

芬多精的他們，也想將芬多精再釋放出來，因此這些年輕人依其時代背景，有其活動、網站、佛青電子報等，以影響更多人來學習佛法。



What is the energy that causes these young people to listen to the Venerable Master's instructional talks and his sound of Dharma without being limited by time and space? "The power of Buddhadharma!" Buddhism inspired the True Mind and the Buddha nature everyone is replete with. The True Mind is without any defilement. It is the most genuine, most wholesome and the most beautiful. Through the teachings of the Venerable Master, these youth have tasted the original flavor of the Buddha Dharma and the most genuine and distinct door is opened in their hearts. Just like spring has arrived in the Earth. The essence between Heaven and Earth is totally subsumed within. These young people, in the spring of their life, have also absorbed the essence of life, the Buddhadharma. Those who have absorbed the fragrance of the Buddha Dharma also wish to release that fragrance for others. Therefore, these young people, based on their backgrounds, are holding many other activities, hosting websites and publishing e-newsletters trying to influence more people to learn the Buddhadharma.



Did you know that every year millions of animals—pigeons, mice, dogs, monkeys, rabbits—suffer needlessly because companies use them to test new products such as soap, makeup, hairsprays, lotion, shampoo, household cleansers, and detergents? Most of these tests are extremely cruel and cause the animals to suffer and die slowly. Test animals are cut, burned and given poisonous substances. For this reason, a growing number of companies do not test their products on animals, but use alternative methods. They label their products "Cruelty Free" or "Not Tested on Animals."

Not only are these products tested on animals, but they contain chemicals that are harmful to people and pollute the environment. Laundry detergent contains phosphates and surfactants that get into the water and speed the growth of algae. Too much algae can kill fish and other things that grow in water. Some detergents claim to be "biodegradable," a term that suggests that the detergents break down and do no harm in the waste system. But this is not always

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你知道嗎？每年有數以百萬計的動物，例如鴿子、老鼠、狗、猴子、兔子，承受著不必要的痛苦，只因爲有些公司拿它們來作新產品的測試，例如肥皂、化妝品、頭髮噴霧、乳液、洗髮精、家庭洗滌劑和洗衣粉等等。這些試驗大多數是極爲殘忍的——被測試的動物，通常是被施予刀割、燒灼，以及注射有毒物質，結果慢慢地痛苦死去。因此，越來越多的公司不再使用動物來測試產品，而改用其他的替代方式。這些公司的產品，都會被貼上『免於殘酷』或者『非動物測試』的標籤。

那些用動物測試的產品，不僅拿動物做測試，而且多數含有對人體有害、同時污染環境的化學物質。例如洗衣粉內的磷酸鹽和界面活性劑，當這些物質被排入水中，就加速了海藻的生長；而過多的海藻，將殺死在水裏生長的魚和其他生物。儘管某些洗潔劑聲稱是“biodegradable”（生物可分解），表示能被自然分解，不會在排廢過程中破壞環境——但情況並不總是如此。另外那些刺激性強的洗潔劑，例如漂白劑、阿摩尼亞、排水管和馬桶用的清

Liberating Life—Using Cruelty-Free Products



使用『免於殘酷』的產品
就是放生

the case. Other harsh cleansers such as bleach, ammonia, drain and toilet cleaners, oven cleaners, and mothballs contain ingredients, which may damage the lungs and cause cancer. Floor and furniture polishes contain phenol, which causes cancer in laboratory animals.

If you had a choice of products that do not cause harm to animals, or yourself, or to the planet, you would probably choose them, right? In fact the safest and best cleaners can be found in your kitchen—vinegar, baking soda, cornstarch, lemon, and old fashioned borax. Many doctors recommend using baking soda as tooth paste and mouthwash. Vinegar makes an excellent hair conditioner. A solution of water and vinegar with a drop of 'cruelty-free' detergent cleans windows, floors, bathrooms, cars and everything in the kitchen. Use lemon and olive oil to polish hardwood furniture and floors. Use baking soda for scrubbing burned pots and pans. There are many books and websites that give simple recipes to make your own cruelty-free and non-toxic products.

And every year, thousands of animals strangle on plastic bags that fly away from the city dumps. Birds and baby sea otters get their beaks and mouths stuck with plastic rings from sodapop cans and six packs. Don't forget to snip the plastic rings apart before discarding them! Better yet, avoid buying things that may harm animals and the earth. Remember the three Rs--Refuse, Reuse, Recycle. Take your own bag when you go shopping or carry small things yourself. "No, thanks, I don't need a bag today."



I'm taking notes on this one to have on hand when I go shopping. Thanks!

我購物時，會注意到這一點。謝謝！

潔劑、烤爐用的去汙劑和樟腦丸，都含有可能損壞肺臟甚至致癌的物質。地板和家具用的亮光劑中含有「酚」，這是已經證實會引起實驗動物致癌的一種化學物質。

如果有個產品既不會對動物，也不會對你自己，也不會對地球造成傷害，你應該會選擇它的，是吧？事實上，最好最安全的清潔劑，就在你的廚房裏——那就是醋、小蘇打、玉米粉、檸檬和古法製造的硼砂。很多醫生也建議使用小蘇打做為牙膏和漱口水。又，醋可以做為極好的潤髮劑；在水和醋的混合液中，加一滴『免於殘酷』製造的洗潔劑，就可以清洗窗子、地板、廁所、車子，甚至廚房裏所有的東西。檸檬加橄欖油，則可以磨亮硬木的家具和地板。小蘇打，可以用來清洗被燒焦的鍋子。很多的書籍和網站都提供了簡單的秘訣，教你如何動手製作『免於殘酷』和無毒的產品。

每年數以千計的動物，被垃圾堆中飛出的塑膠袋給活活扼殺；鳥類和小水獺的嘴巴，則被人們丟棄的汽水罐上的塑膠環給卡住。因此丟掉這些瓶罐之前，請記得弄斷上面的塑膠環套！再者，最好就是不去買可能傷害動物和地球的商品。記住這「3 R」原則——Refuse（拒絕使用）、Reuse（重覆使用）、Recycle（回收利用），下回購物時自備袋子，或者更簡單些：「謝謝，我今天不需要袋子！」兩隻手就能把東西帶回家了。