

While I was in England, one of the strangest things in the world happened. The stars aligned correctly; maybe Buddha had something to do with it. The ministers stood in front of Parliament and said we no longer can assure the English people that Mad Cow Disease cannot be transferred from cows to humans. The National Parliament Beef Association said it was the explosion that was heard around the world. I was the only person in England from the United States willing to speak about the issue. I did 70 press events in nine days. I was invited to BBC radio to speak on World Service Tonight. While there I asked the



producer, “How many stations is this on?” He said, “I don’t know. But we are in 200 countries; a few thousand stations.” I went there as a farm boy. I left as a celebrity. I walked out the door from BBC radio and next to them was BBC television. The limo that was there took me across the street. We could have done a U-turn, and I spent an hour on BBC television. When I got back to my hotel, seven newspapers were waiting to interview me. It went like this for day after day for nine days.

After nine days in England, I got on a plane and flew back to New York City. I got off the plane, and over the loud-

## 顛覆傳統·回歸自然 (二)

—— 第四代牧場業者「豪悟來門」的豪悟

### Subverting Traditions & Returning to Nature (II)

—The Awakening of an 4th Generation Rancher, Howard Lyman

我在英國時，世界上最奇特的事之一發生了。星星整齊地排列成行，可能那是佛要顯示什麼。當時的英國衛生部長站在國會說：「我們再不能對英國人民保證，瘋牛症不會從牛傳染給人。」國會裏的國家牛肉協會說，這在全世界是駭人聽聞的。我是唯一一個願意從美國到英國做證的人。在九天之內，我接受了七十場的訪問。我上了英國廣播電台今夜這個節目去講話，我問製作人：「這個節目在多少個電台播出？」製作人說：「我也不曉得，但是我們在兩百個國家，有好幾千個電視台。」我去的時候，只是

一個在農場長大的孩子；我離開時，已經搖身一變成爲名人了。我走出英國倫敦廣播電台，隔壁就是英國倫敦電視台，一輛禮賓車等在那兒，把我載過街去，我們的車可能做了一個迴轉。我在英國倫敦電視台接受一小時的訪問；回來旅社時，又有七家報社的記者等著要訪問我。這九天當中，每天就是這麼過的。

在英國待了九天之後，我飛回紐約。下了飛機，就聽到廣播：「豪悟來門，請拿起白色的電話！」我拿起白色的電話聽筒，原來是美國最有名的脫口秀女王。歐普拉說：「我們想

製作一個節目，叫做『危險的食品可能在這兒產生。』如果我給你一張機票，你願意來我們電視台，在幾百萬觀眾前上節目嗎？」記得嗎？我已經是名人啦！要決定是否要去，在幾百萬觀眾之前談話，我得停下來想一想，看這值不值得用我的知名度去這麼做。我停了四、五秒鐘之後才答應。歐普拉寄給我機票，我飛到芝加哥；下了飛機之後，我拿著我的西裝走出通道；我看見一個人，戴著禮賓車司機的帽子，穿著藍色的西裝，拿著大大的牌子，上面寫著我的名字。我對他說：「你可不可以等我幾

分鐘？我要照個相。」那個人說：「不行！」他帶我出來，坐進一部禮賓車。那輛禮賓車真的很長，我要和司機講話，還得打電話。我覺得很不好意思，還好那個車子是黑玻璃，所以外面的人也看不到我。他讓我下了車，住進一間旅館的套房；這個套房比我小時候和我兩個妹妹及弟弟一塊住的家還要大得多。既然我已經在那兒，我明白，第二天早上我將穿上西裝，與歐普拉·溫菲做生平第一次的會面。

我起得很早，穿好西裝，走下樓，我的禮賓車已經等在那兒了。這是我生平第一次見到歐普拉，她告訴我說：「你知道嗎？我看你的影片已經五次了，所以我決定這一生不再吃豬肉了。」我還記得當時我抬頭看她：「上帝！這將會是個美好的一天！」我走進後臺休息室，那裏的每一個都是要在電視上對幾百萬觀眾談話的人。當你的太太聯絡你，告訴該說什麼時，你對她要負責任。休息室的電話鈴響起了，是我的太太，她正是要告訴我應該說的話；我正在想著她的話，但是還沒來得及想好，就給叫上臺。我的右邊，是一位從英國來的老祖母，她的孫女就是死於狂牛症。我的左邊，是一位全國牛肉聯盟派來的男士。我把我太太的話在腦子裏快速的轉了一遍，她說：「記住，你千萬別說任何蠢話。」當時我還在忖度她告訴我的這句話有沒有逗點，但是在我想出來之前，歐普拉已經出來了，她指著我說：「這兒有個人，他相信十年之內，我們美國將看到一種疾病，厲害程度會讓愛滋病看起來就像是普通感冒那麼輕微。」我說：「對極了！」歐普拉說：「這是個有力的說詞！」我說：「歐普拉，在美國我們每一年有十萬頭牛晚上還是好好的，早

