



♦ MIDDLE EAST ♦
VEGAN SOCIETY

THE VEGAN ISLAM INITIATIVE

In Islam, the consumption of meat is permitted but not obligatory. Islamic teachings emphasize the importance of kindness, compassion, and respect for other animals. While Muslims are allowed to consume meat, they are also encouraged to be mindful of the source and treatment of the animals they consume. Muslims have the option to follow a plant-exclusive (vegan) diet if they choose, as long as they adhere to the principles of Islam.

This leaflet presents basic information that shows how a vegan lifestyle is not only permissible within Islam, but also favorable based on the teachings of The Prophet Muhammad (pbuh).

The Prophet Muhammad himself displayed great concern for the welfare of animals, encouraging their humane treatment and condemning any form of cruelty. He advised Muslims to provide animals with proper care, sufficient food, and water, and to avoid causing them unnecessary harm or distress. Therefore, based on the principles of compassion and ethical treatment of animals, it can be inferred that the Prophet Muhammad would have been against the practices associated with modern-day factory farming, which involve cramped conditions, inhumane treatment and disregard for animal welfare, as well as unnecessary harm or death caused on an animal.

Throughout history, human relationship with other animals occurred heavily out of necessity for food, transport, shelter, clothing and warfare. This human dependency on animals continued right up to the time of the Prophet Muhammad (pbuh). Therefore, when the Quran speaks of consuming animals, it does so only because it was speaking the language in which they were living daily and dealt with the reality happening on the ground. It did not originate nor introduce animal consumption. The Prophet (pbuh) strongly condemned any form of animal abuse or cruelty. He taught that it is forbidden to torture or mistreat animals in any way, including beating or causing unnecessary pain to them. The key word here is "unnecessary".

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Whoever kills so much as a sparrow unjustly will have it pleading to Allah on the Day of Resurrection, saying: O Lord, he killed me for no reason, and he did not kill me for any beneficial purpose.

(Source: Sunan al-Nasā'ī 4446, Grade: Hasan)

WHAT ELSE DID THE PROPHET FORBID?

1. **Mutilation:** The Prophet Muhammad prohibited the mutilation of animals. This includes actions such as cutting off their limbs or organs while they are alive.
2. **Killing Animals for Sport:** The Prophet Muhammad forbid the killing of animals for mere sport or entertainment.
3. **Killing Animals for Display:** The Prophet Muhammad forbade the killing of animals for the sake of displaying their bodies or parts as a form of showing off or boasting.
4. **Neglect and Abandonment:** The Prophet Muhammad forbid neglecting or abandoning animals, emphasizing the importance of providing them with appropriate care and sustenance.

Islam encourages believers to treat animals with kindness and respect, acknowledging that they are part of Allah's creation and deserving of care and consideration.

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“There is not an animal that lives on the earth, nor a being that flies on its wings, but they form communities like you. Nothing have we omitted from the Book, and they all shall be gathered to their Lord in the end”

Quran 6:38

EID AL-ADHA

When it comes to Eid Al-Adha, the majority of scholars hold that the qurbani (udhiyah) on the days of Eid al-Adha is not an obligation but a sunnah mu'akkadah, an "emphatically recommended" action. This is also the opinion of the first two Rightly Guided Caliphs, Abu Bakr and 'Umar ibn Al-Khattab, God be pleased with them. Hudhayfa bin Usayd said:

I saw Abu Bakr and Umar would not perform Udhiyah (sacrifice) disliking that they'd be followed (by people in this tradition).

They specifically did not want people imitating them and turning it into a tradition or thinking it is an obligation. And yet the thing that the Caliphs were afraid of is happening today.

Allah says,

"Neither their meat nor blood reaches Allah. Rather, it is your piety that reaches Him" (Qur'an: 22: 37).

Masūd al-Ansarī said: I abstain from offering Udhiyah even though I am able to offer it, fearing that my neighbor would think that it is incumbent upon me.

These were the closest companions of the Prophet who understood his directives and commands best.

Therefore, you are allowed to focus on other forms of sacrifice including the worthy cause of calling for compassionate treatment of animals and stopping cruelty.

Both Faqih Sa'īd

bin al-Musayab and Imam Shā'bi have said:

As spending three Dirhams in charity is more dear to us than to sacrifice (udhiyah).

PROTECTING ANIMALS & THEIR RIGHTS

Qurra ibn Iyas reported: **A man said, "O Messenger of Allah, I was going to slaughter a sheep but I had mercy on it (or felt sorry for it)." The Messenger of Allah said, "If you had mercy on the sheep, then Allah will have mercy on you twice."**

(al-Adab al-Mufrad 373 Book 20, Hadith 373), Graded as Sahih (authentic) by Sh. Al-Albani.

Whoever is kind to the creatures of God is kind to himself.
(Hadith)

Nowadays, some muslims think it's haram if other muslims quit eating meat out of mercy for the animals, where in fact those who have mercy on the animals, Allah will have mercy on them twice as much.

The messenger of Allah (pbuh) said: **"A good deed done to an animal is like a good deed done to a human being, while an act of cruelty to an animal is as bad as cruelty to a human being."**

(Hadith)

The messenger of Allah (pbuh) said: **"Whoever is merciful even to a sparrow, Allah will be merciful to them on the Day of Judgment."**

(Abu Umamah)

The Messenger of Allah (pbuh) once passed by a camel that was so emaciated that its back had almost reached its stomach. He said, **"Fear Allah in your treatment of these animals who cannot speak."**

(Abu Dawud)

'Abdullah reported that the Prophet was on a journey with his companions and they stopped for rest at a place. In a tree nearby, a bird had laid an egg. A man took the egg and the bird began beating her wings in a state of great distress. The Prophet enquired who had tormented the bird by taking her egg. The man said, "O God's Messenger, I have done this." The Prophet told him to put it back immediately out of mercy to the bird.

(Sahih-Al-Adab Al-Mufrad 382)

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"Do not make your stomachs a graveyard of animals."

Imam Ali (AS) - (Bihar Al-anwar, volume 41, page 197)

"The Companions said,"O Allah's Messenger! Is there a reward for us in serving the animals?" He (pbuh) replied: "There is a reward for serving any living being."

(Narrated by Abu Hurayra)

"And the earth, He has assigned it to all living creatures"


(Quran 55:10)

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SCAN TO READ MORE ON ANIMAL RIGHTS IN ISLAM

FOR MORE INFO

 www.middleeastvegansociety.org