

不可以暴殄天物

Don't Recklessly Abuse and Waste Nature's Products

宣公上人開示法語 The Venerable Master Hua's Dharma Talks
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今年觀音法會，大眾比往年誠心，往年法會在吃飯的時候，大家都高談闊論，不守齋堂的規矩；吃完飯，在碗中剩下很多菜飯，丟到垃圾桶內，或者吃完飯後，也不隨喜功德就走了。今年的情形大有改善，不但不講話，也不糟蹋食物，很少人趕著回三藩市，這是很可喜的事。

以後再有法會時，應該提醒大家：「吃飯時不要講話，飯後不要糟蹋東西，要愛惜食物。」有古詩云：

鋤禾日當午，汗滴禾下土；
誰知盤中飧，粒粒皆辛苦。

一般人不知道粒粒皆辛苦的道理，所以任意暴殄天物，隨便糟蹋食物。要知道世上沒有飯吃的人，都是因為在往昔糟蹋食物，所以今生才受沒有飯吃的果報。這個淺顯的道理，必須告訴大家，讓大家明白之後，才不會糟蹋東西。

管理廚房的人，為大眾預備飲食，要運用智慧，要有營養，又合衛生，為大眾服務的功德是無量的。每天要檢查冰箱，容易壞的食物要先吃，不易壞的食物，則妥善保存。不可將食物糟蹋，丟到垃圾桶中，這簡直是造罪業，大家要謹之！慎之！

管理大眾的飲食，調和恰當，就有功德；若是調和不好，馬馬虎虎，也是有罪過的。立功容易，只看你怎麼去做，合乎法度，就是功；不合乎法度，就是過。總而言之，功過操在做者的手中，愛惜食物，就有功；糟蹋食物，就有過。

This year, people from the Guanyin Dharma Assembly are more sincere than in past years. In last year's Dharma assembly, people all liked to talk incessantly during lunch, and they did not observe the rules of the dining hall. After they were done eating, they left a lot of food in their bowls, which they tossed into the trash can. Others simply left after they finished eating without following others to rejoice in the merit and virtue. There is a big improvement this year. Not only did people stop talking, there is also no waste of food, and very few people wanted to hurry back to San Francisco. This is very encouraging.

In the future if there is another Dharma assembly again, we should remind everyone: "Do not talk while eating, do not waste food, and cherish food." It is said in an ancient poem that:

*Hoing in the fields at high noon,
The farmer's sweat drips onto the soil below the rice crops.
Who knows how much work it took to bring the food to our plate?
Every grain comes through arduous toil.*

Ordinary people do not realize this principle that every grain comes from hard and laborious toil. Thus they recklessly abuse nature's products and carelessly waste food. We should know that in this world those people who do not have food to eat are that way because they wasted food in the past. Therefore, in this lifetime, they received a bad retribution of having no food to eat. For this very simple reason, I must tell all of you, so that after you understand, you would avoid wasting things.

For those of you who are in charge of the kitchen, you need to use wisdom to be more attentive and think of the nutrients and sanitation while preparing food and drink for the assembly. The merits and virtues of serving the public are immeasurable. You should check the refrigerator every day, cook those foods that will spoil easily, and properly preserve perishable foods. We should not spoil or waste food. Throwing food into the trash is just creating bad karma. Everyone should be careful and cautious!

The proper management of the assembly's food, when regulated appropriately, will accrue merit and virtue. Otherwise, if it is poorly regulated or carelessly managed, one will create an offense. It is easy to render meritorious service. It only depends on how you do it. If it is done properly and conform with the rules, you will gain merit; if it is improperly done, you will create an offense. Generally speaking, merits or offenses are controlled by one's hands. Cherish food gains merit; waste food creates offense.