



VEGAN CONVO

TALKING ABOUT
VEGANISM WITH
PEOPLE WHO EAT
ANIMALS

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who eat animals

By

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Why would you listen to me?

Because I was there.

I was that new vegan that was not so new, but still felt so much anger towards non vegans and people who were almost there, but not yet. I was that not so new vegan that would give snarky remarks to vegetarians who talked about not eating meat because they love animals, yet still drink milk from a raped cow. I used to be an angry vegan, not just a little bit angry, but angry to the point that I would not be able to communicate with non vegans.

It was impossible for me to actually take seriously someone that still supported rape and slaughter of trillions of animals every year.

But something inside me, way deep down, knew that the likes of Gandhi and Martin Luther King Jr. wouldn't have taken this approach to change nations and to stand up for justice. Yes, it is important to talk about issues and cruelty that animals have to go through, it's incredibly important that we speak up, but what is more important is the HOW. How we speak up for justice. How we talk about those issues with people who are not yet aware of it. How we respond to being provoked and threatened. Because anyone can be angry and negative, but it takes a lot of courage to ignore the

haters and bullies, stand up for justice with a strong powerful voice and yet still stay kind and loving.

I was reading the autobiography of Martin Luther King Jr. and I could hardly believe that someone who was so oppressed was able to move people with a powerful message of peace and compassion. I was touched by his will to not hate on anyone and to lead with love. The way he spoke and inspired the masses with his compassionate speeches; not everyone can do that, but that's because not everyone is willing to seek love with love and leave hate behind.

I will not write in this book about how to be completely happy as a vegan or how to never, ever judge anyone, I will not even say that this book will help you get rid of that anger inside of you because that would be a big fat lie. It is important to be angry and sad and hurt, it is also important to step back and judge a situation to decide whether you want to participate in it, and to judge people to see if you want to be in their presence or not. Anyone who tells you that their book or teachings will make you happy and positive all the time – they are lying. We should never feel like our feelings are bad because behind every major movement is some type of anger.

Anger towards the way people are treated, anger towards child molesters, anger towards people who support the murder industries. You must be angry to change something! No one ever changed something

that made them happy. Why would we change something that makes us happy? That's why we stand up for things that matter, we get angry about a problem and we take a step in the direction of equality and justice.

That doesn't mean that we have to be angry all the time, it just means that we can be angry and we will be angry because we are human beings and anger is just one of hundreds of emotions we can feel. What I want to provide with this book are the tiny solutions that I have learned. To tell you about the way I started treating those bursts of anger and how I transformed them into action and solutions. I get angry often; I get angry when scrolling through my Facebook feed and seeing all the horrible videos of animals being hurt. I am not a saint nor do I want to be, all I can promise you is that anger can be turned into something valuable and it doesn't need to be something that you hate about yourself.

I will teach you that anger, sadness and pain are something to be grateful for and something to accept as a part of yourself.

Oh and I should probably tell you a bit about me.

I have been a vegan for three years. I wasn't always that animal loving creature, although I always lived with the idea that animals are important and we should protect them. For me that meant going to the ZOO and

adopting stray cats every time me and my mum found one. I was your typical human basically; I felt sorry for the pets and craved the flesh of farm and sea animals. I was protecting butterflies, but killing spiders, hugging dogs and stepping on snails, avoided fur, but never checked if the leather was real. I thought I loved animals more than humans until I realized I supported the death of both.

I do not remember the exact moment when my conscious self accepted the belief of all beings being equal, so I cannot tell you what photo or video made me go vegan. It was a nice package of everything though, as I was making a presentation about animal welfare and without realizing went from welfare to rights; from meat to murder and from vegetarian to vegan in the next 11 months, from the day I created my presentation about how we should help the animals.

Am I a perfect vegan now after deciding that I will dedicate my life to helping animals? Of course not, I still want to do things that are unrelated to animals and I have a mad dislike towards flies and mosquitoes. A perfect vegan is a myth, as everyone is on their personal journey and not everyone is able to live a completely cruelty free lifestyle. As I am writing this I have a shampoo in my bathroom that is probably not vegan and cruelty free, and the detergent I use to wash the dishes is probably far from being animal, or environmental for that matter, friendly. If I would spend my time hating myself over the fact that I am not a

perfect vegan, I wouldn't be able to do what I do now. I am still in a transitional phase and I am still living with two other people, one of them happens to be an animal eater; I need to compromise with them.

I do try to shop as ethically as I can, but try living in a town with a bit more than 2000 people and where it is completely normal to ritually kill a pig annually and then celebrate it. I do not go often to a major town or city and when I do, I usually buy only the necessities, and when those cruelty free items run out after I purchased them, I am back at the start. That's why I am the last person to judge any new vegans that are still transitioning or are currently not able to find and/or afford all cruelty free and vegan products. I know how that feels like, because I am living it.

I cannot promise you any change unless you practice what I will teach you. You might have heard of every single practice that I will present or you may not be familiar with any of them, that's not really important. The point is that it doesn't matter if you read the book and think that you already knew all of this, what matters is that you actually take action.

Are you ready to become a peaceful vegan?

CHAPTER 1

No one is born evil.

I don't know what your religion is and quite frankly I don't care. What I do care is that you understand that no one was born evil. Christians believe that we are all born sinners because of some mythical chick that bit an apple when she really wasn't supposed to. Now, if you believe in this theory, I might have a hard time changing this belief of yours with just one book, but if you are open minded and you want to live a more compassionate life, please give me a chance to explain this to you.

Think of a baby that you know or just a little child under the age of 2. Got it? Okay. Now think of this baby holding a gun and shooting someone. Got this as well? Great. Now let me ask you something. How uncomfortable were you imagining this little child holding a gun and taking someone's life away? I bet you were thinking why on Earth you purchased my book and then you proceeded to think I am crazy. I might be, but that's not the point that I'm trying to make.

My whole idea of humans is that we were all born pure and innocent; none of us was born with a gun in their hands and a knife in their pocket. Not one terrorist was born a terrorist, not one rapist was born to be a rapist, we all were born with infinite possibilities to become all that we could imagine. Sadly some people are

conditioned to become an evil person, not an evil soul, but an evil person. A soul is a soul; pure, innocent, eager to learn and full of light. But a soul can be hidden behind a mask that society puts on us as we are growing up and some of us are not aware that inside of our heart we have all that we need. So we wear a mask that a country we grew up in put on us, we wear a mask that was forced on us by the religion our parents raised us in, we wear a mask full of words and sentences that were said to us by our parents. We become an evil person because we are wearing an evil mask, but we are not an evil soul, because a soul is deep inside of us and what is inside of us since the birth cannot be evil. Evil is only placed inside of our mind and heart by the outside sources.

There are 5 year old children that are willing to kill a cat or kill a person; there are 90 year old people that never consciously killed a living creature. There is not much difference between how those two people were built; they have the same organs placed in the same parts of their body, everything is the same when it comes to anatomy because human bodies are not different species. A kangaroo and a snail can argue that their bodies are different, but humans are all alike at the core. Where people truly do differ is the outside world and the sources that we have for survival.

Hold an image of two babies in front of you; one baby is from Los Angeles and the other baby is from Moscow, Russia. They are both babies, correct? They are both

tiny and smiling at everything, correct? When you look at them you couldn't possibly know which one is American and which one is Russian. They are almost the same when you glance at them. But then you place those two babies in the arms of their parents, and you imagine them on a plane back to their country, speaking different languages and seeing different letters in front of them. Are they still the same? No, because now you know where they come from and who is going to raise them.

As babies, two tiny human beings are the same, nothing different. They both have arms and lungs and 5 fingers and brain and veins. They both do not know how to read, count, speak or walk. On the inside they are equal – innocent, pure beings ready to absorb the knowledge. But their outside circumstances are different; one of them will be told they are smart while the other will be told they are stupid. One will grow up watching movies where Russia is the bad guy and the other one will watch movies where Russians are the heroes. Each day those two babies will receive two completely different views on life, people and themselves.

Do you understand now what I mean when I say that no one is born evil? Do you understand now what I mean when I say that everyone is created equal? If there is anything that you take out of this book, I wish it would be that.

No one is born evil.

Humans are emotional beings; we love, we cry, we laugh, we have a craving to help others and even though we must suppress it, we still want to be a part of the solution. The angriest of people who say they don't feel love are lying; they feel love towards something because that's why they are fighting against the thing that is a threat. We all know love and are capable of loving all creatures, but we are taught that differences exist and that people are the dominant species.

