

meal. We can do everything with the attitude of gratefulness or other good meritorious qualities, such as compassion, loving kindness or other successful and kind treasures on the mind ground which are waiting to be discovered.

Earth Treasury King? What does “Treasury King” mean? “Treasury King” means “great vows and great resolve for Bodhi.” It is the king of treasures and if we can bring forth a great resolve to save living beings, then all kinds of merit and virtue will arise. Today we heard a very penetrating, valuable Dharma talk. If we put it into action, then it is as if we have excavated this treasure. It can be said that if we recite “Namo Earth Store Bodhisattva” or “Namo Earth Store King Bodhisattva,” it’s just like a treasure map to help us look inside and uncover the inherent treasures in our mind one by one.

We are members of Earth Store Bodhisattva’s family because we have a deep affinity from the past so that we can meet together today. Now we should cherish this affinity and continue to develop our mind ground so as to discover our treasures and help living beings. We should develop the great vows of our family host, Earth Store Bodhisattva, and then everyone can become a transformation of Earth Store Bodhisattva. That way, this world and our future will become more wonderful.



不吃肉是真孝順真度生

Being Vegetarian:

A Way of Truly Being Filial and Saving Beings

比丘尼恆音 講/譯 2008年8月24日於慶祝地藏菩薩聖誕法會

A TALK BY BHIKSHUNI HENG YIN DURING THE EARTH TREASURY BODHISATTVA CELEBRATION ON AUGUST 24, 2008

剛剛法師講到地藏菩薩非常孝順，因而發願要救度所有受苦的眾生。我們可以用另外一個方式孝順我們過世的父母，救護眾生的性命。因為眾生不是單單有人，還有動物以及我們看不見的眾生。動物有的是很享受，生活非常自在；有的幾乎像活在地獄裏。如果我們到畜牧場，就可以看見那些非常大的房子裏面，放幾萬隻動物，雞、火雞、豬等等，我們很難想像動物生存的環境有多麼擁擠。在短短一生裏，動物一生下來，就與父母隔離，生活的地方又臭又髒。最後被拖到屠宰場倒掛著，屠宰的過程很快，在活著時，看著自己的身體被宰殺，而感到痛苦。

在美國每年就有一億二千三百萬隻豬、四千萬頭牛和小牛被殺。宰殺的速度非常快，每小時有二千隻牛或者一分鐘有三十三隻牛被殺。在屠宰場工作的人，大多是不會講英文的移民，做不到一年就再也做下去了，因有這麼多殺戮的精神壓力，幾乎受不了，要發狂了。

在美國每年大概有一百億隻



雞被殺，或者每一分鐘有一萬五千隻雞死了。因為小公雞不能生蛋，常被丟到垃圾桶或者是放在塑膠袋裏活活悶死，所以這殺業是造成世界上戰爭的主因。一位如果活到七十五歲的美國居民，那就會吃掉十一隻牛，三十二隻豬和羊，二千六百隻火雞、雞和鴨，還有無數的魚和其他海裏的動物。如果我們吃素或勸人家吃素的話，可以救很多命。

平常在畜牧場的動物，在非常年輕的時候就被殺了，一隻牛大概在十五到廿個月就被殺了，還不到兩歲。如果自然的生活，大概可以活到十二到廿歲；我們吃的牛肉漢堡，其實就是年輕的牛肉做成的。奶牛爲了要有牛奶，每年要懷孕，打了很多賀爾蒙，逼迫生產更多的牛奶。過了三到五年，如果牛奶生產不足，也被送去殺了。另外，這些畜牧場造成很大的環境污染，和

地球暖化的問題。

再看看人類，每一天就有四萬個小孩子，因為缺乏營養而死，還有好幾百萬孩子在餓死的邊緣；其實我們世界上產生的糧食、五穀類足夠讓小孩吃飽。所種95%的麥、90%的黃豆、80%的玉米，及所有70%的穀類，事實上都是種來餵牛、豬、雞，而不是給人吃了，世界上所有的牛所吃的食物其實可以餵八十七億個人——這超過我們全世界的人口。

