

The Meaning of Ahimsa by H. Jay Dinshah and an Appeal by EVEN



Dynamic Harmlessness

by H. Jay Dinshah

Ahimsa is a Sanskrit term that literally means nonharming. Until the twentieth century it was considered mainly, if not entirely, in its negative, or "thou shalt not," aspect. **Mahatma Gandhi** stressed the positive aspect of constructive loving action. Today we consider it in its fullest positive aspects as well as negative and explain it is as "**dynamic harmlessness.**"

It means to go through life doing the least amount of harm, hurting, killing, as possible; and it means to do the most amount of helping, assisting, and benefiting of others as possible.

So you see that ahimsa has two sides to it, one negative and one positive, to be understood and practiced together, in balance. This can help us determine what we should not do and what we should.



One of the most encouraging and gratifying aspects of this great vegan movement is to have met over the years so many who look at life from another point of view. Whatever knowledge or wisdom we may have acquired, whatever material possessions are needed to sustain our lives and even the very breath of life itself---all of these are lent to us, given in a conditional loan or stewardship. If we have been fortunate to be entrusted with a little more, then so much the greater is our responsibility.



The love is great when it is felt for someone who shares with us only the common membership in the human family or in life itself. The world can be won for love, peace, and harmony if nonviolent individuals who sincerely believe in these ideals [dynamic harmlessness] will simply stand up and have the courage to live by them, thus being examples to others.



There comes a time in the life of every caring, sensitive person---a time to realize that fame is as ashes, massed fortune mere dust. It may be the last thought you think in this life. If at such a time you can truly say, "I have done my best," and your only regret is that you could not have done more, then you will have done very well indeed.



There is an old saying among charitable organizations, "Give 'til it hurts!" This I am not saying for there is already too much hurting and suffering in this world. I say, "Give 'til it helps."

That is usually said of monetary contributions that are always needed. I do not say it just of cash. I ask a far more precious sacrifice. I ask you to give of yourself---your time, your effort, your lifestyle. I ask that you get involved. I ask that you rearrange your priorities of life. You become determined that you will do the good work that needs to be done. This needs precedence over the mere struggle to get ahead in your job or standard of living.

Some express the view that we don't have to help in this life because there will be a better life to come. I cannot ignore the clear cries of anguish from the victims of injustice and exploitation in this life. I promise you nothing except that you can make a difference to many lives in this life in this world. You can do your share and then some to make this world a little less like the hell for animals---and for humans also in many respects---that we thoughtless and selfish humans have made it. Over nine billion animals in the United States are killed each year.



Source: American Vegan Magazine, the official publication of the American Vegan Society

H. Jay Dinshah (1933-2000) founded the [American Vegan Society](#) in 1960 and served as president for forty years. He is co-author with Anne Dinshah of **Powerful Vegan Messages**. Jay eloquently explains ethical reasons for veganism. Anne updates and edits his pioneering writings. Over forty vegan luminaries tell how they were influenced and inspired by Jay. Together, Jay and Anne, encourage readers to explore ways to promote positive action in the world towards veganism through "dynamic harmlessness."

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So I ask myself, *what else did I think I had to do with my life that seemed so important?*

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70 Years is Just the Beginning

by Freya Dinshah, Editor, *American Vegan Magazine*

It has been seventy years since the word "vegan" was coined and The Vegan Society was formed (November 1944) in England by a few vegetarians who thought it unnatural for adults to be drinking cows' milk. While it may be the norm in nature to find animals categorized: "vegetarian" (eating only plants), "carnivores" (eating other animals), or "omnivore" (eating both plants and animals), there are no examples of mature mammals drinking milk of another species.

Donald Watson (1910-2005) and other founders of that first vegan society had been experimenting with dairy-free, egg-free vegetarian eating for periods of up to several years and had the confidence to express their ideas and share their experiences. They felt a freedom in no longer using products that were tied to the meat industry, not wanting to be responsible for this cruel exploitation and slaughter. They looked forward to a civilization that was not based on the slavery and abuse of animals. The Vegan Society's rationale would later inspire the **American Vegan Society**, founded in 1960.

Vegans worldwide are grateful for the vision and leadership of vegan pioneers and others before them who expressed such ideals. Today veganism is not just a matter of concern for the animals; it offers a way forward for all on this crowded, threatened earth. The economics of sustainable plant-based eating and its health-cost savings are increasingly evident.

Interest in veganism is growing and the work that needs doing is increasing. Working together, we can make great strides. AVS serves to empower people: by providing information and inspiring action.

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Since 2005, we at EVEN have also been working hard to **inform, educate and encourage** those interested in the benefits of a **vegan lifestyle**.

EVEN has always emphasized **non-violence, compassion and sustainability** in all areas of our vegan education and outreach efforts. Ahimsa has been our guiding light, personally, and as advocates, since 1991.

Although all of EVEN's vegan education is offered free to the public, it is not without expense. EVEN needs your help to support the growth we have been experiencing for the past ten years. So this year in your charitable giving, please consider this:

EVEN has been blessed with an extremely generous donor who has pledged to match all donations dollar for dollar received between now and [December 31, 2014](#).

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EVEN receives *double* your gift!



Thanks to this generous donor, there has never been a better time for you to donate to EVEN. So I ask if you would please, as Jay Dinshah said, "give 'til it helps."

Donations accepted through [PayPal](#)
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Eugene Veg Education Network (EVEN)
1574 Coburg Rd., #120
Eugene OR 97401

To those who are new to EVEN as well as to those who have been making this journey with us since 2005, we thank you for your confidence, your generosity and your

steadfast support of EVEN's vegan education and outreach.

With Peace and Hope for a Better World,
Lin

Lin Silvan
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Eugene Veg Education Network

---EVEN - serving as a vegan resource since 2005---

The **Eugene Veg Education Network (EVEN)** is an **official 501(c)(3)** non-profit based in Eugene serving as a resource for those seeking information on a **healthful, vegan lifestyle**. EVEN's emphasis is one of **non-violence, compassion and sustainability**. Focus is on the **interconnectedness of all life** and how a plant-based diet benefits the earth, non-human animals, and the individual. EVEN's Mission Statement is **to inform, educate & encourage our members**--- as well as the larger community ---by providing pertinent information on veganism and its positive impact on the health of the planet and all its inhabitants. www.eugeneveg.org

Peace.

Ahimsa is the strongest force known.

M. K. Gandhi

MAHATMA, Vol. 5, p. 307