We judge a monkey by her ability to drive a car and a bird by her ability to read a book. We became so materialistic that we judge whose life is worth saving on the bare fact that snails and fish cannot build houses made of bricks. That is why we enslave and murder animals, because they do not live up to our materialistic goals. Humans are the ones that created poverty, racism, homophobia, xenophobia, sexism and other horrible ideas. Ideas that somehow some matter more than others, that one race/gender/species is superior to the other.

A baby would have never had a negative belief in their body, it is impossible for a newborn to feel hate and anger towards a certain gender or race. All those things are pinned onto our brains and tattooed on our hearts. We are the same at our core, but we have walls and cages around it that were put there by the society. I know it is hard not to get angry at terrorists and rapists, after all we are all connected and we all feel negative energy rise when something happens to someone, but

remember what I just described to you. You can get angry at a person and you can even feel hate towards a person, but never feel hopeless towards humanity due to society that raised our generations.

There is a quote by Gandhi that makes me incredibly hopeful for the future - he said: *When I despair, I remember that all through history the ways of truth and love have always won. There have been tyrants, and murderers, and for a time they can seem invincible, but in the end they always fall. Think of it - always.*

Doesn't that make you a bit more positive as well? In the end, good people will win and they will bring back our planet to her natural state.

So, what would Gandhi do?

When I talk about veganism and how to deal with non vegans I always come back to people who fought for justice from the place of compassion. For me my biggest inspirations are Martin Luther King Jr. and Gandhi. They both stood up for justice and they did it with love and compassion, because they knew that no one has ever created a long lasting change with wars and hate. It may work for a while, but in the end it always strikes back. You cannot stop war with war and you cannot stop murder with murder. And wars are murder.

Are you up for an exercise? I mean a real exercise that you will do right now and you don't need any notebook

or a pen. Just your head, which I assume you might be carrying with you at all times, am I correct?

EXERCISE TIME.

Okay. In about 2 minutes I will ask you to close your eyes and picture one person as a little child. Not just any person, but a vision of a slaughterhouse worker. You can create them in your head; they can look exactly how you picture someone that murders animals. Once you have a vision of someone that kills animals in your head, I will kindly ask you to picture them as a young child playing in the fields or any other playground that you prefer. And just keep this vision in your head of them playing for a few seconds. See them laugh and scream with happiness; feel how their hearts are beating with joy. When you are finished please open your eyes. Go!

Welcome back, dear. Now please take a deep breath and hold a vision of this small child in your head. You can close your eyes again if it helps, but make sure to read this part before you do so. Imagine an adult slaughterhouse worker seeing this little child for the first time. Now imagine a little kid saying to a grown up that he loves him regardless of what he is doing to the animals. He tells him that he will always love him and accept him, because they are one. Now open your eyes.

What do you feel?

Which emotion is the strongest at this particular moment?

Anger because you think a child should punish the adult? Joy because you have faith in this man?

What do you feel?

Now close your eyes again and place yourself in the little kids' body. Hold hands with an adult and look them deep in their eyes. Now tell them that you forgive them and you love them. I know, I know, it's difficult, but you must do it. Cry if you need to, be angry if you feel like it, but you must say it. Now repeat it and continue repeating it, until you are able to see sorrow in the man's eyes. He has lost a big part of himself when he let the world transform him into a murderer. And now he knows, but he had to find his inner child again.

This exercise might be difficult to do for a number of reasons, but it is still important to do it and repeat it daily, until you are able to feel compassion towards an evil person. You must do this exercise regularly until you see souls and not people.

What have we learned so far?

- A person may be evil, but a soul is not.
- Hate cannot eliminate hate; only love and compassion can do so.

- No evil man has ever won in the end.
- Every child has been born innocent and pure, until turned to whoever society desired him to become.
- All people are equal; no one is born ready to start raping and killing.
- Compassion towards others is a daily practice.

CHAPTER 2

Is anger ever okay?

Why of course it is, as I mentioned earlier, anger is a human emotion and everyone experiences it. If we wouldn't experience negative emotions we would be dead.

I never want you to feel like being angry is a sin and that now you are suddenly not worthy of being a vegan or an animal rights activist. And the other way around; I never want you to feel that you need to be angry to be a vegan or an animal right activist. There is no right answer to how much anger should a vegan feel to be considered compassionate enough to care for non human animals. What I want to specifically stress in my book is that in my opinion and in the opinion of great minds such as Gandhi and Martin Luther King Jr., anger has never changed anything and it has always brought even more violence and hurt.

I want to lead a peaceful movement and it is up to you how much of what I have written will you accept as the truth and will use in your animal activism.

How would you feel if a stranger came to you and straight up told you that you are a murderer? How would you react? Be honest. You would most definitely assume that this person is crazy, is bullying you and a connection between a vegan and a bully would be made. That's why most people think that vegans are

aggressive and bullies. It's enough to see one person of a certain belief do something rude, to assume that all people who have this belief are like them.

Yes, people who kill animals are murderers (or killers, they both took a life by definition), even if the definition doesn't always include killing an animal. Remember that laws and definitions are made up by people who are not necessarily animal lovers, so obviously they wouldn't include a person that killed a spider under a definition of a murderer or a killer. But that gives you no right to go to a person at a mall and call them a murderer, because as I wrote earlier – no one is born evil and no one is born ready to support evil.

Evil.

Murderer.

Killer.

Rapist.

Those are all very, very strong words and we must be careful when using them, because there is a difference between someone who rapes cows and murders pigs for a payment and pleasure, and someone who kills a fly due to being attacked by it or someone who eats meat and drinks milk not knowing what they are supporting. I do feel that some vegans are so easy to target people and label them as evil; we forget the difference between someone who does something consciously and

someone who is not aware of what they are contributing to.

If you have grandparents that kill their own chickens and rabbits, you must remember that they were raised by their parents that way and for them killing an animal is normal. They are simply not aware that they are actually taking a life away; they have been raised to believe that it is something we all do, that it is necessary. For them, that's just what humans do.

When I say that a person is evil I mean to describe a person that is consciously aware of what they are supporting by killing and/or eating animals, using them for clothes etc. but I am not saying that billions of people who eat animals are evil. They support evil unknowingly, but they are not evil due to being brainwashed. I simply refuse to be an angry vegan that looks at everyone in a negative way and refuses to have fun because animals are suffering.

My life purpose is to help the animals and the environment, but I couldn't possibly be motivated to save the world unless I am also going doing my daily yoga and watching movies to relax and enjoy the good things in life. How can one person be sane enough and be strong enough to change the lives of humans and animals, when they cannot step away from the suffering to see all the beauty in the world and to do something that takes their mind off of the suffering? I need to take

care of my heart first and then I can go out and use my voice and energy for the greater good.

But so many animal rights activists are angry; I see that there is pain in their eyes and guilt because they cannot save all the animals. I see them feeling guilty for laughing at a joke after seeing a slaughter house truck driving by or watching a movie that entertains them and suddenly snapping back to a reality where pigs are killed every second. I used to do this too, I felt incredibly guilty for wanting to be an actress and act in fun movies, especially when I could be spending this time saving the animals. But as soon as I stopped going to my acting classes and sat at home writing blog posts, I felt like the biggest pile of shit. I wasn't happy and I knew it. There was more to my life than just writing about suffering and I had to forgive myself for being passionate about something other than animal rights.

It didn't mean that animals weren't my priority, they will always come first and I will always ask myself whether my choices are affecting them, but I NEED to do something else, I NEED to act and discuss space and aliens. I need to get away every now and then from the cruelty I see on my social media accounts and outside on the streets. I need it because I still start crying when I see an abandoned dog on Instagram and a video of a crying cow on Facebook. I need to do something that isn't related to animals for my sanity, because I know my limits and I know that once you've been depressed,

hopeless and suicidal you can easily slip back. And I don't want that anymore.

And I know for a fact that being negative, hopeless and in pain 24/7 is not the solution to a better world. That's why I am dedicating this book to those who need to know how to be compassionate in a world where cruelty seems to be leading the pack. I am dedicating my writings on my website to those who are desperate to believe in love after seeing death everywhere. I am pouring my heart and soul out for those who feel that hate is keeping them away from kindness and those who are afraid of being the light in a world that feeds on darkness.

EXERCISE TIME.

Another exercise that you can do today is to write a list of five things that make you happy when you are doing them and give yourself permission to do them all in one week at least once. Promise yourself that you will dedicate at least an hour of your day to do something that is not related to saving the planet. Remember that if you do not take care of yourself, you will not be able to take care of others, and no one wants a broken angry person fighting for us when they can break down any minute.

