sprinkle some salt to bring out the flavor. Boil the asparagus until the asparagus is cooked but still crisp & green. Drain and set it aside.*



*3. Put a little butter on pan and quickly heat the burrito wrap to become soft and hot. Spread mayonnaise on burrito wrap, place the mushroom and asparagus on the wrap and roll.*





# CREAMY CORN SOUP



## INGREDIENTS:

1. 2 cups corn
2. 1 onion (minced)
3. 1 potato (cut into cubes)
4. 3 stalks green onion

## SEASONINGS:

- + 1 Tbsp olive oil
- + 1 Tbsp Italian herb mixture
- + 2 Tsp salt
- + 1 cup vegan cream cheese
- + 3 Tbsp flour (to make thickener with 3 Tbsp water)



*1. Sauté onion and green onion until fragrant. Add water, potato, Italian herb and boil with slow fire until potato becomes soft. Mix the vegan cream cheese with water and stir evenly into paste and put aside.*

*2. Add corn when potato becomes soft. Then pour the thickener into the soup. Finally, add the cream cheese paste, bring to boil and serve. Garnish with parsley.*

# PASTA WITH MARIANA SAUCE



## INGREDIENTS:

1. 2 cups pasta
2. 1 onion (minced)
3. 1 Tbsp dried pepper
4. 2 Tbsp garlic (minced)
5. 2 tomato (minced)
6. 7 olives (slice)
7. 2 cups tomato paste

## SEASONINGS:

- + 1 Tbsp olive oil
- + 2 Tsp salt
- + 2 Tbsp flour (to make thickener with 2 Tbsp water)



*1. Mariana sauce: Saute garlic in olive oil until fragrant. Add tomatoes, onion, dried pepper and sauté. Then add tomato paste to boil and finally add thickener.*

*2. Boil pasta for around 15 minutes, do not overcook, and make sure it is al dente, with a bite. Drain the water, pour Mariana sauce over the pasta and serve.*



# POTATO SALAD



## INGREDIENTS:

1. 1 red bell pepper (minced)
2. ½ cup pasta
3. 2-3 potato (cut into cubes)

## SEASONINGS:

- + 1 cup vegetarian mayonnaise
- + ¼ onion (minced)
- + 2 Tbsp relish
- + 1 Tsp yellow mustard
- + 1 Tsp salt
- + 1 Tbsp Italian herb mix



*1. Sauté potato with some water until potato is soft. Add salt, Italian herb mix to taste.*



*2. Boil pasta for around 15 minutes, do not overcook, and make sure it is al dente, with a bite. Drain the water.*



*3. Mix red bell pepper, mayonnaise, onion, relish, mustard in a bowl. Pour the mixture into the cooked pasta and potato, mix well and serve.*

# KAILAN WITH SOY MEAT



## INGREDIENTS:

1. 5 stalks Kailan  
(Chinese Broccoli)
2. 1/3 Carrot
3. 15 pcs soy meat

## SEASONINGS:

- + 1 Tbsp soy sauce
- + 1 Tbsp vegetarian oyster sauce
- + 1 Tbsp cornstarch
- + 2 Tbsp oil



*1. Blanch the Kailan and carrot in boiling water for a few minutes, until the Kailan is cooked but still crisp & green. Drain and set it aside.*



*2. Make marinade with soy sauce, vegetarian oyster sauce, cornstarch and water. Marinate soy meat for 15 minutes. Cook soy meat in oil and marinade until sauce thickened and pour over Kailan.*



# VEGGIE STEW



## INGREDIENTS:

1. 1 cup dried vegetarian soy meat
2. 300g vegetarian soy chunks
3. 1 potato (cut into chunks)
4. 2 carrots (cut into chunks)
5. 1 small radish (cut into chunks)

