



Vegetarianism: A Buddhist View

Bodhipaksa

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How does what we eat affect us and our world? Is there a connection between vegetarianism and living a spiritual life? Doesn't the Dalai Lama eat meat?

A trained vet, respected teacher, and happy vegan, Bodhipaksa answers all of these questions and more. Tackling issues such as genetically modified vegetables and modern ways of producing food, he dispels widespread myths and reflects upon the diets dominant in the contemporary West. In comparison, he considers the diets of wandering monks in ancient India and the diet of the Buddha himself.

By considering why people eat meat and relating this to Buddhist ethics, he explores habits and the possibility of change. He shows how to maintain a healthy and balanced vegan or vegetarian lifestyle, and shows how a meat-free life can not only lighten the body but also the soul.

Bodhipaksa is a Buddhist practitioner, writer, and teacher, and is the founder of www.wildmind.org, an online meditation resource. He lives in New Hampshire with his family and conducts classes at Aryaloka Buddhist Center in Newmarket, New Hampshire. He is the author of the bestselling *Wildmind*.

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