CHAPTER 3

How is your relationship with yourself?

How much time do you dedicate to yourself and your body, heart and mind? Do you meditate? Do you indulge in long baths or buy yourself foods that you adore? Do you take long walks in nature and have a sleepover at your friends?

All those things are super important to stay healthy and happy. I am extremely passionate about self love and teaching young women to learn how to take care of themselves first. If you are not feeding yourself and having enough sleep, how do you expect to stay strong enough to take care of those around you? Not to mention, being an activist takes a lot of energy and mental strength, so taking care of ourselves should be a priority and not a sacrifice.

It makes me sad to see activists say that we must sacrifice our health and hobbies to speak up for the animals. It is so far from the truth and it won't get us far. Just imagine a nation full of unhappy, angry and damaged people who are all screaming at each other and refusing to eat because someone else isn't eating in the world. It's just like saying that I must get sick because there are sick people in the world. Being broke won't help poor people and being angry won't help the world become a nicer place. If you think that you must sacrifice your health for peace and justice, enjoy dying

prematurely and not living to see a world change for better.

It's a harsh truth, but I have no problem saying it.

My personal daily self love practice includes a morning and evening meditation, reading a helpful book for 30 minutes, working out for at least 45 minutes, spending time in nature and spending time with my animals.

Those are basic things and they don't need to take longer than an hour, you can easily squeeze everything that I just wrote into a 40 minute self love hour every single day, doing each thing for 10 minutes and making sure you stop at a park on your way home for a short walk. Saying that you don't have 40 minutes for yourself is a lie, because IF you want to take care of yourself you WILL wake up 40 minutes earlier and start a new routine. Excuses are way too easy to use, so be a change that you so wish to see and start taking care of yourself, because the only person that we can truly change is ourselves.

You don't have to work out for an hour; you can start by doing 5 pushups, 5 squats and 5 sit ups. Easy as a feather and effective in a long run, because your body will start craving more exercise eventually and your energy will rise, giving you more and more reasons to expand your daily workout practice. Meditation can last for 5 minutes. Everything can be done in a short amount of time, but the effectiveness it will have on your life

will be long term. But you do have to start somewhere and the best time to start is right now (or after reading this book), so go and do 5 squats while telling yourself 5 things that you are grateful for today. Do it now!

Have you just continued reading? Seriously?

Come on, on your legs and do the squats.

You know that the only way to change something is by actually doing it right now. Remember a beautiful quote by Benjamin Franklin - he said: *Lost time is never found again.*

21 tips for vegans who are tired of being angry.

1. Meditate for at least 10 minutes every day. Meditation has been proven to help with depression, anxiety and anger to name just three.
2. Remember that anger is making you weaker and being weak has no place in helping the planet. When you are angry you are not able to see the good in the world and there are solutions that are waiting to be discovered.
3. Spend some time in nature whenever you can, listen to the trees. Nature tends to calm us and relax us, so that we are able to connect to the natural energy and with our truest self.
4. When someone starts an argument, take a deep breath and respond in a calm voice. Remember – you can always work on your anger later when you are alone, but once you snap at someone for not being vegan, they will associate veganism with anger. And no one wants to live an angry lifestyle.
5. Continue educating yourself on the topic of veganism and animal rights. You want to make sure you know the basics and more, to help anyone in need of an advice. Education is the key to everything that you need and want; a book a day keeps boring days away.
6. Listen to classical music and relax! If you hate classical music and think it's boring, I just want

to make sure that you have heard Vivaldi's Winter before you go ahead and say that you don't like classical music.

7. Eat healthier. Vegans can be just as unhealthy as non vegans, so you want to make sure that you are an example of a healthy, happy vegan and not overdosing on processed sugar and unhealthy fats.
8. Join Facebook groups with vegans in your area and invite someone out for a cup of tea. Make friends and create beautiful friendships with people who will stand by your side when you might not feel the bravest or the strongest.
9. Watch videos with happy endings, such as elephants being freed from circuses and rescue cows giving birth to their calves. Facebook can make you depressed, I sure am aware of that, but search for happy videos more often, so that you balance the cruel with the good.
10. Get sun exposure. Sun makes people happy and getting vitamin D doesn't hurt either.
11. Avoid people who trigger your anger and whom you know will provoke you. Although most people will leave on their own (that usually happens when you change your lifestyle), you want to make sure that everyone who is not lifting your energy up knows where the doors are.
12. Make a list of things that you can do in the next month to help animals. It can vary from walking

shelter dogs for an hour on weekends to donating a certain amount of money to a farm sanctuary. Every little thing matters and usually the smallest action brings out the biggest change.

13. Go for a run and get rid of all the anger while running. The angrier you feel the faster you must run; push yourself beyond your limits and outrun everyone who is causing your anger.
14. Do yoga and move your body to the sound of relaxing music. You will become more relaxed, connected to your body and flexible – and who doesn't want to be flexible, am I right?
15. Pour your heart out to a friend who you know will listen to you and help you go back on the track. If you don't have a friend like that, you can always email me.
16. Get rid of your television. Seriously, all you need can be found on your computer. Just get rid of the TV and stop giving negative media any attention. I have been television and radio free for about 5 years now and let me tell you – it is the best decision I have ever made, right after deciding to become a vegan.
17. Ride a bike to work or school instead of a car. You can spend time breathing fresh air and observing the nature; there is nothing better than relaxing on your way to your destination. You will be healthier, happier and more environment friendly.

18. Plant a tree; future generations will appreciate it.
19. Unsubscribe, unfollow and unfriend people on social media that only post negative news on your feed. You already know that the world is messed up; you don't need 10 more people rubbing it in your face every day.
20. Read *You Can Heal Your Life* by Louis Hay to learn about the importance of loving yourself.
21. Write down three excuses you had before you went vegan to why you could never stop eating meat/dairy/eggs. When you are finished remind yourself that you were once that annoying person that said: oh my god, like, I could, like, never go vegan.

CHAPTER 4

How to respond to provocations?

We have all been there, provoked and made fun of for being vegan, but how did you react? Some of us might have lost it and sent the other person to hell, others might have started crying because of the pressure, and then there are others who simply ignored and those that had the perfect answer already on their tongue. We all have a different strategy when dealing with people who are trying to start an argument and all of us have gone through different stages, from being happy to answer to responding in anger.

But how can we stay a happy vegan when people try to put us down for being a vegan? There are a lot of ways on how to answer them without being the aggressive vegan most people expect us to be, but I will give you just two that are my favorites.

Ignore them and walk away, or refuse to let a sound leave your mouth. This is my favorite thing to do, I just smile politely and ignore their provocations; but you need to stay chill and not give an impression that you are being defeated. Which you are not. But they might think that you are, so you need to keep cool, healthy posture, a relaxing smile and good vibes only. Let them KNOW that you are ignoring them, so they can feel like a fool for making fun of someone that cares about the animals.

Politely say that you do not wish to respond to them because they are not serious. You can say that you are open to an honest conversation and to give them any information they would like to know, but you refuse to respond to provocations.

Of course it would be easier to get upset and answer them in an angry tone, but that would only rile them up even more, which would mean that you would have to deal with an even more annoying person than in the first place. There is a place and time for every response, but ignoring and refusing to respond until they are calm and collected are two that will definitely benefit veganism in the long run.

You must remember that as a vegan, even if you don't want to, you are representing the whole movement and once a non vegan sees an angry vegan, they get two steps away from becoming a vegan themselves. It's not about how badly we want to argue and how we cannot stand ignorant people, it's about knowing that one sentence can give veganism a bad reputation and that animal lives are dependent on us. We must stay calm, nice and informative because of the animals, but passionate enough to not back down or forget about why we are vegan in the first place.

We can be angry, I said this a few times by now. Anger is normal and it is welcome, it's a natural human emotion, but as long as it doesn't affect our lives and our activism; once it starts to interfere between us and

other people, then it becomes a problem. You suck it up in public, get angry at home and then meditate and release the tension and hate that was stuck inside of you for good.

There are two quotes that I want you to read.

First quote is by Malcolm X, he said: *Usually when people are sad, they don't do anything. They just cry over their condition. But when they get angry, they bring about a change.*

The second quote is by Buddha, he said: *You will not be punished for your anger; you will be punished by your anger.*

What do you think each one of them mean? Does Malcolm X want people to be angry? Does Buddha want people never to be angry? What do you think both men meant with what they have said? Which one of them is right?

Both are, actually.

