



Spiritual Connection with Food: Education Resources



Below: A compilation of educational materials, produced by different organizations, that explore the connection between our food choices and spiritual growth. Underlined items are hyperlinked to web sites. Items marked with an * are not produced by organizations that promote a vegan lifestyle, but they may be of interest to certain parameters within the vegan movement.

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ARTICLES

1. [About "Raggamuslim"](#) Raggamuslims
2. [Advocating for the Souls of Animals](#) Gay Bradshaw
3. [Ahimsa and Vegan](#) Indian Vegan
4. [Ahimsa and Veganism](#) Gary Francione
5. [Ahimsa Diet](#) Bill Westerman
6. [Ahimsayana Buddhism – The Way of Vegan Buddhists](#) *Ahimsayana Blog*
7. [Animal Rights and the Dhammapada](#) Rosemary Amey
8. [Animal Welfare – We Must Fight Injustice to Animals](#) Desmond Tutu
9. [As to Meat Eating](#) Charles Filmore
10. [At the Root of Christianity is the Compassion of Vegetarianism](#) Supreme Master Ching Hai USA News Team
11. [Awakening from Scientific Rituals](#) Will Tuttle PhD
12. [Become a Vegetarian](#) Father John Dear
13. [Benefiting Animals with Wisdom and Compassion](#) Ven. Thubten Chodron
14. [Bible is Falsified](#) Vegetarisch Geniessen
15. [Biblical Basis of Veganism](#) Nazarenes of Mount Carmel
16. [Biblical Opposition to Flesh Eating](#) The Nazarene Way
17. [Blame of Religion](#) Vegetarisch Geniessen
18. [Bright Aisles, Dark Alleys](#) Tashi Nyima
19. [Buddha Darma 101](#) Will Tuttle
20. [Buddhist Perspective n Animal Rights](#) Ron Epstein
21. [Can We Deprive Animals of the Right to Live](#) Matthieu Ricard
22. [Case for Seeing Animals as Rape Victims](#) Amanda Houdeschell
23. [Charles Filmore, Unity Church Founder, Said Man Should Not Kill Animals For Food](#) Jennie Richards
24. [Charles Filmore and Spiritual Vegetarianism](#) Will Tuttle
25. [Christian Basis for Veganism](#) Robert Wayner
26. [Christian Vegetarianism](#) Wikipedia
27. [Christianity and the Problem of Human Violence](#) Stephen Kaufman
28. [Christianity and Vegetarianism](#) Father John Dear
29. [Christianity, Animal Rights and Non Violence – Keith Akers Interview](#) Claudette Vaughan
30. [Christianity Quotations](#) Society of Religious and Ethical Vegetarians
31. [Christmas Cruelties](#) Ernest Bell (1907)
32. [Christmas Dinner](#) Soystache
33. [Cruelty in the Cause of Fashion](#) Father Martin Henig
34. [Dead Meat – Why Humans Need Animals](#) Stephen Shakespeare
35. [Defining Veganism: Sometimes Words Matter](#) Keith Akers
36. [Did Jesus Eat Fish?](#) John Vujicic
37. [Eating for Peace](#) Thich Nhat Hanh
38. [Eight Steps Towards Harmlessness and Universal Lovingkindness](#) Interfaith Vegan Coalition
39. [Essene Archetype](#) Tree of Life Foundation
40. [Ethical Eating for a Healthier, Happier World](#) Timothy Conway
41. [Evidence that Jesus and the Original Aramic Christians Were Vegetarians](#) James Bean
42. [Food of the Gods](#) International Vegetarian Union
43. [Food Yoga Standard](#) Paul Rodney Turner
44. [Fourteen Mindfulness Trainings \(of Thich Nhat Hanh tradition\)](#) Order of Interbeing
45. [Four Viharas](#) Will Tuttle
46. [Future Doesn't Hurt – Yet](#) Ven. Matthieu Ricard
47. [God, Christianity, and Meat](#) Kathy Freston
48. [Government and Church Inaction allows Animal Cruelty to Thrive, claims Theologian](#) Oxford Animal Ethics