上就死了。我們把這些牛磨碎，變成食物，再餵回去給其他的牛吃。我們收集在路上被撞死的動物：鹿、麋鹿、浣熊、負鼠，磨碎後，再餵回去給牛吃。然後我們又收集安樂死的寵物——全身充滿安樂死的化學藥物。光洛杉磯市，每個月就有200噸安樂死的貓和狗，磨成粉，做成飼料，再餵回去給寵物當食物吃。歐普拉眼睛瞪得像碟子那麼大；我知道我已經說服她了。

歐普拉轉過身，看著那位從全國牛肉聯盟來的男士，說：「韋伯博士！我們真的是餵牛吃牛嗎？」我永遠也忘不了他不得不說的話：

「喔！這個嘛……只有一小部分啦！就以近年來我所能講的，百分之九十的牛，事實上是吃著其他動物的殘骸所做成的飼料。」接下來歐普拉脫口而出的話是：「讓我清醒吧！我這一生不會再吃任何漢堡了！」

在上歐普拉的節目之前，我已經知道全美有十三州都帶了食品不實言論法，這項法律規定凡是針對會腐壞的期貨食物故意散發不實之言論，即屬違法。我認爲我在節目中所講的都是正確的話。那天節目總共攝製兩個小時，節目結束之後，我去找歐普拉·溫菲，對她說：「歐普拉，妳再給我十分鐘，我會讓妳這一生不再吃



雞肉。」歐普拉說：「不行！我一天只能戒吃一種動物！」我並不耽心她，就出去做自己的事了。幾個星期之後，我接到美國國家新聞雜誌的電話：「你知道嗎？你跟歐普拉和製作這個節目的公司都被德州的養牛聯盟告了！」我說：「不知道！」我不知道那是不是真的，我說：「你可否等一下，不要掛電話！」我就趕快跑到我書房，把我的素食食譜找出來；我明白，這些養牛業者是要找這些素食食譜的碴。我回來並打了電話給歐普拉，我跟她說：「如果我們輸了這個官司的話，我就把我的所有素食烹飪的書全都丟掉，你就得把錢交出去了！」

這個訴訟是在德州阿莫洛城開庭，我不知道你有沒有去過德州阿莫洛城？這個城市雖然不是世界的盡頭，但是你在那邊大概也可以清楚看到世界的盡頭。在開庭以前，正好是美國農業部和食品藥物管理局承認我所主張的：他們是以山羊和綿羊來餵養牛隻，我知道我們遇到麻煩了。整座城市，我看到他們汽車後面的貼紙，上面寫的是：「德州唯一的瘋牛，就是歐普拉！」當地最大的屋主，所做的事情就是殺牛，就是牛的屠宰場。所以我知道我們真是遇上麻煩了。我對律師說：「我們得換個城市出庭。」我們就去對法官報告說：「法官閣下，我們希望到別的城市開庭。」法官舉起槌子，重重槌下並宣布：「動議否決。」

(豪悟來門講於 2008 年 3 月 15 日 萬佛聖城大殿，陳果璞 中譯)

☞ 待續

speaker I heard: Howard Lyman, pick up a white paging telephone. I picked up the phone; it was Oprah Winfrey! Oprah said to me, "We would like to do a show called 'Dangerous Food: Could It Happen Here?'" She said, "If I send you a ticket, will you come and appear on my television show in front of a few million viewers?" Remember, I was a celebrity. To make a decision on whether I was going to go and speak in front of a few million people, I had to stop and see whether it was worth my celebrity status to do that. I took at least four or five seconds, and then I agreed. Oprah sent me a ticket; I flew to Chicago. I got off the plane walking down the runway carrying my suit. There was a person in a limo driver's hat, a blue suit with a big sign said: Lyman. I said to him, "Could you wait for a few minutes until I find somebody with a camera? I would like to get a picture of this." He said, "no." He took me out and put me in a limo, and this is absolutely true--that limo was so long I had a phone to talk to the driver. I was embarrassed. Luckily the windows were frosted. Nobody could see. They took me down and put me in a suite in a hotel that was larger than a home that I was raised in with my two sisters and a brother. But I was there. I knew the next morning, I was going to put on my suit and see for the first time, Oprah Winfrey.

I was up early; I had my suit on. I went down. My limo was waiting for me. They took me and I met Oprah Winfrey for the first time. Oprah came up to me and said, "You know, I saw the movie you made five times. I will never again eat pork." I could remember looking up and saying, "Oh. Lord! It is going to be a great day." I walked into the green room, where every individual goes before going on television to speak to millions of people. You have a responsibility to have your wife contact you and tell you exactly what you have to say. The phone in