You see, if you are not angry at animals being slaughtered you will not be doing anything to save them; that's why most people are not doing anything. They are not angry about animal slaughter, so they do nothing about it. On the other hand, when vegans are too angry about what is happening, they let anger lead their way and when that happens, you can guess the results. They see dark everywhere, they refuse to speak

with anyone who isn't vegan, they are not able to respond calmly to anyone who is interested in veganism and they are not taking care of themselves first, all because they feel angry about the animals.

It's not normal to be angry all the time, we would get in trouble. It's not normal to not be angry; we would be dead because it's a human emotion. Don't be an angry vegan, be a vegan that gets angry. Anger blurs our minds and suddenly we are not able to see solutions and hope that is still there. You know how that works. We all watch a video of an animal being slaughtered now and then, and then we feel hopeless, for a second we hate the whole humanity and we cry. And two hours later, after drinking a good cup of tea and listening to some Mozart, we are hoping again and have faith in people.

An hour of anger is helpful, a life of anger makes you hopeless, so choose wisely what you will get angry at and how you will use your anger. Anger was behind every movement, but was never responsible for winning; it was always love.

EXERCISE TIME.

Turning anger into action.

Write in your notebook five things that make you the angriest at the moment related to animal cruelty. It can be anything, from starving dogs to animal testing,

slaughter, rape, torture, Zoos, death of bees... anything that makes you the angriest at the moment.

Got it? Great.

Read them again and for every issue that angers you write down a solution to it. How can YOU take part in solving this problem? How can you be INVOLVED in solving this problem?

Now you have a solution to every issue that makes you angry. You might not be able to save all the animals, but you have a choice to do something about it and now you have the solutions written in your notebook. Every time you will feel hopeless and helpless remember that you have five ways of helping the animals and that anger can be turned into action.

CHAPTER 5

What do I do if I break down?

This is something I hear very often from people who are very sensitive and wear their heart on their sleeve. I happen to be one of them, too vulnerable for this world.

I would never tell anyone to ignore the pain and hurt that is inside of us, it's something that is too big and too important to be ignored. After all, knowing what we know is not easy. Before we were vegan, we could look away and push the cruel problems back in our head, we could just pretend that it is not happening and that that's just the way life is. We grew up thinking that animals are here for us, at least some of them, and that they love to give us their body for use. No one said anything that would make us question this, so we accepted it as a fact and moved on.

Until we opened our eyes and became aware of what we have been supporting all those years. It has taken us almost all of our lives to realize that slaughtering animals is not normal and okay. And now that we know what we have been supporting all those years, we are broken and horrified of ourselves. How on Earth could we be so ignorant and cruel? What kind of evil maniac has been living inside of us?

And yet – here we are.

With our eyes open and our heart cracked, ready to feel everything because somehow this will help the world. Being vulnerable and to cry. Because being cruel and tough doesn't work and never has, so we challenge what we were taught and we crack open our heart and search for death and suffering just to witness the truth that we have been hiding from. But it doesn't make us happy, and yet we continue doing it, hoping that it will inspire others to do the same, hoping that people will want to know how their actions affect others and hoping that they will want to change.

But they look at us in disgust and anger and rage. They think we are too radical, that our truth is too drastic and not realistic. They make fun of us and put us down for caring, for loving, for hoping. And we pretend we are fine and strong, that their words can do us no harm, but inside we suffer and we are building a wall of anger that will protect us from them. That's what we think at least. But we crumble and fall, in the intimacy of our home, only to get back up and walk through the door like nothing has happened.

And I'm here to tell you that it's okay to fall and cry. It is perfectly normal to break down and lose hope. It is okay to snap at someone and feel like a failure. You are human! Do you hear me? You are a human. A human being that has been born to love, but you were told that too much love can be bad for you, so you became careful and only gave love to those they said it's okay to give love to. You put a mask on and started walking to

the beat of their drum, while ignoring the perfectly beautiful beating of your own heart.

And that's okay. It's okay that you were lost for so long.

Being aware of the cruelty that exists on this planet is not something to be ashamed of; there is nothing wrong with wanting people to witness what you are seeing through your own eyes. But as much as I want you to be okay with being a human that breaks down sometimes, I want you to know that you can get up and that it doesn't have to be like that always. You don't have to be broken and damaged to be a real fighter for animal rights. You can get up and you can be happy, because I know that many times we keep ourselves broken and damaged to satisfy this dark side we all have inside. We feel like we need to suffer because we see suffering in the world, we think we need to cry because there is so much sadness among people.

You don't have to though.

We all break down, we all fall and cry and get hurt, but we don't have to punish ourselves for our past mistakes by suffering, we don't need to feel angry because we feel like we are not doing enough. We are trying, we are humans.

I have a beautiful and powerful exercise for you.

EXERCISE TIME.

Write yourself a hate letter, yes, a hate letter where you get angry at yourself for not doing enough, not being enough, not becoming a vegan sooner. I want you to let it all out and get really nasty with yourself. Cry if you need to, but write an ugly letter to yourself that you know you always wanted to do, because we all have this voice inside of our head that is trying to put us down and so many times it succeeds.

When you are finished with your nasty letter, let it sink in, feel it, taste it, pity yourself. Really watch how you react to it and how it makes you feel, don't try to run away from it.

Now, write yourself an encouraging letter. Write about how proud you are of yourself, how great you are doing and how many animals you have saved. Write from the opposite place than before, write from your heart. Because when we feel hate and anger towards ourselves we are doing it from our brain, because the brain is where we create all those negative patterns and a negative self talk. Our heart on the other hand, is a place where we have all the love stored for ourselves and where we have all the compassion that we need for ourselves and for others.

Did you write your love letter to yourself? How did this one make you feel? Did you feel encouraged? Happy? Loved? Successful? How different did it make you feel from the first one?

Now burn the first one and keep the love letter. We don't want to store negative thoughts near us, so the negative letter has to go and burn in flames, so that you can finally release all the ugliness that you had inside of your body. And whenever you feel like you are not doing enough and that you are not allowed to be happy, when you know how much suffering there is on this planet, you can read this love letter and realize that you are doing enough.

We are all doing enough.

CHAPTER 6

Writing exercises to let your anger out and focus on what is really important – compassionate and loving action.

For this you will only need a notebook, a pen and alone time. Write whatever pops on your mind, don't erase it or think that it should be different. Just write down and express your honest feelings because a lot of times we don't actually need an advice, we just need to let it out.

Are you ready to clean your mind closets?

- If I could talk to a slaughter house worker, this is what I would tell them...
- Two times that I was really proud of my work as a compassionate vegan activist, were when...
- 30 things that I love most about life/Earth are...
- When I am really angry and upset, I feel like...
- A quote that I would love to live by more often is...
- When I am angry or sad, the most effective thing I can do for myself is...
- People that support me on my vegan journey are...
- If I could learn how to control my anger I would...
- Three things that I can start doing more often to feel more love in my life are...

- I really wish people would know this about veganism...
- If my body could talk while I am angry, it would say...
- I feel most compassionate and loving when...
- Five things that I believe are good on this planet are...
- Tears are...
- My form of animal activism is...
- When I look at an animal's eyes, I see...
- 10 things that are amazing about me are...
- The most surprising thing about being a vegan is...
- The biggest lesson I will take from this book is...
- I feel the happiest when...
- The biggest question that I would like to receive an answer to is...
- I am inspired by...
- To become a better animal rights activist, I will need to learn more about...
- A sentence I would like someone to say to me today is...

Use these prompts whenever you need to let something out. They will help you with different things, from learning what you need in this particular moment to what you need to learn to grow as a person.

You don't need to do them all at once, just pick one or two a day and slowly move through your anger issues regarding the vegan lifestyle.

Journaling can be very helpful, but you need to do it often as it doesn't work if you don't actually journal.

CHAPTER 7

How to talk to kids about veganism?

Kids can be very compassionate beings if we let them, but usually we condition them from the early age to eat animals and abuse them for fun. We take children with us to hunt and kill; we go fishing with them and tell them that eating animals is okay because their bodies are meant for our consumption.

They watch us kill bugs and insects, talk about killing and dominating the animals, we take them to Zoos and aquariums with an excuse to teach them about the animals and how they live. But in reality we are doing the opposite; we are taking them as far away from the real lives of animals as possible.

Animals in nature don't live in cages and eat food that is given to them, they run and hunt, they take care of themselves, but we don't know that because Zoos are prisons for animals. Animals there are locked in cages and put on display for our pleasure and entertainment. They are taken from the wild and put in cages FOR us and BY us, not for their good, but for OUR good.