## SEASONINGS:

- + 2 Tbsp vegetarian barbecue sauce
- + 3 Tbsp vegetarian Hoisin sauce
- + 3 Tbsp tomato paste
- + 2 Tbsp minced lemongrass
- + 2 Tsp curry powder
- + 2 Tbsp minced ginger
- + 2 Tbsp minced garlic
- + 10 star anise
- + 2 chilli (minced)
- + 3 lemongrass leaf
- + 5 Tsp salt
- + 8 Tsp sugar
- + 4 Tsp natural seasoning
- + ¼ cup cornstarch
- + 1 Tbsp Paprika



*1. Preheat ½ cup of oil, add minced garlic, ginger, lemongrass, chilli and stir fry until fragrant.*



*2. Then add curry powder, star anise, tomato paste and stir fry.*



*3. Mix all ingredients; add 10 cups of water, vegetarian barbecue sauce, Hoisin sauce, salt, sugar, seasoning and boil until carrot, radish and potato turn soft. Pour cornstarch to thicken.*



# CHIVE TOFU

♥



## INGREDIENTS:

1. 300g chive
2. 1 tofu (bean curd)
3. 2 pieces of bean curd sheet

## SEASONINGS:

- + ½ Tbsp salt
- + 1 Tsp natural mushroom seasoning
- + 1 Tbsp sugar



*1. Submerge tofu skin in hot water until soft and drain away the water.*



*2. Cut chive into 2 inches long. Crush the tofu, add chive, tofu skin, all the seasonings and mix well.*



*3. Preheat a little oil, add the mixture and stir fry slightly. Flatten the mixture and fry with low fire until golden brown on both sides.*



# BASIL EGGPLANT



## INGREDIENTS:

1. 1 cup basil
2. 3 oz button mushroom
3. 1 Tbsp garlic (minced)
4. 1-2 chilli (minced)
5. 16 oz eggplant

## SEASONINGS:

- + 1 Tsp sugar
- + ¼ Tsp salt
- + ½ Tsp natural mushroom seasoning
- + ¼ Tsp black pepper
- + ½ Tsp Maggi soy sauce
- + 2 Tbsp water
- + 1 Tbsp oil



*1. Fry the eggplant with some oil, drain the oil and put aside when cooked.*



*2. Preheat a little oil, stir fry garlic until fragrant, add button mushroom and saute until slightly brown.*



*3. Add pre-fried eggplant, basil, chilli and all the seasonings. Mix and stir fry quickly under high fire. Turn off heat before basil turns brown and serve.*



# LEMONGRASS SOY MEAT



## INGREDIENTS:

1. 11 oz soy meat chunks
2. Tbsp garlic (minced)
3. 3 Tbsp onion (minced)
4. 1-2 chilli (minced)
5. ¼ cup minced lemongrass

## SEASONINGS:

- + 2 Tsp sugar
- + 1 Tbsp soy sauce
- + 1 Tbsp Thai sweet chilli sauce (or mushroom sauce)
- + ½ cup water
- + 2 Tbsp oil



**1.** Fry the vegetarian soy meat chunks until golden brown, drain the oil and put aside.



**2.** Preheat a little oil, stir fry lemongrass, onion and garlic until fragrant, then add to fried soy meat chunks.



**3.** Add sugar, soy sauce, Thai sweet chilli sauce, minced chilli and water. Stir fry for a few minutes until sauce gets into the soy meat and serve.



# FRIED SALTED TOFU



## INGREDIENTS:

1. 10 sheets seaweed
2. 1 large bean curd sheet
3. 1 cup tofu (bean curd)
4. 1/2 cup fermented tofu

## SEASONINGS:

- + 1 Tbsp sugar
- + 1 Tbsp rice flour
- + 1 Tsp natural mushroom seasoning
- + 1 Tsp salt



*1. Crush the tofu and fermented tofu, and mix well with sugar, rice flour, natural mushroom seasoning and salt.*



*2. Cut 8" seaweed into half and cut the bean curd sheet with 1/2" wider perimeter. Place seaweed above the bean curd sheet. Spread 2 Tbsp of the Step (1) mixture, and roll into a 4" x 2" wrap. Brush some flour paste at the end to seal the wrap.*



