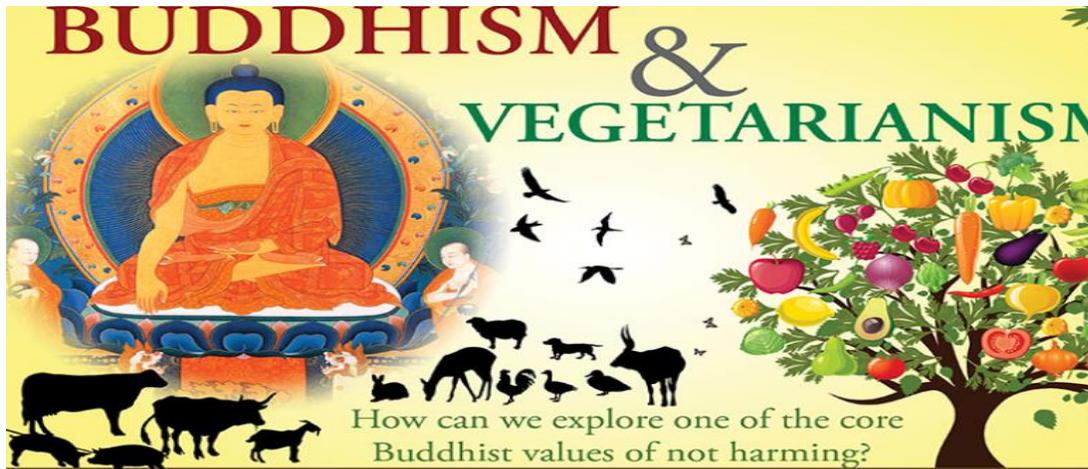


Vegetarianism



Vegetarianism in Christianity

Jesus was a vegetarian? The dispute over vegetarianism in the early church shows that the leadership of the Jerusalem church was vegetarian. The later history of Jewish Christianity indicates that Jewish Christianity was vegetarian and preserved this tradition of defending animals. Jesus' attack on the animal sacrifice business demonstrates that Jesus himself shared these views.

Romans 14:21 - It is good neither to eat flesh, nor to drink wine, nor any thing whereby thy brother stumbleth, or is offended, or is made weak.

Romans 14:17 - For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.

Genesis 9:4 - But flesh with the life thereof, which is the blood thereof, shall ye not eat.

Proverbs 15:17 - Better [is] a dinner of herbs where love is, than a stalled ox and hatred therewith.

Leviticus 7:23-24 - Speak unto the children of Israel, saying, Ye shall eat no manner of fat, of ox, or of sheep, or of goat.

VEGETARIANISM in Buddhism

Vegetarianism is the practice of not eating meat. The Buddha probably did not advocate vegetarianism because he made a distinction between direct killing - killing an animal oneself or getting someone else to kill it and indirect killing - purchasing the meat of an animal that has already been slaughtered. Killing directly makes one directly responsible for a death, whereas purchasing and eating meat of an animal killed without one's consent or knowledge, makes one only indirectly and distantly responsible. However, mature Buddhists think not just of the effects their actions have on themselves but the effects they have on others also, and whether one kills an animal with one's own hands or buys meat from a supermarket, in both cases a sentient being is dead as a result. Consequently, there are Buddhists who feel that by not eating meat they are helping to lessen some of the cruelty in the world, and to this degree vegetarianism is more consistent with the general spirit of the first Precept.

In Buddhism, vegetarianism is common, although by no means universal, and it is uncommon in Burma, Thailand, Laos, Cambodia and Tibet. Many Chinese and Korean Buddhists and all Chinese and Korean monks and nuns are strictly vegetarian.

Vegetarianism in Confucianism

It is believed that the principle of vegetarianism was first introduced to Chinese together with other Buddhist precepts about two thousand years ago. In fact, several hundred years before that, vegetarianism had

been acceded in Chinese culture and even written in literatures. Not only Lao Tzu, but Confucius as well made great emphasis on the vegetarian issue. You must first avoid eating flesh meals and follow some precepts. By flesh eating, “Yin” element would overrule the body and later become the main cause of the all illness in human being. 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. Try to be as much as possible a vegetarian, it will help you.

Famous People were vegetarians

- 1) Pythagoras
- 2) Socrates
- 3) Plato
- 4) Aristotle
- 5) Leonardo Da Vinci
- 6) Voltaire
- 7) Henry David Thoreau
- 8) George Bernard Shaw
- 9) Benjamin Franklin
- 10) Thomas Edison
- 11) Dr. Albert Schweitzer
- 12) Mahatma Gandhi