



WHAT YOU CAN DO

- ✓ **Go Vegan**
A vegan lifestyle is the single most important thing you can do for the environment, animals and us. Invite friends round for a delicious vegan meal - surprise them with the huge variety of tasty vegan foods available.
- ✓ **Practice Ethical Consumerism in Your Own Life**
Only finance cruelty-free practices with your purchases. When you can't find what you want, ask for it. Write letters to the press, the government, farmers and manufacturers.
- ✓ **Help Raise Awareness**
Hand out literature to your friends, pin up pamphlets on notice boards, leave flyers in doctor's waiting rooms and libraries. Host an information table or leaflet at concerts and varsities. Show your friends a dvd that highlights the sentience vs commodity status of animals.
- ✓ **Grassroots Movement**
Change the world one heart at a time. Engage in non-confrontational discussions. Initiate a paradigm shift in consciousness.



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THE RESCUER'S CREED

I shall be a believer in all that is good in man
and all that is deserving in animals.

I shall plead for animals' lives, campaign for their safety,
and uphold their right to a happy life and a natural death.

I shall seek out the injured and the maimed, the unloved
and the abandoned, and tend to them in their last days.

I shall renew their spirits when they are waning, bind
their wounds when they bleed, cradle them when they whimper,
and comfort them when they mourn.

I shall not forget their place in the hierarchy of life,
nor that we walk in each other's paths.

I shall bear witness to the wonder they bring into
our lives and to the beauty they bestow upon our souls.

I shall be near them in their hour of greatest need -
a companion and a friend.

From the creatures of the earth I shall learn the
fruits of compassion and undying love.

In their company I shall indeed be blessed.
Author unknown

Enhancing the Lives of Animals
Through Ethical Decisions



karen@elated.co.za
www.elated.co.za

Please help fund vegan education and
raise awareness for the true lives of animals

Animal Rights Africa
Standard Bank
Melville, 006105
a/c no: 041 744 594
swift code: SBZAZAJJ
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