If you watch children with a pear and a worm, in most cases they will eat a pear and play with a worm. They might harm it, but it's because they are not careful enough, not because they would want to kill an animal. Sure there are kids that would kill a spider, but not because they would want to (usually not, but hey, there

is always that one in a million chance that someone is born a psychopath), but because they have been told that it's acceptable to kill an animal that is different from us.

A child doesn't want to kill a pig or a chicken; they could never take a knife and stab an animal. It is not natural for us; we are not born with an instinct to kill someone. Tigers and lions are born with an urge to kill, but it's because they are tigers and lions, not humans that grow salad on their garden and cook meat before we eat it. If it would be natural for us to eat an animal we wouldn't have to grill it, we would just eat it with bones and blood all together.

A newborn baby is not craving blood and flesh of other animals, they crave their mother's milk, which is also what baby calves drink to grow, their mother cow's milk. Have you ever seen a grown cow drinking milk from another cow? I know you haven't, it's not possible and it's not natural. Yet, here we are humans, drinking milk from a cow as adults. Not really something that is written in our DNA isn't it? It's something we have taught ourselves to do, we have forced change upon our DNA and our bodies, and we changed who humans were supposed to be.

Sounds like something humans would do? Yeah, I thought so.

Now, there might be children that grow up in a vegan family and they find themselves having no compassion at all towards animals, it happens. Just like it happens that a sociopath or a psychopath grows up in a completely functional and loving family. But what are the chances of something like that happening? One in a million, if even that.

If you find yourself in a child's company and they are eating an animal, you can share with them a fun fact about an animal they are eating. My sister is not a vegan and she raises her daughter to eat animals, but whenever we are together I always make sure that she is told that pigs are very intelligent and clean animals. My sister always makes fun of me for saying that, because I always say it to her when she insults someone that they are dirty like a pig. She usually says that she just wanted to see my reaction and that's why she said it.

Kids observe adults and learn from them, so be someone that is compassionate and kind. If their parents are not a great example of someone who is compassionate and loving towards animals, make sure that you are. You can be an example of someone who treats animals with respect and love, you can always inspire someone else to go vegan as well. Those kids might not be vegan growing up, but when they are old enough to buy food for themselves they will remember their aunt or uncle that cared for animals so much.

Children are our future and we need to make sure that we help them grow up to be compassionate and incredible people, and the only way to make sure that this happens is to be an example of a compassionate and incredible person. When they are young they are still unaware of how horrible the world can be and unlike adults, the world hasn't corrupted them... much. We know that these days' kids grow up very fast, well, let's make sure they grow up fast to be good people and not lost people. Technology is good, but what is better is caring for others, so let's care for each other and the children will learn.

EXERCISE TIME.

Borrow in a library a bunch of vegan friendly children's books and give them to a child you know. You can also take them to a farm sanctuary or a similar place and in the mean time you can talk to them about animals and how we must be nice to them. Be a positive example of a vegan.

BONUS TIPS FOR VEGAN PARENTS WITH NON VEGAN KIDS.

- **Watch vegan movies with them.** Okja is a great example of a beautiful yet powerful movie that shows the cruel side of eating meat. Yes, it is kid friendly and will not show anything graphic that would give them nightmares. It's not a completely vegan movie but the main

message is pretty clear. You can also watch Babe and Legally Blonde 2, which talks about animal testing.

- **Take them to a farm sanctuary** and let them connect to the animals that were rescued. If they never see pigs in person, and if they never touch a cow, how on Earth can they feel love for them and care enough to stop eating them? Sometimes people just need to touch an animal to connect the dots.
- **Buy vegan friendly books for them.** Ruby Roth is an incredible children's book writer and has written beautiful vegan books. They are easy to read and perfect for a child of any age really. I already have one that I am saving for my niece when she is a bit older.
- **Veganize your kid's favourite foods.** Vegan hot dogs? Got it. Vegan pancakes? Got it. You can make pretty much anything vegan these days.
- **Buy vegan foods for them.** You know, like soy yoghurt and vegan candy. There are plenty of those, so trust me that you will find something your kid will like.
- **Sit them down and have a talk.** It's important to let your kids know that what they're doing is not good and that you wish you could teach them about it earlier – in case you just went vegan because otherwise why

wouldn't you raise your kids vegan as well – but that you know better now and you want to let them know that you will be eating vegan at home because you love the animals and eating plants is healthier.

- **Show them mild graphic videos.** Yes, there are graphic videos that even kids can watch.

CHAPTER 8

Eating with non vegans can be a disastrous experience; if you want it to be. It can also be a time of compassion and lessons being shared.

Sitting behind a table with five other people who are eating animals and drinking their fluid can never be fun, but it can be kind. We can use the questions we are asked to educate others and share with them our reasons on why we went vegan in the first place. When they ask you why you are not eating a rabbit or a chicken, you can tell them that you prefer observing their intelligence and how beautiful they are. When they ask you why you are not drinking milk, you can tell them that you could, but you read an alarming study about how milk causes cancer and diabetes.

Nothing rude, just facts.

Rule #1 of eating with non vegans – Spread compassion and kindness. Never be rude when responding to a question and don't speak in a negative tone.

Rule #2 of eating with non vegans – Do not push your views on others. I know they are doing this, but you don't want to be like them, right? If they don't ask, you don't respond. Be uncomfortable, but don't risk being a judgy vegan and pushing people even further away from veganism.

Rule #3 of eating with non vegans – Eat in abundance and show them the abundance of vegan foods that you can eat. If you know in advance that they will not prepare vegan food for you, make sure you bring something with you and share it with others as well.

I know that eating with dead corpses around you is not the most enjoyable experience, but you don't want the fact that you are uncomfortable affect those who don't mind. I don't care how many vegans say that you must be loud and graphic when you see something wrong happening, you must know when to do it and how to do it. It's just a fact that people won't change if you push them and make them feel like they are supporting a crime.

For them killing an animal is not a crime and you once supported it too, so swallow your anger and start being an example of someone who is here to teach not to preach.

There is a time and place for preaching and being graphic, I do it often on my personal Facebook page, but not as often as I did it before. I am aware that most people unfollowed me because of that, and how can I inspire someone when they don't see what I am posting? You need to strategize and learn what is too much for them. You can't push people to change; you must slowly awaken their consciousness.

If you don't cook, start cooking and posting photos of your easy-to-made yet delicious vegan dishes. When you buy a new cruelty-free and vegan mascara, throw a photo there and share it with people who are not yet aware that such thing exists. Trust me, there are people that have no idea they can buy vegan beauty products that are actually good and affordable. Most don't even know that hair dye is usually not vegan.

But don't expect them to change everything over night, for most people it's hard to suddenly change their lifestyle and start eating completely different than before. We are creatures of habit and change scares us, even if we are one of those people that say we love change. No one wants to be told that what they are doing is causing death of the animals and our planet; you must learn how to be a vegan ninja, inspire them to change through mind skills without them being aware.

EXERCISE TIME.

I have two challenges for you to complete in the next 7 days.

First challenge is to prepare something vegan and delicious to eat. You won't eat it though, just baked/cooked it and then in a friendly manner brought it to your friends or family house when visiting them. Tell them you missed them and decided to bake them an apple pie or something. Trust me, they'll know its

vegan and when they taste it, subconsciously they will learn that vegans don't only eat grass.

For the next week don't post anything animal cruelty related to your social media account. Vegan yes, but nothing graphic and bloody. Just for a week, to see if people will interact with you more. It's worth trying, because you don't want them to unfriend you, then your technique won't work and all those photos were for nothing, just to even more assure them that vegans suck (even though we don't).

I know that it feels like you aren't doing anything if you are not exposing the truth about animal cruelty, but you must understand that they don't want to see it. And that doesn't mean that we should hide and pretend it's not happening, we should just make our approach more filled with love, and share a graphic photo/video only once or twice a week and the rest just food photos and how amazing we fell (if you do, if you don't, please don't lie).

CHAPTER 9

What if you can't go vegan?

I wanted to dedicate a chapter in this eBook to those who cannot go vegan for one or another reason. I am not entirely sure what illness could prevent someone from going vegan, but I am not here to judge as I am not properly educated on the topic of all health issues, so this chapter is dedicated to minors that are not allowed to go vegan because of their parents and to those who depend on animals for food.

First, I want to talk about minors and everyone who is not completely free to eat what they want to eat. I want to thank you for opening your eyes and being brave enough to even try to convince your guardians to let you go vegan. I am sure that they mean no harm, they are just concerned with you getting proper nutrition, because as you know, we are brainwashed to believe that meat, dairy and eggs are the most important sources of nutrients for us.