*3. Repeat step (2) and fry over medium fire until golden brown on both sides. You can keep some in storage bags, put in freezer, and fry at your convenience.*

# STUFFED TOMATO



## INGREDIENTS:

1. 3 tomato
2. 16 oz tofu (bean curd)
3. 2 Tbsp garlic (minced)
4. 2 oz dried mushroom (minced)
5. 1/2 cup green onion (minced)
6. 10 oz vegetarian ham (minced)

## SEASONINGS:

- + 1/2 Tbsp sugar
- + 1 Tsp salt
- + 1 Tsp natural mushroom seasoning
- + 1/2 Tsp black pepper
- + 3 Tbsp corn flour
- + 2 Tbsp tapioca flour
- + 1/2 Tbsp vegetarian oyster sauce



*1. Cut tomato into half and scoop out the pulp. Stuffing: stir fry mushroom, vegetarian ham, tofu and put aside. Then stir fry garlic until fragrant, add all the ingredients, seasoning, salt, sugar, black pepper, tapioca flour and sauté.*



*2. Stuff tomato with the mixture from Step (1) and flatten the top. Use finger to brush some corn flour on the surface of the stuffing.*



*3. Fry the surface of the stuffed tomato first until golden brown, then flip it over to fry the other side. Sauce: Stir fry green onion; add vegetarian oyster sauce, water, seasoning, sugar and tapioca flour. Pour sauce over fried tomato and serve.*



# SWEET & SOUR SOY MEAT



## INGREDIENTS:

1. 4 oz vegetarian soy meat chunks
2. ½ green bell pepper (cut into chunks)
3. ½ red bell pepper (cut into chunks)
4. ¼ onion
5. 10 pineapple chunks from can

## SEASONINGS:

- + 2 Tbsp tomato paste
- + 3 Tbsp sugar
- + 1 cup water
- + 1 Tsp salt
- + 1 Tbsp distill vinegar
- + 3 Tbsp natural coloring
- + 1/2 Tbsp corn flour
- + 1/8 Tsp five-spice powder
- + 1 Tbsp soy sauce/paste



*1. Use soy sauce and five-spice powder to marinate the vegetarian soy meat chunks for 20 minutes. Fry until golden brown and put aside.*



*2. Sauté slightly the green bell pepper, red bell pepper, onion and pineapple chunks, put aside.*



*3. Mix tomato paste, sugar, water, salt, vinegar, coloring and corn flour to make the sweet & sour sauce (or, use pre-made sweet & sour sauce). Pour in the sweet & sour sauce and cook until the sauce thickens.*



### About Supreme Master Ching Hai

Supreme Master Ching Hai attained full enlightenment in the Himalayas. In 1985, she began to share her message of Truth by giving public lectures and initiating sincere students into the Quan Yin Method of meditation on the Light and Sound within. This is the most ancient spiritual practice recorded in the scriptures of all the world's religions and the most direct way to contact God.

Besides being a spiritual teacher, Supreme Master Ching Hai is also an accomplished artist, poet and designer. The revenue from her artistic creations helps finance her lecture tours and supports charitable causes across all continents worldwide. In recognition of her devotion to world peace and the spiritual elevation of humankind, the United Nations has invited her on three occasions to lecture at its New York and Geneva headquarters.

As a gesture of appreciation towards her humanitarian efforts, the government of the United States has awarded the 'World Spiritual Leadership Award' and the 'World Peace Award' in 1993 and 1994 respectively, as well as 'Honorary U.S. Citizenship'. Over the years, Supreme Master Ching Hai has never ceased her tireless work to enhance the spiritual, emotional and physical welfare of sentient beings.

***“She brings love around the world where there is hate. She brings hope where there is despair. She brings understanding where there is misunderstanding. She is the light of a great person, an angel of mercy for all of us.”*** Frank Fasi, Former Mayor of Honolulu



Discover more of Supreme Master Ching Hai words of wisdom inside these freshly baked fortune cookies!

Order this booklet for your loved ones and friends at [www.TheCelestialShop.com](http://www.TheCelestialShop.com)