49. [Halal Bubble and the Sunnah Imperative to Go Vegan](#) Mohamed Ghilan PhD
50. [Hidden Love of Jesus for Animals](#) *Universal Life – The Inner Religion*
51. [Hidden Love of Jesus for Animals – Carsten Strehlow Interview](#) *Vegetarish Geniessen*
52. [Hindu Ethic of Non-violence](#) Hinduism Today
53. [How Islam Convinced Me to Become Vegan](#) Mohamed Barrie interviews Elysia Ward (Mvslim)
54. [*How to Cultivate Meaningful Friendships](#) Lauren Schell
55. [Hurricane Florence and 9.7 Million Pigs](#) Alexandra Isfahani-Hammond (Counter Punch)
56. [Hypocrisy of the Religious Slaughter Ban](#) Mimi Bekhechi (Al Jazeera)
57. [I Am the Apple that I Eat](#) Silva Mirovics
58. [If You're a Yoga Teacher, You Should Be Vegan](#) Eva Lampert
59. [In Conversation with Will Tuttle: Towards a World Peace Diet](#) Vegan India!
60. [In Defense of Animals](#) Matthieu Ricard
61. [Industrial Farming is One of the Worst Crimes in History](#) Yuval Noah Harari PhD (The Guardian)
62. [Interview with Norm Phelps](#) Gabe Konrad
63. [Is Veganism a Religion?](#) Will Tuttle
64. [Jesus Was a Vegetarian – Why Aren't You?](#) Victor Forsythe and Frank Mucci
65. [Jewish Veg Rabbinic Statement](#) Jewish Veg
66. [Key to Lasting Happiness is a Vegan Diet](#) Adam Boulton (The Telegraph)
67. [Lamb of God Died for Our Sins](#) Daniel Paden
68. [Learn Why Buddhist Leader, Thich Nhat Hanh, Believes You Should Eat Vegan](#) Aisling Maria Cronin
69. [Let's Talk About Ahimsa](#) H. Jay Dinshah
70. [Light of Truth](#) Ven. Lokanatha
71. [Listening to Vegetables – The Art of Tanahashi Toshio](#) Kyoto Journal
72. [Living the Mystery of Reverence for all Life](#) Judy Carman
73. [Lost Religion of Jesus](#) Camille DeAngelis
74. [Magic Stop Button](#) Silva Mirovics
75. [Making Time for Yoga and Meditation](#) Russell Simmons
76. [Moral Case for Abolition of Cruelty to Animals](#) Matthew Scully
77. [Mormon Word of Wisdom: An 1833 Guide to a Whole Food, Plant-based Diet](#) Jane Birch PhD
78. [No Religion on Earth Can Justify the Slaughter of Animals for Food](#) Jimmy Pierson
79. [Non-violence begins with the Fork](#) Elizabeth Farians
80. [Norm Phelps, 75, Spiritual Mentor to the Animal Rights Movement](#) Merritt Clifton
81. [Nourishing Ourselves; Nourishing Others: How Mindful Food Choices Reduce Suffering](#) Kate Lawrence
82. [On Veganism from a Medieval Arab Poet](#) Gary Francione
83. [Open Letter to Bishops on Hunting](#) Rev. Andrew Linzey
84. [Open Letter to My Fellow Unitarian-Universalists \(UUs\) on Animal Liberation](#) Norm Phelps
85. [Origin, Fate, and Aim of Vegetarianism](#) Carl Skriver
86. [Peaceful Eating for a more Peaceful Planet](#) Judy Carman
87. [Personal Epilogue \(Vegan – The Healthiest Diet\)](#) Dr. med Ernst Walter Henrich
88. [Plant-based Diet – Why?](#) Jonathan Ewald
89. [Pro-Life, Pro-Animal](#) Matthew Scully
90. [Religion and the Torture of Animals](#) Luis Granados
91. [Religion and Vegetarianism](#) Maneka Gandhi
92. [Saddest Slaughterhouse Footage Ever Shows No Blood or Slaughter](#) Ashley Capps
93. [Shocking Truth About World Hunger that Every Christian Should Know](#) Jesus People for Animals
94. [Shojin Ryori](#) Enso Kitchen
95. [Shojin Ryori Culinary Fundamentals in Zen](#) Fujii Sotetsu (Zen Buddhist Priest)
96. [Sitting Down With Will Tuttle](#) Felicia Tomasko RN (LA Yoga)
97. [Six Paramitas](#) Will Tuttle PhD
98. [Spirit of Ahimsa](#) Jay Dinshah