當我們想到這些事實，就會明白吃肉就是間接的讓其他的小孩子餓死，而且也有可能是吃我們過世的父母。如果我們要孝順、慈悲，像地藏菩薩救度苦難的眾生，可以開始不要吃肉，這樣畜牧場就不需要存在了。

現在已有許多營養又好吃的素食品，我們可以不需要吃肉，並想辦法鼓勵別人也試試這些素食品。有很多不是佛教徒，當知道製造這些肉食品殘忍的過程後，已經發心吃素了，更何況我們是佛教徒！吃素不吃肉是孝順父母，也是學習佛陀的慈悲，和實踐地藏菩薩的孝順大願。

Just now the Dharma Master spoke of how extremely filial Earth Treasury Bodhisattva is, in vowing to rescue all beings who are suffering. In addition to human beings, there are animals and certain types of beings invisible to us. Some animals live very comfortable lives, while others literally exist in hells on earth. If we only could see inside just one of the many huge warehouses called factory farms, we would see tens of thousands of chickens, turkeys, pigs, or other animals kept in crowded cages, where they never see the sun and feel

the soil. In their short, stressful lives, they are separated from their parents right after birth, and live in and breathe their own waste products. At the end, they get dragged to the slaughterhouse where they are hung upside-down and killed and chopped up in super-fast disassembly lines, often still conscious and feeling pain.

Each year in the U.S. 123 million pigs and 40 million cows and calves are slaughtered. They are killed in disassembly lines that run at 2,000 kills per hour, or 33 per minute. The workers in factory farms and slaughterhouses are often immigrants who do not speak English, and who often suffer nervous breakdowns and quit in less than a year due to the trauma of so much killing.

There are also ten billion chickens killed in the U.S. each year, or 15,000 killed per minute! What is more, the unwanted male chicks or other unwanted chickens are thrown into trash cans alive or suffocated in plastic bags; such massive killing is the cause of wars in the world. In more personal terms, during a 75 year life span, a typical U.S. resident is responsible for the suffering and death of 11 cows, 32 pigs and sheep, and 2,600 turkeys, chickens, ducks, and uncounted numbers of fish and other aquatic animals. By becoming a vegetarian or persuading someone else to be vegetarian, you can save numerous lives.

Factory farmed animals are usually killed at a very young age. For example, a beef cow is slaughtered at 15 to 20 months old, less than two years old, when her natural life span should have been 12 to 20 years. That means your hamburger is the flesh of an adolescent cow. Dairy cows are made pregnant every year and given hormones so they produce more milk.

After three to five years, when their milk production drops, they are sent to slaughter. Factory farms are also huge sources of pollution that cause severe environmental problems, and animal agriculture is a primary contributor to global warming.

Now let's look at the human population. Every single day, 40,000 children die of diseases related to malnutrition, and millions more survive on the edge of starvation. The world actually grows plenty of crops that could feed them. However, 95% of the oats, 90% of soy, 80% of corn, and 70% of all grains are grown to feed livestock, not people. The world's cattle consume a quantity of food that could feed 8.7 billion people — more than the entire human population on earth.

If we are mindful of these facts, then we will realize that by eating meat, we are actually causing millions of children to starve to death, and also, possibly eating the flesh of our parents from past lives. If we want to be filial and compassionate and save those in suffering like Earth Store Bodhisattva, we could start by not eating animals, so that factory farms would not have to exist to provide meat for us.

Nowadays, there are plenty of tasty and nutritious meat substitutes, so we do not need to eat meat, and we can also think of ways to encourage others to try vegetarian food. Many non-Buddhists, after learning of the cruelty involved in meat production, have become vegetarians, how much the more should we Buddhists. Being vegetarian and not eating the flesh of animals is a way to be filial. It is also to embody the Buddhas' compassion and to practice Earth Treasury Bodhisattva's filial vows.