I would advise you to take it easy on them and thank them for taking good care of you. You can start by including more vegetables and fruits in your diet; you can even share a vegan recipe with your parents and ask them to try it at least once a week for a change. You should become their friend and understand that they are doing the most that they can; they are absolutely not trying to harm you in any way.

Appreciate their advice and ask them to watch a documentary (non graphic) with you about the benefits of eating plant based and how it affects the environment and people around the world. This could help them understand that your new lifestyle could help you stay healthier and live longer, while also helping the planet.

I know that it is hard when you are forced to eat meat in front of them, but understand that fighting them won't be beneficial for you. They will fight back and parents usually always win, it would just cause you all to not get along and the harmony of your home will be gone. Negative energy never produces positive energy; it just doesn't work like that.

What you can do to help your parents understand why you want to go vegan:

- Sit down with them and have an honest conversation where you present them with the facts about the benefits of a plant based diet and show them a list of foods that contain all the nutrients that you would need. Promise them that you will take blood tests regularly and will take care of getting a daily intake of B12 on your own.
- Ask them to watch a documentary with you and explain that this is all you are asking from them, to watch a documentary and give you this hour

and a half to show them the benefits of a vegan lifestyle.

- Become a cook in your home and take care of at least one meal a day. Tell them that you would like to treat them to a dessert or lunch, then prepare a great vegan meal that will show them how diverse vegan cuisine can be and that you are able to take care of your own meals.

I hope that those few ideas helped you and reminded you of the importance of compassion and kindness. Your parents were raised a certain way and no one taught them there are other options.

If for some reason you are not able to eat fully plant based, I would advise you to be ethical in other areas of your life. You can still buy cruelty free and vegan beauty products, avoid facilities where animals are kept in for entertainment and buy ethical vegan clothing. There are many ways to be animal friendly if you cannot be fully vegan right now.

People who fit in the category of not being able to be vegan are those who are told specifically by their doctors that they cannot go vegan because of their illness. If you don't like vegetables and fruits, I am sorry, but you don't fit in this category. You are just picky and you have to learn how to eat the freaking vegetables and not animal flesh.

I do not support medicine as a solution for every single health problem due to my belief that nature created us and nature can heal us, but I am in no way saying that you must disobey your doctor or that you are not vegan if you take medicine that is always tested on animals. Those things are important for most people and although I do not fully support vaccination and other drugs, I do know that a lot of times they are saving lives and making things easier for people who are not healthy.

If you are interested in more natural medicine and healing methods I can give you some tips based on my own experience and what helps me personally. You need to remember that I had epilepsy for 10 years and was taking two pills twice a day for a decade, so my body is very used of being on drugs. I started looking at Mother Nature for cure a few years ago, so I am not an expert on everything that nature produces.

- I started following Louise Hay a few years ago and have been doing affirmations for a while now. Her book *You Can Heal Your Life* contains descriptions for every single health problem and what mental issue could be the cause of it. She has always been right about everything that has happened to me, from having issues with my gums and suddenly having to wear glasses to cutting my right pinky finger on accident (or it wasn't an accident?). I truly recommend you

read her book and do all the exercises you can find in it.

- I realized how unhealthy I was when I wasn't eating the right foods and how sugar kept me feeling sick. I would turn a blind eye and pretend that I was listening to my body that craved cookies, but in reality – my body was screaming for me to stop eating sugar. I felt awful and dirty after eating chocolate cookies and not because I would feel bad for eating them or for having an eating disorder, but because I felt all the sugar in my body. It was like poison and I knew that my body was asking me to stop doing it. If sugar or gluten doesn't feel good for your body, if you KNOW that your body is asking you to stop eating them – stop it! You will never regret going through a month of detoxing your body and avoiding sugar/gluten for your own good. It will be hard at first, but you will be forever grateful for doing it.
- Don't give it much thought. I know that if you are in pain it's not the easiest thing to do, if it is even possible, but the more you think about the problem, the bigger the problem is going to be. A few months ago I started feeling my right hand losing the strength and I thought I might have carpal tunnel, so every minute of the day I thought about how I have carpal tunnel and my arm was weak and sometimes I couldn't even hold the damn pen. Then I just accepted the

fact that I am losing strength and that I might have a problem, and just like that I stopped feeling weak in my arm and hand. I accepted that I have a problem, whenever I felt weak I would just distract my mind with something else and it got better. As I said – this worked for me, I am not saying that you should pretend you are not in pain if you are, just learn how to accept it and live with it.

If any of these tips help you after trying them, you better get in touch with me through social media or email and let me know, so I can feel like a health guru for a minute. But in all honesty, I truly do believe that nature is the best medicine for us, but we have lost touch with her and became too dependent on manmade drugs that are as dangerous to our body as they are helpful.

You must decide what to do with your body, doctors only know as much. Especially about food; you must know that the meat, dairy and egg industry pays for studies to support animal products. Big Pharma is paid by those huge industries and doctors are taught a minimal amount about nutrition in school + nutritionists usually promote animal products because they have been taught by teachers that didn't know better.

Always, always listen to your body and your heart. If something doesn't feel right for you and your intuition tells you not to do it, you don't do it. I don't care how

many doctors tell you that eating meat is good for you, if you feel like shit after eating chicken you have to stop eating chicken and get protein in plants.

With that being said – I am in no way a health expert nor have I studied nutrition, that's why I am focused on animal rights and not on what exactly to eat to be healthy.

CHAPTER 10

Do vegans care about people?

It's not a secret that some people think that vegans only care about the animals and no one else. They think that we don't give a care about humans and that we would pick a baby goat over a human baby, which is stupid because why would you ever have to pick between the two of them, that's not even happening in the movies.

What they don't know is that by eating animals they are contributing to hunger in the world. Yes, I know that there is enough food and the reason hunger exists is because certain people in higher positions think that they are entitled to decide who gets to eat and who doesn't, but still, there would be a bigger chance of people getting food if animals that we slaughter wouldn't eat it.

See, we feed grains to animals instead of people and we abuse animals just so we can abuse people even more. Children are starving while animals are being fed foods that could be eaten by humans. If the world would be vegan, people could grow plants and grains and eat it, and animals wouldn't be slaughtered because only a certain amount of them would exist due to not being bred for slaughter. Our planet would be greener because growing tomatoes and potatoes isn't producing methane and people would be healthier.

So when people say that we vegans don't care about people, they should look themselves in the mirror and ask why they aren't supporting animals. Who said that we need to choose one? Why is there always just one choice for people? Why can't we support all causes?

Pick one:

- Animals or people?
- Money or happiness?
- Health or fortune?
- Rich and sad or happy and poor?
- Your mother or your father?

You know why people are broke? Because they have this belief in their mind that if they want to be happy, humble and honest they need to be broke. Because the media shows us people like Donald Trump who are billionaires and bad people. They don't show us Elon Musk and his vision for humanity; they don't talk about Tony Robbins who is motivating the masses, or Robin Sharma who has transformed millions of lives. Because if you KNOW that money is just paper and there are 98% of wealthy people who are GOOD and HONEST, you would become one of them too and that would just suck for corporations who feed on broke people.

You know why people choose people over animals? Because they are fed from the day they were born a lie that only human lives matter and that animals are here for us. It has always been like that, we always had to

choose one cause to support because caring for both would be wrong. People think that animals don't matter, so you should focus on helping people, and the most stupid thing that you realize is that most people who want you to choose between human animals and non human animals are not supporting either! They are usually those people who blame the government for being broke, instead of actually working 10 times harder to go out of debt. They don't have the time to talk about the race issues because they are too occupied talking about how miserable their lives are.

I am not one of those people. I care about human rights, animal rights, LGBT rights, I am pro-choice, I am an environmentalist and I want to be a millionaire. Oh, and I want to be happy, loved and humble. I am not going to pick a human baby over a baby gorilla because I am not facing this issue right now, if one day I will have to chose one, well, I will think about who to pick later, I am busy right now saving the world.

Remember that when someone says that you are a bad person for caring for animals and not people, know that they are either:

One of those people that is conditioned to believe that only one lives matter and we should all be focusing on our species.

One of those people who are not doing anything because they are too busy feeling sorry for themselves and all they do is blame others for doing SOMETHING.

I try to be an ethical shopper most of the time, I ask old ladies if they need help with anything, I sign petitions for human rights, I speak up if there is injustice against someone and I am not afraid of being loud when it comes to people who are racist, homophobic or sexist.

I want to finish this chapter with a quote from an incredible animal rights activist, author and speaker Colleen Patrick-Goudreau - she said this: *Don't do nothing because you can't do everything. Do Something. Anything.*

CHAPTER 11

Will all of this work?