99. [Spiritual People Moving towards Veganism?](#) Will Tuttle
100. [Spirituality and Your Diet – Is There a Connection?](#) Meria Heller
101. [Spirituality of Eating a Vegan Diet](#) Openhand
102. [Take Heart! Quotations from Will Tuttle](#) Christian Vegetarian Association
103. [Taking the Second Step: An Interview with Dr. Will Tuttle](#) Alliance for Animals
104. [Theos Rights of Animals](#) Rev. Andrew Linzey
105. [There is No Kosher Meat – Israelis Going Vegan](#) Oliver Holmes (The Guardian)
106. [Thich Nhat Hanh’s 5 Mindfulness Trainings](#) Deer Park Monastery
107. [Unity and Early Christianity](#) Keith Akers
108. [Vegan Evolution](#) Angel Flinn
109. [Vegan Spirituality: Awakening Action](#) Rev. Carol Saunders
110. [Vegan Zoroastrian Club](#) Dhun Daruwala May
111. [Veganism and Hinduism](#) Jyoti Mehta
112. [Veganism is a Spiritual Practice](#) Rev. Carol Saunders
113. [Veganism: Our Journey, Not Our Destination](#) Will Tuttle PhD
114. [Vegetarian Muslim: Turning Away from a Meat-based Diet](#) Anila Muhammad
115. [Vegetarianism and Christianity: Are They Compatible?](#) Keith Akers
116. [Vegetarianism and Friendship](#) Tom Regan
117. [Vegetarianism and the Major World Religions](#) Gene Sager
118. [Vegetarianism and the Path to Compassion](#) Little Lambs
119. [Vegetarianism and Religion](#) Drexel University English Students
120. [Was Christ a Vegetarian?](#) Ted Altar
121. [Was Jesus a Vegetarian?](#) Keith Akers
122. [Waste – The Defining Metaphor of Our Herding Culture](#) Will Tuttle PhD
123. [Way of Vegan](#) Kim Stallwood
124. [Were Jesus of Nazareth and the Early Christians Vegetarians?](#) Interview with Dr. Christian Sailer
125. [What is Vegan Spirituality?](#) Judy Carman
126. [What the Buddha Said About Animal Rights & Why It's in our Interest to Care](#) Waylon Lewis
127. [What the Buddha Taught About Eating Animals](#) Dharma Voices for Animals
128. [What Then Should We Eat?](#) Will Tuttle PhD
129. [Why All Christians Should Go Vegan](#) Charles Camosy
130. [Why An Observant Jew Should Follow a Plant-Based Diet](#) Rabbi Simcha Roth
131. [Why Are Few Spiritual Teachers Vegan?](#) Will Tuttle PhD
132. [Why I am a Vegetarian](#) Matthieu Ricard
133. [Why I Went Vegan – Stories from Vegetarian Muslims](#) Anila Muhammad
134. [Why the Animals Need Religion](#) Norm Phelps
135. [Why Vegan](#) Nazarenes of Mount Carmel
136. [Yahshua or Paul](#) Rev. Brother Day DD
137. [Yoga and Veganism](#) *It's Easy Being Vegan*
138. [Yoga Diet: Foods that Heal and Energize Your Life](#) Heather McClees

ARTICLE ARCHIVES

1. [Animal Products and Ethics](#) Free From Harm
2. [Animals and Ethics](#) Articles by Norm Phelps
3. [Biblical Vegetarianism](#) Nazarene Way of Essenic Studies
4. [Big Think](#) Articles by Sharon Gannon
5. [Caring Heart](#) Dr. Joyce
6. [Christian Vegetarian Blog Archive UK](#)
7. [Christian Vegetarian Association](#)
8. [Friendship With All Life – Article Series](#) Dr. Joyce



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9. [God's Creatures Ministry](#)
 10. [Humane Religion](#)
 11. [Interfaith Vegan Advocacy Kits](#)
 12. [Jivamukti Yoga Blog](#)
 13. [Jivamukti Yoga Monthly Teachings](#)
 14. [L.O.V.E. Productions Blog](#)
 15. [Religion and Vegetarianism Bibliography](#) compiled by Richard Schwartz and Norm Phelps
 16. [Shabkar](#) Buddhist Articles
 17. [Spiritual and Inspirational Poetry Archive](#) All Creatures Org
 18. [Theological Animal](#)
 19. [Vegetarish Geniessen English Collection](#)
 20. **Walter Jacobson MD** Blog Entries in [Huffington Post](#) and [Vegsource](#)
 21. [Wolf and the Lamb](#)

