

The deep-seated cause of animal suffering. Cruelty to animals and human suffering are inter-connected; both are largely products of a mentality of domination and exclusion. Worldwide animal abuse and exploitation are symptoms of a deeply embedded worldview that maintains that human beings have the right to commodify, enslave, and kill living beings who are deemed inferior to humans. We can address the cause of animal suffering holistically:

- Both physically through education, and
- Metaphysically by spiritually encircling the world with compassion for all life. We are discovering how powerful and beneficent our thoughts and prayers can be.



The Prayer Circle for Animals was initiated by Judy Carman and Will Tuttle. We welcome your comments and suggestions. Please spread the word and ask others to join our Circle. As each new person adds his or her voice, the power of our vision grows and draws it closer to manifesta-

tion. We are working together in one spirit with the animals to create the most massive paradigm shift ever known on this planet. We are praying together and envisioning together the dawning of an entirely new humanity—one that finally and truly understands that all life is sacred and interconnected.

Thank you for joining the Prayer Circle for Animals. You are a hero to the dear animals of our Earth and to us as well.



Action and Prayer — A powerful combination

The Prayer Circle for Animals (PCA) is a non-denominational circle of people devoted to using the power of prayer, meditation, and/or focused thought to liberate animals from human cruelty and exploitation. By adding the power of prayer to all the other animal rights and welfare work currently being done, this circle of prayers will:

- Create an energy field of compassion and caring for all the animals of our Earth;
- Hasten the transformation we are seeking; and
- Strengthen us all.

"Until we extend our circle of compassion to all living beings, we will not ourselves find peace." - Albert Schweitzer

To find out more about The Prayer Circle for Animals and become part of our circle, please visit us on the web at www.circleofcompassion.org.

PCA honors all traditions. PCA honors the prayer traditions of all religions and encourages participants to use forms of prayer, meditation, or focused thought that are comfortable. There are no requirements to joining the Prayer Circle for Animals other than an interest in helping animals through prayer and a *willingness to commit to prayerfully repeating at least once daily* this Universal Prayer for the Animals. Here is the daily prayer:

*Compassion Encircles The Earth For
All Beings Everywhere.*

The Power of Focused Thought and Prayer

Suggestions for expanding your commitment. PCA offers several suggestions for expanding your commitment beyond the daily prayer.

1. Because prayer gains power and effectiveness when our lives are reflections of our prayers, we encourage participants to move toward and eventually adopt a cruelty-free, vegan lifestyle. Such a commitment involves minimizing our use of animals for food, clothing, beauty and cleaning products, exploitive entertainment, and other forms of abuse and oppression. Also, eating organically grown foods helps protect birds, wildlife, and insects from pesticides, herbicides, and other toxins.

2. Besides setting time aside daily for the prayer, PCA also encourages participants to join together for prayer vigils in churches, homes, and also at places where animals are abused, such as stockyards, hunts, and slaughterhouses.

3. We recommend taking a vow to deepen our commitment to promoting kindness and respect for all life. One example would be: "For the rest of my life, I will do all I can to help relieve the suffering of others. I will not abuse, kill, or treat animals as commodities, or ask others to do so for me. I vow to do what I can to bring caring, freedom, compassion, and respect to all my relationships with both humans and animals."

4. If you wish to spend more time in meditation regarding a certain animal or a particular situation, we offer this outline for affirmative prayer as a helpful guide. Affirmative prayer can be adapted to any religious tradition and fits just as well outside any particular doctrine. Affirmative prayer is different from some prayer styles, because rather than asking for changes in the way animals are treated, affirmative prayer affirms the understanding that all living beings are manifestations of Infinite Life and that the desired change already exists in truth and is waiting to be manifested in the material world. There are six steps:

- a. Acknowledge the problem or challenge, e.g., 60 billion land animals and 90 million tons of marine animals are killed in the world for food each year.
- b. Know that the problem has no real power, for only love has permanent, infinite, and eternal power.
- c. Understand and prayerfully affirm that the best and most loving outcome already exists on the spiritual plane and is already taking form.
- d. Give thanks and open all your senses to imagine and feel right now in the present moment that this loving outcome is real.
- e. Feel your oneness with the universe, with the infinite presence of Love, and with the answered prayer and the beings involved.
- f. Release it with joy to the nurturing care of Spirit.

The spiritual connection between animal beings and human beings grows out of the understanding that we are all expressions of an eternal loving Presence, and as we acknowledge this interconnection and live in harmony with it, our lives increasingly become prayers of compassion and healing.

Please join us and participate by visiting The Prayer Circle for Animals at www.circleofcompassion.org.

