



Dear Rgyal-ba,

Greetings from the farm!

As you are a descendant of Avalokiteśvara, the Bodhisattva of Compassion you already preach universal compassion.

Veganism is “engaged compassion” that promotes an awareness of and connection to all of life and nature.

And veganism is our enlightened path to tackling climate change.

As you know COP26 is coming up fast so I feel I have to urgently put hoof to paper to write to you.

It's about an important issue that is incredibly vital to the world's survival, and yet rarely if ever discussed and in fact mostly ignored. Without any irony, I call it the 'cow in the room'.

And it's this:

it's a scientific fact that animal agriculture overall is responsible for a staggering 87% of greenhouse gas emissions. So, eating animals is one of the leading causes of climate change. Going vegan can save us all.

Why is that? Well two main reasons us cows naturally emit methane from both ends and we always will.

There are at least a billion cows like me being farmed right now, that's a lot of methane coming out.

Secondly, meat producers are forcing us to over-graze and destroy plant life, they're removing vegetation such as trees that would sequester carbon dioxide from the atmosphere.

You have said that “Animals deserve our compassion... We must know their pain. We should nurture this compassion through education. Showing concern about animal rights is respecting their life.”

If we all stopped eating meat and grazing lands were restored to forests, they could suck up the CO₂ from all our fossil fuel emissions. Existing grazing lands could also be used to grow crops for you humans to eat, rather than to be inefficiently turned into meat.

Encouraging veganism will reduce damage to our climate, and our health, in one simple stroke.

We need a voice as powerful as yours to state that a better way to tackle climate change is through what we eat.

We need to end the killing and burning machine and reset the planet's food system.

On behalf of all animals, I'll be at COP26, in fact you won't be able to miss me.

Let's start a movement together.

Yours faithfully,

Vega,

**Cow and Climate Healer
thecowintheroom.org**