BOOKS

1. [A Persistent Peace](#) Father John Dear
2. [Altruism](#) Matthieu Ricard
3. [Anastasia series](#) Vladimir Megré
4. [Carbon Dharma: The Occupation of Butterflies](#) Sailesh Rao PhD
5. [Carbon Yoga: The Vegan Metamorphosis](#) Sailesh Rao PhD
6. [Circles of Compassion](#) Will Tuttle (Ed.)
7. [*Darwin's Doubt: The Explosive Origin for Animal Life, the Case for Intelligent Design](#) Stephen Meyer PhD
8. [Diet for Transcendence](#) Steven Rosen
9. [Disciples – How Jewish Christianity Shaped and Shattered the Church](#) Keith Akers
10. [Dominion](#) Matthew Scully
11. [Dominion of Love – Animal Rights According to the Bible](#) Norm Phelps
12. [Food for the Gods](#) Rynn Berry
13. [Food Yogi – Nourishing Body, Mind and Soul](#) Paul Rodney Turner
14. [Forgive to Win](#) Walter Jacobson MD
15. [Forgotten Beginnings of Creation and Christianity](#) Carl Anders Skriver
16. [Four Viharas Guided Meditation](#) Will Tuttle PhD. Meditation CD
17. [God's Covenant with Animals](#) J.R. Hyland
18. [Great Compassion](#) Norm Phelps
19. [Longest Struggle](#) Norm Phelps
20. [Lost Religion of Jesus](#) Keith Akers
21. [Ministry of Healing](#) Ellen White (founder of *Seventh Day Adventists*)
22. [Nature's IQ](#) Istaván Tasi and Balázs Hornyánszky
23. [Origin of Christianity: Pacifism, Communalism & Vegetarianism of Primitive Christianity](#) Charles Vaclavik MD
24. [Peace to All Beings](#) Judy Carman
25. [Plea for the Animals](#) Matthieu Ricard
26. [Powerful Vegan Messages](#) H. Jay Dinshah and Anne Dinshah
27. [Practical Peacemaker – How Simple Living Makes Peace Possible](#) Kate Lawrence
28. [*Signature in the Cell: DNA and the Evidence for Intelligent Design](#) Stephen Meyer PhD
29. [Spiritual Nutrition: Six Foundations for Spiritual Life and the Awakening of Kundalini](#) Gabriel Cousens MD
30. [*Supernormal: Science, Yoga, and the Evidence for Extraordinary Psychic Abilities](#) Dean Radin PhD
31. [Turning Points in Compassion](#) Gypsy Wulff
32. [World Peace Diet: Eating for Spiritual Health and Social Harmony](#) Will Tuttle PhD
33. [World Peace Yoga Book](#) Anna Ferguson
34. [Yoga and Vegetarianism](#) Sharon Gannon
35. [Your Inner Islands: The Keys to Intuitive Living](#) Will Tuttle PhD and companion CD: [Islands of Light](#)



BOOKS (Free – Online)

1. [*Book of Compassion – Reverence for All Life*](#) Jain Meditation International Center
2. [*Carbon Dharma: The Occupation of Butterflies*](#) Sailesh Rao PhD
3. [*Carbon Yoga – The Vegan Metamorphosis*](#) Sailesh Rao PhD
4. [*Early Christian Attitude to War*](#) Christian Cadoux
5. [*Essene Gospels of Peace*](#)
6. [*Ethics of Diet*](#) Howard Williams (1878)
7. [*Every Living Creature or Heart Training Through the Animal World*](#) Ralph Waldo Trine (1899)
8. [*Humanitarian Philosophy*](#) Emil Edward Kusel (1912)
9. [*Key of Immediate Enlightenment*](#) Supreme Master Ching Hai
10. [*Meet the Meatocracy*](#) Climate Healers
11. [*Ministry of Healing*](#) Ellen White (1905)
12. [*Moral Inquiries Into the Situation of Man and of Brutes*](#) Lewis Gompertz
13. [*Question of Vegetarianism and Diet in Pali Buddhism*](#) James Steward
14. [*Recognitions of Clement and the Clementine Homilies*](#)
15. ***Saamlinic Work of Neighbourly Love for Nature and Animals.*** Gabriele Foundation. (Free Download in three parts):
 - a. [Pages 1-20](#)
 - b. [Pages 21-40](#)
 - c. [Pages 41-60](#)
16. [*Sexism is a Sin – The Biblical Basis of Female Equality*](#) Rev. J.R. Hyland
17. [*Story of the Hunted Deer – The Messenger of Renunciation*](#) Rigdzin Jigme Lingpa
18. [*Tao Te Ching*](#) World I-Kuan Tao Headquarters
19. [*Tao Te Ching*](#) Translated by James Legge
20. [*To Cherish All Life*](#) Roshi Philip Kapleau (Buddha Dharma Education Association Inc.)
21. [*We Vegetarian \(?\) People*](#) Atul N. Doshi
22. [*What the Bible Really Says*](#) Rev. J.R. Hyland
23. [*World Peace Diet*](#) Will Tuttle PhD

