



• "My body will not be a tomb for other creatures. The time will come when men such as I will look upon the murder of animals as they now look upon the murder of men."  
**Leonardo Da Vinci**



• "Recognize meat for what it really is: the antibiotic and pesticide-laden corpse of a tortured animal."  
**Ingrid Newkirk**



• "Humans can live and be healthy without killing animals for food. Therefore if one eats meat they participate in taking animal life merely for the sake of their appetite. And to act so is immoral. As long as there are slaughterhouses, there will be battlefields."  
**Leo Tolstoy**



• "We all love animals. Why do we call some 'pets' and others 'dinner'?"  
**K.D. Lang**



• "If you don't want to be beaten, imprisoned, mutilated, tortured or killed, then you shouldn't condone such behavior towards anyone, be they human or not".  
**Moby**



• "I'm an animal rights activist because I believe we won't have a planet if we continue to behave toward other species the way we do. We don't need to eat anyone who would swim, run or fly away if they could."  
**James Cromwell**



• "Animals don't have a voice, but I do. A loud one. A big fucking mouth. My voice is for them. And I'll never shut up while they suffer."  
**Ricky Gervais**



• "Factory farms do more harm to the environment than all of transportation combined. Everyone is talking about fuel-efficient vehicles, but they would actually do more for the Earth by becoming vegan. People don't think about how each of these animals that we call dinner have the same kinds of personalities as our dogs and cats."  
**Emily Deschanel**



• "For as long as men massacre animals, they will kill each other. Indeed, he who sows the seeds of murder and pain cannot reap joy and love."  
**Pythagoras**



• "Can't think of anything better in the world to be, but to be vegan."  
**Alicia Silverstone**



• "There is no fundamental difference between man and animals in their ability to feel pleasure and pain, happiness and misery."  
**Charles Darwin**



• "While we ourselves are the living graves of murdered animals, how can we expect any ideal conditions on this earth?"  
**George Bernard Shaw**



• "Until we have the courage to recognise cruelty for what it is, whether its victims are humans or animals, we cannot have peace among men, whose hearts find delight in killing living creatures."  
**Rachel Carson**



• "We'll never achieve peace in the world unless we lay down our weapons of war against animals and stop killing them and eating them."  
**Christine Townend**



• "The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison."  
**Ann Wigmore**



• "The human body has no more need for Cows' milk than it does for Dogs' milk, Horses' milk, or Giraffes' milk."  
**Dr Michael Klapper**



• "Man was not born to be a carnivore."  
**Albert Einstein**



• "I don't see why someone should lose their life just so you can have a snack."  
**Russell Brand**



• "You either approve of violence or you don't, and nothing on earth is more violent or extreme than the meat industry."  
**Morrissey**



• "The soul is the same in all living creatures, although the body of each is different."  
"Let your food be your medicine, and your medicine be your food".  
**Hippocrates**



• "Why are Vegans made fun of, while the inhumane factory farming process regards animals and the natural world merely as commodities to be exploited for profit?"  
**Ellen Page**



• "Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages".  
**Thomas Edison**



• "The greatness of a nation and its moral progress can be judged by the way its animals are treated."  
**Mahatma Ghandi**



• "The vow of the Bodhisattva to never cease striving until all sentient beings are freed from suffering is the way to Buddhahood. This necessitates the protection of animals, of all wild species which grow on the earthly terrain".  
**Bodo Balsys - Ahimsa: Buddhism**



• "People who have chosen to live a cruelty-free plant-based lifestyle are baffled as to why other people have not made the connection. Many of us live with companion animals such as dogs, cats, and rabbits. We share our homes with them, consider them members of the family and we grieve when they die. Yet we kill and eat other animals who, if you really think about it, are no different from the ones we love."  
**Benjamin Zephaniah**



• "The animals of the world exist for their own reasons. They were not made for humans any more than blacks were made for whites, or women for men."  
**Alice Walker**



