

A Buddhist Vegan Lifestyle Primer ❸

素食生活 ❸

Waking in the morning,
drink a cup of water,
slowly,
mindfully,
gratefully.

The Eight Virtues of Water:

Pure Cool Sweet

Soft Mellow Calming

Chooses hunger and thirst

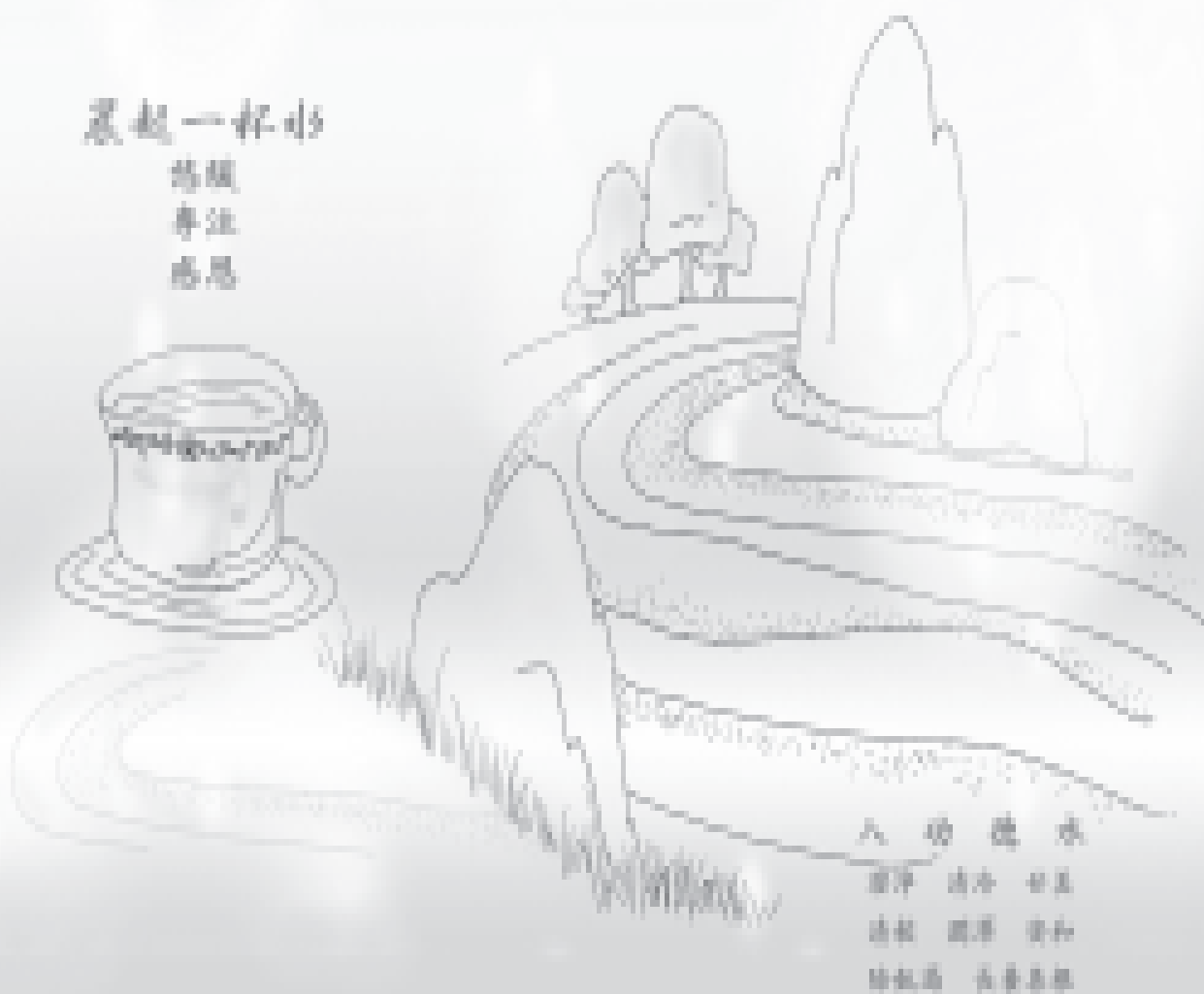
Nurtures goodness.

晨起一杯水

悠緩

專注

感恩



八功德水

潔淨 清冷 甘美

清軟 潤澤 安和

除飢渴 長養善根