DVDS for Purchase


1. [New Jerusalem Broadcasting Archive](#)

PERIODICALS

1. [Ahimsa](#) (Young Indian Vegetarians)
2. [Compassionate Spirit Blog](#)
3. [Eternity Watch Magazine](#)
4. [Gentle World Blog](#)
5. [Peaceable Table](#) (a Quaker publication)

PODCAST

1. [Charles Vaclavik on Christianity's Origins](#) (120 min.) Blog Talk Radio Show
2. [Dr. Will Tuttle interviewed by Deb Ozarko – "Intuition, Deep Veganism and World Peace"](#) (101 min.) Unplug Podcast
3. [Dr. Will Tuttle interviewed by Drishti Point](#) (24 min.)
4. [Dr. Will Tuttle interviewed by Gina Silvestri – "World Peace on my Plate"](#) (60 min.)
5. [Keith Akers, author of "Disciples" and a Christian Vegan interviewed by Byron Elton \(Mormon\)](#) (61 min.)
6. [Forgive to Win](#) (31 min.) Walter Jacobson MD

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7. [Rebel Poet – The Life of Al-Ma'arri](#) (24 min.) Ian MacDonald
 8. [Vegetarianism in Christianity and Buddhism](#) James Bean (45 min.)
 9. [Was Jesus Vegetarian – Keith Akers interviewed by Victoria Boutenko and Charles Chen](#) (60 min.) Unity Online Radio
 10. [What the World Needs Now: Altruism/A Conversation with Buddhist Monk Matthieu Ricard](#) (34 min.) SCOPE Stanford Medicine

PODCAST ARCHIVES

1. [Main Street Vegan](#) Unity FM
2. [Mormon Radio](#)
3. [Spiritual Awakening Radio](#)

VIDEO (online)

1. [A Life Connected](#) (12 min.)
2. [Almost Dying Inspired Me to Become a Vegan Animal Advocate](#) (71 min.) James Aspey
3. [Animals and the Buddha](#) (50 min.)
4. [Animals in Earliest Christianity](#) (142 min.) Keith Akers (linked to article)
5. [Awakening Compassion Meditation](#) (3 min.) Will Tuttle PhD
6. [Awakening Your Inner Genius](#) (35 min.) Will Tuttle PhD
7. [Being Healthy and Saving the Planet](#) (83 min.) Will Tuttle PhD
8. [Christian Vegetarianism](#) (50 min.) Father John Dear
9. [Climate Crisis, Karma and the Way 2 Peace](#) (5 min.) Supreme Master Ching Hai
10. [Compassion for All](#) (16 min.) Ven. Dr. Geshe Thupten Phelgye
11. [Diet and Spirituality – Why Does It Matter?](#) (3 min.) David Life
12. [Famous Vegetarians from Buddha to the Beetles](#) (57 min.) Rynn Berry
13. [Food for the Spiritual Journey](#) (141 min.) Dr. Michael Klaper MD
14. [Food Yoga: Nourishing Body, Mind and Soul](#) (26 min.) Paul Rodney Turner
15. [Forgiveness Diet – Anger Hurts, Forgiveness Heals](#) (29 min.) Walter Jacobson MD
16. [Garden of Vegan: Veganism in Israel](#) (57 min.) James Peter
17. [Genesis 1-9: A Vegetarian Instituted World Order](#) (7 min.)
18. [God's Way to Ultimate Health](#) (132 min.) Rev. George Malkmus
19. [Gratitude Meditation](#) (13 min.) Will Tuttle Phd
20. [Historical Evidence: Jesus Was a Vegetarian](#) (16 min.) Supreme Master Television
21. [Honouring God's Creation](#) (26 min.)
22. [Hope – What You Eat Matters](#) (93 min.) *H.O.P.E. The Project*
23. [How to Let Altruism Be Your Guide](#) (16 min.) Matthieu Ricard
24. [How Vegan Diet Affects the Psychology of Humans](#) (6 min.) Will Tuttle PhD
25. [Inspiring the Great Transition](#) (88 min.) Sailesh Rao PhD
26. [Interview Sharon Gannon with Alan Steinfeld](#) (27 min.)
27. [Interview Supreme Master Ching Hai with James Bean](#) (35 min.)
28. [Introduction to Speciesism](#) (52 min.) Marian Kelner
29. [Jesus Was a Vegetarian - Biblical and Historical Proof](#) (5 min.)
30. [Jivamukti Yoga and the Yamas and Niyamas and Veganism](#) (9 min.) Sharon Gannon and David Life
31. [Kate Lawrence Interview](#) (16 min.) Douglas County Library
32. [Keeping a Veggie Diet](#) (7 min.) Ven. Matthieu Ricard
33. [Lost Art of Thinking and Virtues](#) (48 min.) Neal Nedley MD
34. [Meditation, Music and Message for Unity Church](#) (38 min.) Will Tuttle PhD






















































