Will all of this work? Can you actually be a happy vegan that gets angry occasionally? You know - be a happy hippie with flowers in their hair and listening to John Mayer. Probably, yes, but I am not promising anything.

See the thing is that I can only give you information and tell you what worked for me, but I cannot make you use all of the tips and tricks that I shared with you. It's up to you to actually make a list of things that you believe are informative and helpful and start using them.

It's like reading a book about how good water is for your body and then never actually drinking water. It doesn't work like that. If you want change, you must demand change and go after it, no one is going to magically turn you into a happy compassionate vegan.

Use what I wrote for your own good and become a loving and compassionate activist that I know you are meant to be. My advice for you would be to start with one chapter a week and slowly work through all the exercises.

And hey, if you want to get new vegan friends that will support you on your journey and will be there for you when you need them, here are a few tips that might help.

- There are a lot of Facebook groups where vegans from all over the world talk to each other and search for those who live near them. Find groups of vegans that are based near your town or city and start chatting with them. Respond to their comments, answer their questions, be nice and helpful – that works most of the time doesn't it?
- Tumblr is a great place to meet vegans, because there are a bunch of them who are very lovely and very lonely, so they will be open to talking to you. There are even blogs where everyone posts where they are from, so you can befriend them if you live close to each other.
- Attend vegan festivals or picnics; start talking to people in person and volunteer to help.
- Find vegans from your city on Instagram. You just add a hashtag #VeganSlovenia or #VeganLondon and you will find a bunch of people that you can follow. Once you are following them it's up to you if you will ask them out for a coffee or simply comment on their photos to gain their attention.
- Attend meetups by popular vegans from social media. I highly doubt you can find one in Slovenia if you live here, but Australia, England and America based vegans seem to be doing a lot of them.

CHAPTER 12

20 THINGS YOU CAN DO FOR THE ANIMALS TODAY:

1. Go vegan. This includes everything, from not eating animals to not wearing them.
2. Ask for more vegan options at your local store. You never know when it will work. Maybe they already heard it before, they just needed more people asking for it.
3. Post flyers with helpful facts about animal agriculture. Make sure to keep it informative and not too graphic.
4. Volunteer at an animal shelter. Walk the dogs and play with them.
5. Donate food to animal shelters. They are taking care of so many animals; your help will be welcome.
6. Purchase only cruelty free and vegan beauty products. Nowadays you can find them pretty much everywhere and they are affordable as well.
7. Adopt an animal from a shelter, but only if you can and if you are ready to take care for her.
8. Pay for spaying and neutering of stray cats and dogs. A lot of times people are not able to pay for it and with your help there will be less abandoned homeless kittens and dogs.

9. Donate 10€ to a farm sanctuary that helps rescued farm animals. Cows, pigs, chickens and donkeys will be thankful and it's a small amount if you look at all the things caretakers need to do to keep animals safe and alive.
10. Put a bowl with water outside for stray animals and birds. They get thirsty often and if you can, please put a bowl with food outside as well.
11. Start a vegan blog where you share helpful tips about living a vegan lifestyle. If you are not serious about blogging and making money by doing it, then you don't even have to spend any money for it. Recommended book – Vegan Online: A Guide to Online Activism.
12. Ask your local library to get some vegan cookbooks. As you know books are the best education.
13. Request that your local hairstylist starts using cruelty free and vegan hair products. Maybe they already are using them and you just didn't know, and if they don't, now they will know how to be prepared for vegans when they come.
14. Write a thank you letter to stores and restaurants that offer vegan options. They will appreciate it and you can bet that it will make them aware of the fact that veganism is the new normal, so they will want to keep up the good work and hello new vegan options.

15. If you know someone in your area that doesn't treat their animals with respect, call a shelter and ask them what you can do. You can always do something for someone else.
16. If you are a writer, pitch your amazing article about veganism and animal rights to a local newspaper or a bigger magazine in your country.
17. Offer to translate videos about veganism on YouTube to your language. It will give people who don't speak English a chance to learn about animal rights and veganism, and you will use your skills for good.
18. Start making YouTube videos about veganism and animals, and then share it on social media. If you are camera shy, maybe try a podcast?
19. Wear clothing with vegan messages on it; just make sure that the messages are nice and not rude.
20. Write a book about veganism!

CHAPTER 13

Happy vegans always win.

I am passionate about making vegans a happier group of people. I love seeing vegans who share the vegan message through all kinds of stuff; from fashion hauls and make up tutorials, to creating documentaries and posting vegan recipes on Instagram. The truth is that we all resonate with a different message and someone will go vegan due to their yoga teacher showing them how to live compassionately, or they will hear about it from their vegan hairdresser that only uses vegan products in her salon.

I went vegan after doing a presentation on animal welfare and I stumbled upon some bloody photos of farm animals being slaughtered. I watched a few videos by Gary Yourofsky and a documentary called Earthlings, and for me the angry vegan way worked. I needed someone to scream at me through a YouTube video and to show me how baby calves are killed. Hey, we are all different.

I am all in when it comes to people doing what they love but I am more passionate about them sharing the message with love and kindness. Now, don't get me wrong, I lose my shit and argue with people on Facebook sometimes and I definitely do not always feel any good vibes between me and animal eaters, even if they are my mates in an acting school or a best friend of

20 years. I may be friends with someone without always feeling the pure loving vibe between us.

I used to hate the way I felt; back when I was super into New Age stuff, I would feel like a piece of shit for not respecting everyone, but then I opened my eyes and I saw humanity for what it really is. I realized that I can either be a happy person that spreads happy energy, while not wanting to be best friends with non vegans, OR I can be an unhappy person that spreads negative energy and argues with animal eaters.

I prefer being the first person. The one that is aware of who she wants in her close circle of friends yet still realizes that the only way she will change the world is by spreading the good vibes. I feel like people think that I love everyone and I meditate with all humans in my mind. As if. But just because I don't want to hang out with you, doesn't mean I hate you.

I don't hate anyone.

I feel hate towards some people but I don't have a hate rope attached to anyone. It's too much to handle and I don't want to create cancer just because awful people exist. How will I save the planet if I am sick due to hate in my heart? Can't fucking do it (*imagine Chris Rock saying this*).

If you want to throw paint on Kim Kardashian because she is wearing a fur coat – go ahead, do it. Will it help the animals? Not in my opinion. The only thing people

will get from this message is how fucking mean vegans are. People already think we are freaking terrorists and a cult; let's not give them even more reasons okay?

I always say that if you get angry at someone, do it at home and let it all out when you are alone. When I say be a happy vegan, I don't mean that you must hug everyone and bless their precious little heart; what I mean is that you should respond in a respective tone and then deal with the anger at home. Not everyone is going to be on the Sam Harris level when debating crazy individuals but we can all try our best (seriously, that man is on another level; not only is he my favorite alongside Richard Dawkins but he is always super calm when debating people).

Note – I don't mean that you shouldn't protest or film videos of pigs being on their way to a slaughterhouse – that's okay! What I mean when I say to be a happy vegan, is that you acknowledge that for the sake of all the animals that are about to be slaughtered in the next 5 minutes, you try and be someone others will actually want to talk to. People just don't want to listen about animal slaughter from someone that is crying and shouting at them. They just don't. Angry vegans are so 2007.

- Share the vegan message in a loving way. Whether you are teaching people how to cook vegan dishes, what beauty brands are CF + vegan AND totally affordable, or you are a

photographer taking photos of animals at the ZOO. What are your talents? What are you good at? Use your talents to spread the vegan message; don't do what everyone else is doing. Spread the love and do what you love.

- Ignore the haters or choose to respond to them when you are relaxed. Use that one mean comment under your Instagram photo to educate someone who will read it. You are absolutely not required to debate someone if you do not feel comfortable doing so, but you certainly must stay calm and collected; do not show that they hurt you. Haters love to hurt others and you must stay strong for the animals. As strong as you can be; we all know that it's hard not to cry when you are a vegan.
- Meditate and do yoga. Spend time in nature. Dance. Play with animals. Laugh. Watch stand up (I loooove Jack Whitehall and Trevor Noah). Make your life a bit more joyful and exciting. Be a happy vegan.

I know it's hard to accept our world. It's not the easiest thing in the world to look at how people, that we deeply love, harm others and exploit beings that only have love in their heart. But the way humans are programmed, we can only change the world with love and kindness. War never created love, no matter how much you try to convince yourself that it has. And as much as angry vegans get attention, they are rarely the ones who help

someone become vegan. Everyone prefers happy people.

