



WHO ARE YOU?

Look into my eyes ... deeply.
I have the same breath of life as you.
I am נֶפֶשׁ חַיָּה, (nephesh chayah) a living being like you.
I am alive and aware. I have feelings and emotions.
I value my life as I struggle to protect and keep it.
I enjoy the breeze and the sun's warmth like you do and
I enjoy the coolness of the earth under my feet.
I am terrorized, as you are by cruelty.
I cherish my calf as you cherish your child and
I grieve when my calf is taken from me and made into veal.
I feel pain the same as you do and
I ache from being kept continually pregnant, so that
I am forced to give milk beyond my natural capacity.
I want to live even when you have drained my milk.
I do not want to be dragged to the slaughter house.
I want to be in peace.
I am "I", a subject. I am not an object. I am "Thou".

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