35. [Methaphysics of Food](#) (23 min.) Will Tuttle PhD
36. [Open Your Eyes](#) (11 min.) Will Tuttle
37. [Optimize Change, Neutralize Negativity](#) (64 min.) Walter Jacobson MD
38. [Our Fellow Mortals](#) (6 min.) Will Tuttle PhD
39. [Peace, Ethics and Ahimsa](#) (53 min.) Philip Wollen
40. [PETA Campaign Story: "Jesus was a Vegetarian"](#) (7 min.)
41. [Plea for the Animals, the Planet, and Other Humans](#) (16 min.) Matthieu Ricard
42. [Religious Slaughter without Stunning](#) (14 min.) NGPF
43. [Should Spiritual Teachers Be Vegan](#) (5 min.) Will Tuttle PhD
44. [Simple Recipes for Joy](#) (23 min.) Donna D'Cruz interviews Sharon Gannon
45. [Swiss Army Knife Solution](#) (54 min.) Phil Wollen
46. [Ten Keys to Staying Positive While Facing Animal Abuse](#) (55 min.) Will Tuttle PhD
47. [Theology to Christian Veganism](#) (32 min.) Living Lightly
48. [There's Nothing Manly about Eating Meat](#) (16 min.)
49. [Thou Shalt Not Eat Atrocities](#) (8 min.)
50. [Time to Wake Up](#) (52 min.) Will Tuttle PhD
51. [Time to Wake Up: Conscious Eating, Healthy Living, Freedom and Sustainability](#) (89 min.) Will Tuttle PhD
52. [Tree Meditation](#) (5 min.) Will Tuttle PhD
53. [Unlocking the Mystery of Life](#) (67 min.) Illustra Media Documentary
54. [Vegan Spirituality with Lisa Levinson interviewed by Dr. Armaiti May](#) (53 min.)
55. [Vegetarian Groups that Changed the World](#) (63 min.) Rynn Berry
56. [Vegetarianism and Christianity – Why Don't They Mix?](#) (63 min.) Keith Akers
57. [Vegetarianism in Religions – Christianity, Islam, Hinduism, Buddhism, etc..](#) (45 min.)
58. [Was Jesus a Vegan?](#) (13 min.)
59. [Why a Yogi Should be Vegan](#) (19 min.) Sharon Gannon
60. [Why Aren't There More Vegan Yogis?](#) (16 min.) Banana Blondie
61. [Why Going Vegan Can Create World Peace and Shift Humanity](#) (98 min.) Matt Belair interviews Will Tuttle
62. Will Tuttle Interview by Jason Liosatos
 - a. [Part One](#) (16 min.)
 - b. [Part Two](#) (16 min.)
 - c. [Part Three](#) (18 min.)
63. [Why Everyone Should be Vegan](#) (2 min.) Thich Nhat Hanh
64. [Yoga and Vegetarianism](#) (18 min.) Sharon Gannon
65. [You Will Never Look at Your Life in the Same Way Again](#) (33 min.) Earthling Ed
66. [Yuval Noah Harari about Veganism](#) (5 min.)

