

## For our Practice

### A Mindfulness Training

--By Brother Phap Ho (Brother Dharma Protection)

Aware of the suffering caused by human exploitation of animals for food, clothing, cosmetics, medical testing, and the pet industry, I am committed to recognizing the preciousness of all life. I will learn about the situation of animals as well as establish relationships with wild and domesticated animals in order to deepen my understanding of their happiness and suffering. I will continue to take steps to lessen my consumption of animal products and help others do the same, in a joyful and loving way. I see my transition to a plant-based lifestyle as a necessary ingredient in a collective awakening and a comprehensive approach to mitigating catastrophic climate change. Cooking or serving a plant-based meal, I shall also remember the plant life that is being offered to sustain my life.

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### Take the Plant-Based Earth Holder Pledge

**Yes**, I will grow my compassion, support my community, care for my health, and protect the earth by taking the Plant-Based Earth Holder pledge to:

- To reflect on the new Mindfulness Training about edible foods regularly.
- To look deeply into the source of my food and learn new ways to prepare plant-based food and practice compassion in my diet.
- To shift to a plant-based diet, with the intention to work up to a minimum of 15 days a month as Thay has encouraged us, with an aspiration to move as far in the direction of a plant-based, climate protective, and compassionate diet as possible for me.

Visit our webpage <https://earthholder.org/compassionate-eating/> where you can take the PPEH pledge



**Plant Powered Earth Holders**

We are here for you!



Nourishing compassion for our bodies, the earth, and all beings.

## Why Eat Plants



Drawing by Thich Chan Phap Ho

*Being vegetarian is already enough*

*to save the world.*

—Thich Nhat Hanh

**Why Eat Plants:** *As practitioners, we know that our actions create our world. However, many people do not yet know the heavy impact animal agriculture has on the world. Happily for us, we can see there are many benefits to eating a more plant-based diet. Here are just a few.*

## For Compassion

- All beings want to live and be free from suffering, just like we do.
- Farm animals are thinking, feeling beings. Octopuses and pigs are highly intelligent. Salmon make friends.
- By eating a plant-based diet we can each save 95 animals a year, and 1,000s over a lifetime.
- Cows only make milk if they give birth. Then their calves are taken from them, and the males or 'excess' females are killed or live in misery to be sold as veal.
- 4.6 billion sentient farmed animals are killed each year in the US in slaughterhouses in the industry of animal agriculture.
- For every pound of fish caught, up to 5 lbs of unintended marine life are killed and discarded as by-catch.
- Slaughterhouse workers suffer from PTSD and painful injuries and are also victims of the meat industry.

## For Our Health

- Health is improved through plant-based eating for all major disease categories including heart disease, cancer, diabetes, arthritis, asthma, obesity, and kidney disease.
- Just eating an additional 1 cup of beans or legumes a day can improve your health outcomes.
- 68% of all diseases in the U.S. are related to diet and many diseases can be prevented and health improved by eating a healthy plant-based diet.
- Processed meats (cold cuts) are recognized by the World Health Organization as Type 1 carcinogens.
- Consumption of dairy products has been linked to higher risk for various cancers and poses additional health risks for children.

## For Our Planet

- Emissions from animal agriculture are between 25-50% of worldwide greenhouse gas emissions—even more than transportation.
- It takes 20 times more fossil fuel energy to produce 1 calorie of meat than 1 calorie of plant-based protein.
- Meat and dairy production is a major water pollution source. Methane from livestock is a greenhouse gas 84 times more powerful than carbon dioxide.
- The world cannot meet global greenhouse gas reduction targets without significantly curbing consumption of animal products.

## For the Future to be Possible

- Forty percent of grain and 80% of soy are fed, not to people, but to animals. If more food went to people, more of the worldwide population can be fed in the future.
- Eating plants uses 1,500 gallons less water a day per person.
- Adoption of a plant-based diet would cut food-related emissions by 70% and make people healthier too.
- Eating more plants and less animals is an easy way each of us can reduce greenhouse gas emissions, improve our health, and practice our compassion every day.

*If you'd like to learn more about the path of plant-based eating, please visit Visit <https://earthholder.org/compassionate-eating/> Plant-Powered Earth Holders Community. Here you will find information, videos, and recipes that will help you on your path.*