

Making a Change in the World from a Place of Power and Love - Issuu

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5-7 minutes

Too often, I see vegans who are angry, sad and struggling for people to listen to them. The energy of desperation is not an attractant.

I get it. The planet is hurting. The animals are suffering. Our loved ones are fighting poor health. There's no time to waste. But forcing is counterproductive. Begging is counterproductive. Shaming is counterproductive.

When was the last time someone changed your mind because they steamrolled you into it? I know when that happens, I shut down. I get as far away as I can from someone who's pushing their ideas on me.

So, what's the solution?

Standing in your own self confidence and self worth is a powerful foundation to create change. Believing in yourself and living in alignment with your values is the starting point to success.

To be able to advocate effectively:

You must be powerful enough to let others disagree with you. You must be empathetic enough to listen without interrupting. You must

be able to speak to others where they are at, instead of where we want them to be. You must yearn for a desire to understand them. You must speak from your hearts and connect with their souls.

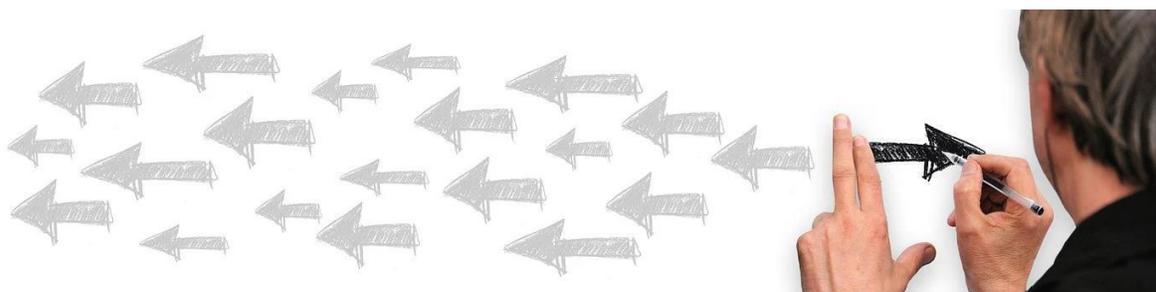
We want them to be ready to make an immediate change to veganism, but they might be at the point where they are weighing the pros and cons. If we don't acknowledge and respect where they are, then we can be totally counterproductive and push them farther away. Sometimes we can be so wrapped up in our emotions, that we can't see what is really happening. We don't see how we did the opposite of what we intended. We simply walk away furious at someone for turning their backs to us, while cursing them under our breath.

How can you do better?

Ground yourself in love.

Veganism, to me, is about love for all beings. And with love comes respect. So, what's a better way to create change in the world? Be the example of Vegan Light and kindness. Look for chances to share your food with the world. Let go of the need to force, fight or change. Step away from your ego. Is it more important to be right or to be effective? Let go of the idea that it is you against them. Let go of moral superiority.

Remember, you are the example of Veganism to the world. What are they seeing? Know that change is a process. It might not happen overnight and that is perfectly normal.



People have been taught day after day, by the media, by their parents, by society that we HAVE to eat meat or:

We will be sickly. We will be pale. We will be weak. We will be protein deficient. We can't survive.

This has been drilled into our heads and we believe it. Is it our fault? No, we are the victims of this mindset. Is it hard to break out?? It depends on the person. Why? Because of their individual life experiences.

Is this fair? Good question. Life is not fair.

The Dali Lama says once you realize that life is full of sickness and sadness and accept that, your life will be happier.

Don't we need to hurry and change the world now? Yes, but growth can not be rushed. We see what rushing growth does in the factory farms. It is not natural. It is not productive. It is counterproductive when we push someone out of their comfort zone. As soon as they don't feel safe, their brains shut down their ability to learn and we lose our chance.

If we ask insightful questions, people will become curious, and self reflect. Their own self reflection, without judgment from us, is the key to change. Your job is to plant seeds and allow them to grow. Don't scream at the seeds to grow. Don't overwater them. Water them and let them evolve at their own pace.

People are like seeds, all unique. Some people will change overnight. Some people will take years. Some people won't ever change. Be okay with this.

Be confident in yourself. Know that your role in life is to be responsible for yourself, alone. Yes, you can influence other people, but you can't control them.

I understand, there is no time to waste. That is why your self awareness and confidence is crucial. Look for the people who are ready and wanting to learn about veganism. Those are the people to talk to. Let go of the people who are not ready. Let go of hating them and the world.

People who eat meat are not evil. They are not awakened to the Vegan World. I was one of those people for years. I thought my friend in college was ridiculous when he told me he was vegetarian. I was worried about him. Why? Because I was brainwashed into thinking I needed meat to survive, thinking that I wouldn't get enough protein, thinking that I would be pale and sickly. Was I a bad person? No, I was following what I had been taught my whole life, a life long of watching the media, listening to my family, society's opinions and pressures. I was doing what I thought was right. I wasn't ready to listen to anything else for years.

As the years passed, I grew to be more and more of an animal lover on my journey and then I was ready to hear more. Just like the tiny seed, I was ready to bloom when it was my time, and no one could determine that for me. Why was I able to hear more? Because no one pressured me, no one made me feel ashamed, no one cornered me, no one made me feel inferior.

It was through love that I switched to Vegan life. The love I had for my planet, the animals and even greater, the love I had for myself. Living in alignment with my heart. Connect with people's hearts through love and you will change the world.