

BUDDHIST VIEWS ON VEGETARIANISM

Compiled by Dr. Stephanie Kaza, University of Vermont, 2005

- Barnhill, David. 1990. "Indra's Net as Food Chain: Gary Snyder's Ecological Vision." *Ten Directions*, spring-summer, pp 20-28.
- Chapple, Christopher. 1993. *Nonviolence to Animals, Earth, and Self in Asian Traditions*. Albany, NY: State University of New York Press.
- Fischer, Norman. 2005. "Wash Your Bowls," in Stephanie Kaza (ed.) *Hooked! Buddhist Writings on Greed, Desire, and the Urge to Consume*. Boston: Shambhala Publications, pp. 214-224.
- Fox, Michael W. 1997. *Eating with Conscience: the Bioethics of Food*. Troutdale, Oregon: New Sage Press.
- Gaffney, James. 2004. "Eastern Religions and the Eating of Meat," in Steven Sapontzis (ed.) *Food for Thought: The Debate over Eating Meat*. Amherst, New York: Prometheus Books, pp. 223-235.
- Glass, Phillip. 1994. Vegetarianism as Practice, *Tricycle* 4(2): 57, Winter.
- Harris, Ian. 2000. "Buddhism and Ecology", in Damien Keown (ed.) *Contemporary Buddhist Ethics*. Surrey, U.K.: Curzon, pp. 113-136.
- Hill, Lawrence. 1996. *The Case for Vegetarianism*. London: Rowman and Littlefield.
- Kapleau, Philip. 1981. *To Cherish All Life: A Buddhist Case for Becoming Vegetarian*. Rochester, New York: The Zen Center.
- Kaza, Stephanie (ed.) 2005. *Hooked! Buddhist Writings on Greed, Desire, and the Urge to Consume*. Boston: Shambhala Publications.
- Kaza, Stephanie. 2000. Buddhist Views on Ritual Practice: Becoming a Real Person. *Journal of Buddhist-Christian Studies*, 20:43-53.
- Kaza, Stephanie. 1997. "American Buddhist Response to the Land: Ecological Practice at Two West Coast Retreat Centers," in Tucker, M.E. and Williams, D., eds., *Buddhism and Ecology*. Cambridge, MA: Harvard University Press, pp 219-248.
- Kjølhed, Bodhin. 1994. Compassion for All Beings, *Tricycle* 4(2): 58, Winter 1994.
- Lawrence, Kate. 2002. "Nourishing Ourselves, Nourishing Others: How Mindful Food Choices Reduce Suffering" in Allan Hunt-Badiner (ed.) *Mindfulness in the Marketplace*. Berkeley: Parallax Press, pp. 283-294.

- Leon, Warren and DeWaal, Caroline Smith. 2002. *Is Our Food Safe?* New York: Three Rivers Press.
- Nhat Hanh, Thich. 1997. *Miracle of Mindfulness*. Berkeley: Parallax Press.
- Rothberg, Donald. 1998. "Responding to the Cries of the World: Socially Engaged Buddhism in North America", in Charles S. Prebish and Kenneth K. Tanaka (eds.) *The Faces of Buddhism in America*. Berkeley: University of California Press, pp. 266-286.
- Ruegg, D. Seyfort. 1980. "Ahimsa and Vegetarianism in the History of Buddhism," in B. Somaratna, ed., *Buddhist Studies in Honour of Walpola Rahula*. London: Gordon Fraser, pp 234-241.
- Sapontzis, Steven, ed. 2004. *Food for Thought: The Debate over Eating Meat*. Amherst, New York: Prometheus Books.
- Seneviratne, H.L. 1992. "Food Essence and the Essence of Experience," in R.S. Khare, ed. *The Eternal Food: Gastronomic Ideas and Experiences of Hindus and Buddhists*. Albany, NY: State University of New York Press, p 179-200.
- Shabkar. 2004. *Food of Bodhisattvas: Buddhist Teachings on Abstaining from Meat*. Padmakara Translation Group (trans.) Boston, Shambhala.
- Snyder, Gary. 1990. "Survival and Sacrament," in *The Practice of the Wild* (San Francisco: North Point Press), pp 175-185.
- Snyder, Gary. 1993. "Indra's Net as Our Own," in Thich Nhat Hanh, ed. *For a Future to be Possible* (Berkeley: Parallax Press), pp 127-135.
- Snyder, Gary. 1995. "Nets of Beads, Webs of Cells," in Gary Snyder *A Place in Space*. Washington, D.C.: Counterpoint Press.
- Steele, Kristin and Kaza, Stephanie. 2000. "Buddhist Food Practices Attitudes among Contemporary Western Practitioners". *Ecotheology* 9: 49-67.
- Tworckov, Helen. 1994. "Buddha and the Beasts". *Tricycle: the Buddhist Review* 14(2): 4.
- Waldau, Paul. 2002. *The Specter of Speciesism*. New York: Oxford University Press.
- Waldau, Paul. 2002. "Buddhism and Animal Rights" in *Contemporary Buddhist Ethics*, ed. Damien Keown. Richmond, Surrey: Curzon Press, pp 81-112.