• "We are all animal creatures of this planet. And non-human animals experience pain sensations just like we do. They too are strong, intelligent, industrious, mobile, and evolutionary."  
**Joaquin Phoenix**

# THE VEGAN WAY STRIVES TO:

- End harmful human intervention and exclude all forms of exploitation and cruelty to animals.
- Enable all sentient beings to live their lives freely according to their natural needs.
- Improve our own physical, emotional, mental and spiritual health by adopting a vegan diet and way of life.
- Speak out against the cruelty and suffering perpetrated by humans on other animals in factory farms, slaughter houses, laboratories, live export, and the culling of animals.
- Motivate more people to witness for themselves what actually happens in this carnist world via the documentary Dominion.
- Use only vegan products.
- Help create a world based on: justice and fairness; compassion rather than cruelty; empathy rather than apathy; authenticity rather than dishonesty.
- Let Veganism become one of the fastest growing animal liberation and community advancement movements in today's world.
- Motivate all humanity to become Vegan to help save animals and repair the Earth.
- Be the change we want to see in the world.

Being Vegan for the animals is the least we can do.



## FACTS and FIGURES

- Every year, 56 billion (and rising) land animals are bred for murder in slaughter-houses and abattoirs worldwide, plus trillions of fish (who are all sentient), to provide flesh foods for humans and their pets. NOTE: Sentient means able to perceive and feel things.
- Factory farming and animal agriculture are major contributors to Earth's climate crisis. These industries do more harm to Earth's environment than all transportation combined, including air travel.

### MUST SEES

- [Dominion.com](http://Dominion.com) (YouTube ~ [watchdominion.com](http://watchdominion.com))
- [The Game Changers](http://TheGameChangers.com) (Netflix)
- [The Best Speech You Will Ever Hear](http://TheBestSpeechYouWillEverHear.com) (YouTube)
- [What the Health](http://WhatTheHealth.com) (Netflix)
- [Forks Over Knives](http://ForksOverKnives.com) (Netflix)
- [This speech is Your Wake Up Call](http://ThisSpeechIsYourWakeUpCall.com) (YouTube)
- [Land of Hope and Glory](http://LandOfHopeandGlory.com) (YouTube)
- [The Excuses Speech, 2014](http://TheExcusesSpeech.com) (YouTube)
- [101 Reasons to Go Vegan](http://101ReasonsToGoVegan.com) (YouTube)
- [Vegan 2020](http://Vegan2020.com) (YouTube), • [Lucent](http://Lucent.com) (YouTube)
- [Seaspiracy](http://Seaspiracy.com) (Netflix and YouTube)
- [Earthlings](http://Earthlings.com) (Earthlings.com) • [Cowspiracy](http://Cowspiracy.com) (Netflix)
- <https://animalclock.org> • [worldpeacediet.com](http://worldpeacediet.com)
- <https://thevegancalculator.com/animal-slaughter>

### FREE SUPPORT

[challenge22.com](http://challenge22.com)  
Mail: [team@anonymousforthevoiceless.org](mailto:team@anonymousforthevoiceless.org)  
FaceBook: [Anonymous for the Voiceless](https://www.facebook.com/AnonymousfortheVoiceless)  
Instagram: @anonymousforthevoiceless  
22 days of full support: [vegan22.com](http://vegan22.com)

Website: [cubeoftruth.com](http://cubeoftruth.com)

### RESOURCES

[Nutritionfacts.com](http://Nutritionfacts.com)     [ADAPTT.com](http://ADAPTT.com)  
[CarnismDebunked.com](http://CarnismDebunked.com)     [HappyCow.net](http://HappyCow.net)

### MUST READS

[How Not To Die](http://HowNotToDie.com) by Dr Michael Greger  
[Dominion](http://Dominion.com) by Matthew Scully  
[Food Choice & Sustainability](http://FoodChoiceSustainability.com)  
by Dr Richard Oppenlander

Please print & display this poster where it can be easily seen, in sizes A4, A3 or A2. Thank you!