VIDEO ARCHIVES (online)

1. [All Creatures](#)
2. [Change Your Mind](#) with Walter Jacobson MD
3. [Evita Ochel – Evolving Beings TV](#)
4. [Hallelujah Acres Educational](#)
5. [Jennifer Jill Schwirzer LPC](#) Counsellor
6. [Jivamukti Yoga](#) Sharon Gannon
7. [Meat Your Future](#)
8. Rynn Berry Lectures – American Vegan Society
 1. [Jainism – World's Oldest Religion](#) (67 min.)
 2. [Religions of India – What They Teach Us About Vegetarianism](#) (69 min.)
 3. [Religions of Asia – What They Teach Us About Vegetarianism](#) (39 min.)
 4. [Diet and Spiritual Teachings](#) (77 min.)



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9. [Shabkar](#)
 10. [Sophia TV](#) (24-hour streaming)
 11. [Supreme Master TV](#)
 12. [Veggie Dharma](#)
 13. [What's the Connection](#) with Don Macintosh

WEB SITES

1. [All Creatures Org](#)
2. [Anglican Society for the Welfare of Animals](#)
3. [Animal Interfaith Alliance](#)
4. [Animals and Ethics](#)
5. [Animals in Egypt](#)
6. [Beware Deception](#)
7. [Buddhism Today – Vegetarianism](#)
8. [Catholic Concern for Animals](#)
9. [Christian Vegetarian Association1](#)
10. [Christian Vegetarian Association2](#)
11. [Circle of Compassion](#)
12. [Compassionate Spirit](#)
13. [Compassion Foundation of Ireland](#)
14. [Compassion in Religion Links](#)
15. [Culture and Animals](#)
16. [Demonstrating our Values Through Eating](#) FREE Online Food Education Curriculum
17. [Dharma Voices for Animals](#)
18. [Eden Rules](#)
19. [Gentle World](#)
20. [God's Direct Contact](#)
21. [Heärt](#)
22. [Institute of Theological Zoology](#) (Germany)
23. [Interfaith Vegan Alliance](#)
24. [Interfaith Vegan Coalition](#)
25. [International Gabriele Foundation](#)
26. [Islamic Concern](#)
27. [Islam Veg](#)
28. [IVU Q&A on World Religions and Vegetarianism](#)
29. [James Aspey](#)
30. [Jesus People for Animals](#)
31. [Jesus Vegans](#)
32. [Jewish Veg](#)
33. [Jivakmukti Yoga](#) (Sharon Gannon)
34. [Karuna for Animals](#)
35. [Lisa Kemmerer PhD](#) (Professor of Philosophy and Religions)
36. [L.O.V.E. Productions](#)
37. [Matthieu Ricard](#)
38. [Mercy Junction](#)
39. [Nazarenes of Mount Carmel](#)
40. [Nazarene Way](#)
41. [Order of the Cross](#)
42. [Oxford Center for Animal Ethics](#)



43. [Paul Rodney Turner Food Yogi Blog](#)
44. [Peaceful Planet Foundation](#)
45. [Practical Peacemaker Blog](#)
46. [Rynn Berry Spiritual Links](#)
47. [Schwartz Collection on Judaism, Vegetarianism, and Animal Rights](#)
48. [Shabkar](#)
49. [Silent Communion](#)
50. [Simple Recipes for Joy](#) (Sharon Gannon)
51. [Society of Ethical and Religious Vegetarians](#)
52. [The Buddha, The Vegan and You](#) (John Bussineau)
53. [Thich Nhat Hanh Foundation](#)
54. [Tree of Life Foundation](#)
55. [Unitarian Universalist Animal Ministry](#)
56. [Universal Compassion](#)
57. [Universal Life](#)
58. [Universal Spirit](#)
59. [Vegan Buddhist Blog](#)
60. [Vegan Christian Blog](#)
61. [Vegan Jains](#)
62. [Vegan Muslim Initiative](#)
63. [Vegan Spirituality](#)
64. [Vegan Yoga Life](#)
65. [Walter Jacobson MD](#) (Psychiatrist)
66. [Who Stole My Religion Blog](#)
67. [Why Should Christians be Vegetarians](#)
68. [Wolf and the Lamb](#)
69. [World Peace Diet](#)
70. [Young Indian Vegetarian](#)
71. [Yuval Noah Harari](#) (History Professor)