CHAPTER 14

How to deal with sadness?

Yesterday, I saw an article with a couple of photos of animals in slaughterhouses. The photos showed their last moments; the last cries for help. I broke down in a second. My chest was in so much pain that I swear I could've had a heart attack right there and then. The amount of pain I feel as a vegan, whenever I see photos of animals that are hurting, cannot be described.

In those moments of pain, the only thing that I am able to think about is how I would give my life just to save them. Nothing else matters – not my wish to live on Mars, not the money that I want, absolutely nothing. At the core of my being, all I want in this world is for animals to be safe and equal to humans. All I want is for pigs to be able to smile and cows to lie down on the grass and feel the sun on their skin. That's all I want. Nothing else is important.

It's easy to let your ego (that is not separate from you, it's just the other part of who you are) convince you that fame matters and how many friends you have. It's easy to feel sorry for yourself and to want material things that will not make you happy. It's easy to forget about others. You see photos of animals that you want to protect and even though you are vegan, you feel like you are not doing enough. You KNOW you are not doing enough.

In those moments of sadness, when you are broken hearted as you have never been before, I want you to do three things:

- Close your eyes and feel the pain. Feel every single knife that is stabbing you in your chest. Feel every inch of your body crying out loud from how broken you feel. FEEL!
- Look around you and at the things that you've got. Sit there and look at all the clothes, purses, Apple products etc. that you have. Look at them and see for the first time for what they really are. Things. Start to feel how insignificant those things are and how they can't bring anything to the world. Realize that material things don't mean anything and open your eyes to what really matters – other beings.
- Get up and do ONE thing that you can do in that moment for the animals. One thing. I don't know what that thing is, only you will know when that happens, but listen to your heart and your instinct and DO ONE THING. I started to write. For you it might be something different. You might just feel the urge to take your dog out for a walk, or the urge to write a letter to an animal organization offering them your help. I don't know what you will do but I can tell you one thing – whatever you do, it will matter. Every little thing matters.

If you have animals at home, show them how beautiful life can be. Hug them tight, cuddle with them, tell them how much you love them. Show them respect and kindness. Not all of them have the opportunity to experience love and warmth from humans. Start with choosing to eat more plants, buy clothes that were not made from animal skin (wool, leather, fur, silk...), adopt instead of shop, donate money or food to shelters and different animal organizations, boycott movies that use animals for entertainment... there is so much you can do every single day.

Being a happy vegan is the best possible way to inspire others to go vegan as well, but it's not how we will feel all the time. I have never felt more broken than now when I am a vegan. I'm a human; I feel things when someone is hurting. I don't see the difference between my niece and our dog; they are the most special two beings in the whole world for me. The love I feel for Naja and Chuck is equal; I love them both with every cell in my body, there is no difference for me between a small child and a dog.

And when I break down and cry, when my world stops because I can't breathe anymore, when I look around me and all I see is hell on Earth – I do something nice. I hug a little tighter, I cuddle a little longer, I choose more wisely. I do what I can do best – be a nice human being.

I am not god (if it would exist). I don't pretend to be perfect; I still shop half of my clothes in stores that use

sweatshops, I still use products that were probably made by children, I still kill flies if they bite me – but I am trying. I try to shop second hand as much as I can, I try to buy ethically whenever I am able to and I try to leave bugs and insects that attack me alone. I do my best but I am not perfect.

Veganism is not about being perfect, it's about doing the best that we can. Not eating animals and not buying things that contain animals is not hard. It's a choice that you make every day. Buying a cruelty free and vegan shampoo may not be always possible for you (I live in a small town, there are almost no CF and vegan brands), but I am sure that it is possible for you to buy potatoes, rice and cucumbers instead of cheese, milk and meat (fish are animals too). It's a choice to go to the ZOO and support animals in prisons; it's a choice to go to a circus and watch cows and elephants being used as props for your entertainment; it's a choice to buy that wool sweater.

Choose wisely. Stop listening to your body so much, it will tell you that it needs dead animals; use your brain and what you know about the cruel industries. Be smart.

Use brain.

CHAPTER 15

Self care ideas for vegan warriors.

Way too often we forget about taking care of ourselves when fighting for a bigger cause, such as animal rights or the environment. We were led to believe that we must sacrifice our health and happiness to bring safety and freedom to someone else. Self care is so very important when we are fighting for animal rights; whether we are standing on the streets or writing about it behind our computers. All activism matters and all of you matter as well.

If right now you are sick and tired of the whole world due to being exhausted because you are only giving and not receiving – I need you to read this chapter very carefully and then take action.

We cannot afford to get sick – neither in our heart nor in our body – we must stay happy and healthy for the sake of the planet. We simply cannot fight for the freedom of other beings if we are not free from disease and heartbreak. If we are sick and tired, we are absolutely not helping pigs on their way to slaughterhouses, we are not helping calves that are taken away from their mothers, and we are certainly not helping our planet Earth. We are giving up on ourselves. If we aren't able to keep ourselves in good hands, how can we expect to save anyone else?

My number one value in life is freedom. It has always been. I choose freedom over anything and anybody. As a vegan animal rights activist, I want to be free from feeling hopeless and helpless. I am doing everything that I can do for the animals at this exact moment. Could I do more? Absolutely; but right now I am only able to do this. I accept that. I am first taking care of myself so that one day I can be fully available to be of service to the world.

If you think that crying on camera, begging people to go vegan and having big black circles under your eyes is a form of self care, then I truly believe you need to step back and look at the big picture. Yes, it's hard to know the truth and observe the world pretend nothing wrong is happening, but you cannot help the animals if you can barely help yourself. How can you expect to stay in the arena, fighting and protesting, if you are sick and tired? Can you imagine if you get a serious disease due to stress, when all you preach about is how a plant based diet can save your health? Yes, it can, but stress can be much more dangerous than a glass of milk.

- **Start moving your body and get active.** Let all the negative feelings out by dancing or doing yoga. Start running or hiking, just do something. Move your body, show it that you care. I started doing yoga, like seriously doing it, about two or three months ago and it has changed my life. I never knew I could feel that good in my body;

not only am I getting fitter but I am feeling more connected to my body.

- **Cut back on oils and sugar.** Sugar is not giving you any nutrients (when I say sugar, I do NOT mean fruit – fruit is GREAT for you) and oil is just liquid fat – and fat is bad for obvious reasons (eat the nuts if you must but stop consuming oil in all super processed forms). I can tell you from my personal experience that when I limited my sugar intake, I started to feel much, much better in my body + I was healthier.
- **Spend more time in nature and observe the trees.** Talk to the trees if you can. They won't respond but you will feel the energy. Nature was our first home – it gave us life.
- **Start reading books that will teach you new things.** One of the best things in life are books; I don't know of a better pleasure than when I get new books (it's seriously the best feeling ever). Start reading and learning about things that interest you.
- **Get new friends.** Seriously, having one good friend that you can talk to about life in general is one of the greatest things you can do for your health. Get support from people that live with compassion.
- **Become interested in art.** Art has many forms – from paintings and sculptures, to

movies and music. I personally adore acting and watching ballet but I would absolutely love to one day learn how to paint. Art gives you a chance to express yourself and it can take you to heights that you never knew you can reach. I just hear Tchaikovsky and I am flying over the moon; not to mention seeing Swan Lake live. Or watching a great movie that makes me feel things I have never felt before.

- **Watch stand up comedy!** I love, love, love Jack Whitehall and Michael McIntyre. Seriously, just take half an hour and watch some YouTube videos.

Those are just a few self care ideas that you can include in your life to start feeling better. Having a beautiful self care routine every day is the least we can do for our bodies, minds and hearts. I promise you that when you start taking care of yourself, you will be able to take care of many, many more animals. You will be filled with love and energy and your creativity will be pouring out of your pores. You will be a walking change. Everyone that will see you will want to know your secret – and that's when you can teach them about the beauty that is veganism.

About Naya Aynat

Naya Aynat is not a real person, per se. She is someone I created for the purpose of pursuing a writing career until I have the opportunity to reveal my true self. But anyway, Naya loves space, animals and the environment. This is her second eBook and she hopes you will enjoy reading it, as much as she has enjoyed writing it.

Other eBooks by this author:

- Vegans on the Net: How to set up a blog that teaches and inspires people to go vegan

VEGAN CONVO: Talking about veganism with people who eat animals

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Being an angry vegan is not in fashion anymore, so the best way to spread the joy of vegan lifestyle is to be the example.

This eBook will show you how to create beautiful relationships that are all about kindness, love and positive changes.