



請大家一起來推廣素食

Please Join Us to Propagate Vegetarianism!

比丘尼恆貴 講/譯 2007年7月4日 於法界聖城
 A TALK GIVEN AND TRANSLATED BY
 BHIKSHUNI HENG GWEI ON JULY 4, 2007
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上人慈悲，各位貴賓，各位佛友，大家早安。個人謹代表法界聖城的法師們，歡迎大家蒞臨法界聖城，參加我們的素食文化品嚐大會。今天是美國的國慶日，也是沙加緬度的一個吉祥的日子，我們希望透過素食的介紹和品嚐，祝願美國國運昌隆，人民安康及世界和平。

我們現代的飲食文化，可以說是多元化、人工化和複雜化。大部份的肉類，都是來自牧場工廠。他們對待動物是不可言說的殘忍，把牠們當作是生產肉類的機器。我們佛教徒，視一切眾生，皆有佛性，皆堪作佛。動物也會愛惜生命、害怕痛苦與死亡；牠們也應該得到我們的慈悲對待。如果我們知道畜類，如牛、羊、豬、雞和其他動物，在牧場工廠內的待遇，恐怕沒有人敢再吃一口肉。

其實，肉類的消費嚴重傷害人類的健康與地球的健康。人類現在面臨各種的文明疾病；同樣的，我們地球也面對氣候的改變，如地球暖化和森林砍伐；各種的污染，如水

On behalf of CDR, I would like to welcome everyone to the Vegetarian Culture Fair. Today is the American Independence Day and an auspicious day for Sacramento. Through the introduction and tasting of vegetarian food, we pray for the prosperity of the American nation and the health of its citizens and world peace. Our modern food culture is multicultural, processed, and very complex. Almost all of our meat products come from factory farming, which treats animals as machines and causes unspeakable suffering. Buddhists recognize that all sentient beings have the potential to become Buddhas and deserve our compassion. If one were to think about the conditions of the cattle, pigs, chickens and other animals in factory farms, one would never eat another piece of meat. In general, meat consumption causes great harm to human health and the health of the planet. Humankind now faces all kinds of illnesses due to our lifestyle which is heavily dependent on technology and our planet faces climate change such as global warming as well as pollution of air, water, soil which threatens the health of our humankind. Many people are already aware of these facts, but many people are still unaware and continue to harm their own health and that of the planet by consuming large amounts of meat.

Not only does Buddhism advocate vegetarianism as a way to nurture compassion, subdue anger, and eliminate wars, many Western philosophers and scientists also recognize that vegetarianism helps to increase compassion and reduce the causes of war. Thus, on the

質、空氣和土壤等等。這些都是威脅著地球上所有的眾生。現在有很多人已經覺察到事態嚴重，但是還有很多人沒有覺醒，仍然繼續攝取肉類，傷害自己的健康。

其實，不只佛教提倡素食，可以長養我們的慈悲心、消滅瞋恨和戰爭。很多西方的科學家、哲學家等，都同樣認識到素食可以增加慈悲心、消滅戰爭。

今天是美國的國慶日，我們大家應該好好的看看我們每日所食用的是什麼？它對我們自己的健康，對國家的負擔，對地球的安危，有多大的影響？因此，我們應儘量改進我們的飲食習慣，幫忙解決世界面臨的危機。希望我們大家都是問題的解決者，而不是問題的製造者。

法界佛教總會的創辦人，宣公上人常常教導我們六大宗旨：不爭、不貪、不求、不自私、不自利和不可打妄語，來利益法界眾生，令一切眾生得到真正的快樂和和平。我們深信，如果我們在日常生活中，都能學習上人這六大宗旨，去躬行實踐，那麼世界和平，一定指日可待。

同時，我想對每一位參與及實現這個活動的同參和佛友們致意，非常珍惜大家所付出的心血與努力，也希望各位能共賞今天為大家準備的精美可口的素食和表演節目。

祝福各位身體健康、精神愉快、發大菩薩心！

birthday of the United States, we should carefully reflect on our daily diet and how it affects our own health, the burden to the country, and the harm to the planet. Then we should improve our dietary habits for our own health and relieve the crises facing the earth. May we all be part of the solution, not part of the problem.

The Founder of CDR, the Venerable Master Hua, always promoted six great principles: no fighting, no greed, no seeking, no selfishness, no pursuing personal advantages, and no lying as ways to benefit all living beings so that they can enjoy peace and happiness. If everyone could practice these six principles in their daily life, the world will certainly be at peace.

I would like to express my appreciation for everyone's effort in making this event possible. We hope you will enjoy today's vegetarian food and performances. Thank you.

