

Refrain from Eating Meat

Huang Ting Jian (Sung Dynasty)

My flesh and the flesh of animals
Are different in name but not in substance.
They are essentially the same,
Differing only in the form they take.



戒肉食 宋黃庭堅

我肉眾生肉
名殊體不殊
原同一種性
只是別形軀