the green room rang; it was my wife. She told me exactly what to say. I was thinking about it. But before I had time to process it, they put me on the stage. On the right of me was a grandmother from England whose granddaughter was dying of Mad Cow Disease. On the left of me was the guy from the National Cattlemen Beef Association. Going through my mind was what my wife told me. She said, "Remember, don't say anything stupid." Now I was trying to figure out if there was a comma in that sentence or not. But before I could figure that out, Oprah came out and pointed at me and said, "Here is a man who believes within ten years we will have a disease that will make AIDS look like the common cold." And I said, "Absolutely!" Oprah said, "That is a strong statement." I said, "Oprah, we have 100,000 cows a year fine at night, dead in the morning. We grind them up and feed them back to other cows. We collect roadkill, deer, elk, raccoons, possums, grind them up and feed those to cows. And then we take euthanized pets that are full of chemicals used to kill them. In the city of Los Angeles alone, 200 tons of euthanized dogs and cats a month are ground up, turned into feed and fed back to pets for food." Oprah's eyes were as big as saucers. I know I'd got her. She turned around and looked at the man from the National Cattlemen Beef Association, and she said, "Dr. Weber, are we feeding cows to cows?" I will never forget what he had to say, "Oh well... a limited amount of that is going on. As near as I could tell, 90 percent of all the cattle in fact were eating the remains of other animals." The next thing out of Oprah's mouth got her sued; she said, "That just stops me cold; I will never again eat a burger."

Before going on the Oprah show, I knew that thirteen states had a law that was called the Food Disparagement Law. That law said that it was against the law

to go and say something you knew to be at fault about a perishable commodity. I was not worried. Everything that I said on that show, I believed to be true. It took us about two hours to tape the show. After we finish taping the show, I walked up to Oprah Winfrey and I said to Oprah: "Oprah, give me ten minutes. I'll get you off of chicken." Oprah looked at me and said, "Only one animal a day!" I was not worried. I went out and started doing my thing. A few weeks later, I got a call from the *National News Magazine*, and was asked, "Do you realize that you are being sued along with Oprah Winfrey by a group of Texas cattlemen?" I said, "No! I don't know that to be true." I said, "Can I put

you on hold?" I raced in my library. I inventoried my vegetarian cookbooks. I knew those cattlemen wanted those vegetarian cookbooks bad. I went back and called Oprah, and I said, "Oprah, if we lose this suit, I'm throwing in my vegetarian cookbooks. You've got to put up the money."

The trial was to be held in Amarillo, Texas. I don't know whether you've ever been to Amarillo, Texas. It is not the end of the world, but it is clearly visible from there. Prior to the trial, USDA and FDA did exactly what I called for. They had been feeding the cows with sheep and goats.

And I said, "Sure, we will go to Amarillo, Texas."

The judge was a seventy-six old lady. A tough old lady. I was sure she would dismiss the case, seeing how exactly what I called for was exactly what the USDA and FDA were carrying out. I went to Amarillo, Texas. All over town, there were bumper stickers that said, "The only mad cow in Texas is named Oprah." The largest employer in Amarillo was a slaughter facility killing cows. I knew we were in trouble. I said to my lawyer, "We need to change venue." We went to the judge and said, "Your honor, we would like to change venue."

She picked up the hammer, slammed it down, and said, "Motion denied."

(A talk given by Howard Lyman in the CTTB Buddha Hall on March 15, 2008/Chinese translated by Yvonne Chu)

☞ To be continued

## 上人對素齋解答 慈悲護生心

# A Heart of Compassion for All Life

--The Venerable Master's Answers to Questions on Vegetarianism

1. 問：吃齋到底有什麼好處？不吃齋到底有什麼不好處？

上人：你吃齋，是活著吃虧；不吃齋，是死後吃虧。

2. 問：吃齋好像是自己騙自己，自己上了當了？

上人：你吃齋覺得是上當了，只是活著時上當，可是死後不上當；你不吃齋，活著不上當，死了上當。你把這賬碼拉起來（算一算），你欠錢就要還錢，欠甚麼就要還甚麼。

3. 問：佛教為什麼提倡吃齋？

上人：吃葷者欲念重，吃素者欲念

輕。耶穌不一定教人吃齋；有些宗教謂：「所有生靈都是為人類而預備，故人吃肉是天公地道。」但佛教是主張同體大悲精神，視一切眾生皆有佛性，皆堪作佛，故主張戒殺護生。

4. 問：一般人認為肉類比較有營養，對身體有益，請問上人的看法如何？

上人：其實並不是肉有營養，對身體有益健康。現在世界上很多吃肉的人，都生癌症。

5. 問：吃肉是一般人的習慣，現在應該怎麼樣革除這種習慣呢？

上人：「肉」字裏邊兩個人，裏面罩著外邊人，眾生還吃眾生肉，仔細思量是人吃人。

6. 問：佛弟子若已受五戒、菩薩戒是否該謹守戒條，茹素徹底呢？

上人：當然了！不守戒條，受戒幹什麼？

7. 問：受戒之後是否一定要吃長素？由於環境的不方便，是否可以吃肉邊菜？

上人：你若到六祖那樣的誠心，可以吃肉邊菜；你若不到六祖大師的那個程度，還是少吃肉是好的。

8. 問：在外應酬時是否可吃肉邊菜？

上人：你願意吃毒藥也沒有人管著你。

9. 問：弟子有一個孩子，年齡五歲，去年